
Midway ISD Wellness Newsletter



WELLNESS Wednesday

Good health is true wealth. - Urijah Faber

UPCOMING EVENTS

Open Enrollment is around the corner!

Upcoming benefit changes:

Dental

- Changing providers to HUMANA
- 3 dental plan options
- 3 cleanings per year

Vision

- Changing providers to HUMANA
- Use frame AND contact lens allowance in the same year

FSA, HSA, Dependent Care

- Changing providers to Connect Your Care

More information regarding dates and details to come via email

AWARENESS



[Alcohol Awareness Month](#)
[Nat'l. Autism Awareness Month](#)
[Occupational Therapy Month](#)
[Oral Cancer Awareness Month](#)
[Stress Awareness Month](#)
[World Health Day 4/7](#)
[Every Kid Healthy Week 4/26-4/30](#)

(click each link for more information)
View The Full List [HERE](#)

COVID-19

[MISD Covid-19
Information](#)

[Waco/McLennan
County Covid-19
Stats](#)

[COVID
vaccination
information from
the CDC](#)



PHYSICAL HEALTH



Midway Wellness Center Is OPEN!

Take a [virtual tour](#) and [sign up](#) TODAY!

View Other Community Fitness
Opportunities [HERE](#)

BENEFITS



Check out the Health & Wellness Expo
Electronic Magazine [HERE](#)

For information regarding your
benefits visit the MISD Benefits
[webpage](#).

MIDWAY ISD HUMAN RESOURCES

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