



Fort Bend County Podcasts

Podcast Episode 8- In Case You Missed It

July 18, 2024

Gina- Due to county closures because of hurricane Beryl, last week's podcast is now available. Please enjoy the previously scheduled podcast. Welcome to this week's Benefit Detective podcast. I'm Gina.

Wendy- And I'm Wendy. So, Gina, what's been going on?

Gina- Oh, wow, girl. Yeah. So, we have HRA's and biometrics are in full swing. So, we've had really great turnouts for that.

Wendy- And that's awesome because we're only in week 2.

Gina- Yeah. So everybody's being proactive. They're making their appointments, scheduling. It's fantastic.

Wendy- And now, we have information for our members regarding, our benefits available.

Gina- Yes, ma'am. So anytime a person goes down there this year for their biometric, Risk Management Benefit Team will be there greeting you along with Elexis Fellers, who's our wellness coordinator. So we are there. So just make sure you stop by our table and say hi and pick up some information.

Wendy- Sure. We're going to have our meet the team pamphlet. And we also are going to have a new handout that you created, the gateway to your benefits.

Gina- Absolutely.

Wendy- So can you tell us more about that?

Gina- Yeah. So the gateway to your benefits is basically a page that has nothing but QR codes that you can use with your phone camera and scan it, and it goes straight to the web page. So we have stuff on there that, anybody can look and feel free to browse it or if they don't want to pick up a page, they just scan it right there.

Wendy- Scan it.

Gina- Yeah.

Wendy- And I see, one of the QR codes are for Teladoc.

Gina- Yeah. Yeah. Pretty, pretty easy.

Wendy- Which was our episode 1 of our podcast.



Fort Bend County Podcasts

Gina- Absolutely. Yes, ma'am. That's so easy and I highly recommend, you know, just go by, scan it, and get set up your profile so when you need it, it's ready to rock and roll for you.

Wendy- Very handy.

Gina- Yeah.

Wendy- And you also have information on QR code regarding our Care Navigation and our Prime DX.

Gina- Yeah. Yeah. It's there. It has great information available. Just again, pick up your phone, scan it with your camera. Yeah. And that was in one of our episodes, past episodes as well.

Wendy- Correct. Correct.

Gina- Yeah. So it was, I think it was podcast two.

Wendy- It was. It was. And then we have, just our HRA/Biometrics going on. Mmm. We have information regarding, gyms.

Gina- Absolutely. Yeah. And those were on our last podcast as well.

Wendy- Our employee clinic.

Gina- Yeah. They're the ones there. They're helping out to do the biometrics.

Wendy- Yes.

Gina- Yeah. So feel free to meet them as well.

Gina- Yeah. There's just a lot of great information there. So, yeah, make sure to stop by, say hi, and introduce yourself, to us because we may have heard you on the phone, but we haven't put that face to the name.

Wendy- Face to the name. That's the biggest thing.

Gina- Yes. That's always a good thing.

Wendy- Or you hear our voices and don't recognize us.

Gina- Exactly. So just stop by at least and say, hi, pick up some information. We also have some that are available as QR codes for a quick reference. So, those are on little cards. Yes, the QR codes are smaller but there are tons of QR codes on the front and back. But it's easy access. So just pick one of those if you need, put it in your wallet, put it in your purse. So in case you're at a doctor's office and need to do some quick lookups, shoot, it's right there for you. It's right there. Scan it and there you go.

Wendy- Yes. We're going to have a lot of great information for you.

Gina- Absolutely.



Fort Bend County Podcasts

Wendy- So come see us at one of our on-site locations, but make sure you schedule an appointment. Go to our Econnect on the main screen. And right there on the main screen, you can click schedule. It'll give you the dates, the time locations and the times, so schedule that.

Gina- Yeah. So it's just a click away. And if you don't go on to Econnect, remember, it is also sent to you via email. Elexis went ahead and sent that out to everyone from the health and wellness for the biometrics and HRAs. And just make sure that you do, do your second part because the biometric is included as a 2 part. Biometrics first, HRA second. So you're going to take that information off of the biometrics and put it into the HRA, and that is a link.

Wendy- Yes. And it's also on the home page of an Econnect under more information or, Link is?

Gina- The link for that is next.level.hra.net. And you can do an HRA from your home, from the work computer, anywhere like that because it's it doesn't have to be connected to a county network. Yeah. So as long as you get both of those, you're good. So you'll be able to qualify for the \$120 discount on your medical premiums for the upcoming year. So Wendy, have you done your biometrics this year?

Wendy- I actually went to my physician and had my physical and blood work done there.

Gina- Oh, okay. So you had them complete the medical provider form?

Wendy- Yes.

Gina- Oh, okay. Good. Can you tell us about that?

Wendy- Yes. If you have a physician, you want to get your physical done by them and your blood work, and the HRA that they do, there in the office. You just take that form with you, have them fill it out. If they give it back to you, bring it back to us by November 1st or there's a fax number on there where the doctor's office can fax it back to us.

Gina- Okay. Perfect. Yeah. Because I know that there's that option where you can have it done at your private PCP done or you can do it through the next level employee clinic of ours to do the biometrics and their HRA. That so that provider form is in lieu of going online to do your HRA.

Wendy- Correct. When I went, they had actually a form I had to fill out with the questions regarding health risk assessment, and I completed that. We went over it, and then I had my blood drawn and they called me with my results. So that was all included with that medical provider form.

Gina- Awesome. Thank you, Wendy, for giving us that information. Well, looks like that concludes this week's benefit detective podcast. I'm Gina.

Wendy- And I'm Wendy. And remember to listen to us on Thursdays. Next week, we'll be back on our regular schedule. And, if you complete your HRA biometric, you'll also get that free t shirt.



Fort Bend County Podcasts

Gina- That's right. And remember, the benefit detectives are here to help.

