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# Fort Bend County Podcasts

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## Podcast Episode 62 – The Vibe Check: Health Addition

June 11, 2026

**\*\*Disclaimer\*\***-Please note, anything that is said in the podcast does not supersede actual plan or program languages, and anyone wishing for specific information in regard to coverage should go directly to the plan documents found under risk management on eConnect.

**Gina:** Welcome to this week's Benefit Detective Podcast. I'm Gina.

**Wendy:** Hey there. I'm Wendy. Yep. It's that season once more. Time to dive into know your numbers.

**Gina:** You got it. On-site biometrics is kicking off on June 23rd. Meet us at the Travis Building's Training and Wellness Center Room 109 that day from 07:30 AM till noon. If you're scratching your head, thinking, where on earth is that? Spoiler alert. It's where we hold the DDC and CPR first aid classes.

**Wendy:** And if you're on the Fort Bend County medical plan, you're in luck. You can get your biometric screening done hassle-free. But if you're not on the plan yet and you wanna snag that sweet discount for next year, here's the scoop. You'll need to visit your PCP and have them fill out the medical provider verification form, which you can grab online. Don't forget, this form must be completed and submitted by the biometric deadline. No ifs and or buts.

**Gina:** Every year, it's the same old song and dance. Wait. I had to fill out a health risk assessment questionnaire? Yep. You sure do if you're hitting up the on-site locations or swinging by the employee clinic for your biometric checkup. So don't forget to tackle that after snagging your biometric results. You can't skip steps on this one.

**Wendy:** So here's the scoop. The only folks off the hook for the online health risk assessment are those who get their PCP to fill out the medical provider verification form. But why, you may ponder? Well, it's because your provider's got your back, discussing your results and giving you the lowdown on boosting your health.

**Gina:** Just a heads up. Our on-site biometric stations are like a roller coaster. First come, first served. No fancy reservations required. Quick request. Please fill out your biometric forms ahead of time and have your employee ID number ready. It's like rocket fuel for the whole process. Keep an eye on your inbox for these forms and the schedule. They'll be landing soon, so stay tuned.

**Wendy:** Biometrics? Totally a choice, not a mandate. So remember, those lines can stretch out like a slinky. So keep that in mind when planning your day. No need to fast, but if that's your jam, go for it.

**Gina:** Meanwhile, the Lunch and Learns are rocking the house, and folks are loving every minute of them.



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**Wendy:** Oh, absolutely. Alexis has been spotting a surge in participants ever since we kicked off the Lunch and Learns. Yesterday's hot topic was "know your numbers." Christina Hayes from our employee health and wellness clinic was on hand to spill the beans on why our biometric numbers really matter. If you meant to join but got sidetracked, no worries. You can watch the replay on our Fort Bend County Risk Management Group Facebook page.

**Gina:** Hungry for knowledge and lunch? Join us for our next lunch and learn on July 16 from 12:15 to 12:45. We'll be serving up tasty tidbits about the importance of skin protection, plus a light lunch is on the house. This is a free treat for all employees and retirees.

**Wendy:** In the wise words of Alexis, wellness is a lifestyle.

**Gina:** And that's a wrap for this week's Benefit Detective Podcast. I'm Gina.

**Wendy:** This is Wendy signing off. Don't miss the next episode of our podcast.

**Gina:** And remember, the Benefit Detectives are here to help.