

JEFFERSON COUNTY LINE

SUMMER EDITION 2024



Summer is here and school is out. Many of you will be traveling to visit family, friends, and various vacation destinations.

Members of Commissioners' Court would like to wish everyone a safe and enjoyable summer.

Table of Contents

Summer Welcome	1
Ben J. Rogers Visitors Center	2
Constable Bates	3
Employee Health	4—5
Risk Management Reminders	6
Judge Doyle	7
Agrilife Extension	8
Welcome New Hires & Recent Retirements	9
Risk Management	Inserts

co.jefferson.tx.us



Employee Assistance Program
1-800-324-4327

Deferred Compensation
1-877-677-3678

UNITED HEALTH CARE
1-877-844-4999

Risk Management
409-835-8672

Express Scripts
1-800-282-2881

Employee Health
409-784-5881



What's Happening at 'The Ben'?

An update from your friends at the Ben J. Rogers Regional Visitors Center:

We'd like to remind everyone that the Visitors Center summer hours started on Memorial Day & run until Labor Day. We will be open daily from 9 AM to 7 PM. Please bring your family by to see our facility and all the local and statewide information we have. Staff can make suggestions on fun things to do. Be sure to get a Texas Events magazine which showcases events going on in the state. While you're here, take a seat in our theater & watch some of the videos about local attractions. It's a nice, cool way to beat the heat! Recently some of the Visitor Center Staff attended the 1st Annual Blueberry Festival, & the 40th Annual Jacksonville Tomato Festival. At these festivals we promote Jefferson County and all the exciting things to do here. Both events were well attended and we recommend you check them out for yourself next year! For an updated list of events, remember to check out our new website! This summer check out the Beaumont Botanical Gardens at Tyrrell Park. They have recently revamped their pond in the back, and they're adding some new shade structures which will be up soon. This will be the perfect place to go outside, picnic, enjoy nature, and relax. While you're at Tyrrell Park, be sure to go to the Tyrrell Park Nature Center. They frequently have classes to teach young ones about nature, so check their events on Facebook! While you visit, be sure to check out their great gift shop.

Soon, the Jefferson County Regional Visitors Guide will be published. Keep your eyes peeled for the new yearly guide!

Follow us on social media & check out our website whenever you're looking for things to do in Jefferson County:

Facebook:
Ben J. Rogers Regional Visitors Center

Instagram/X:
ExploreJeffCoTX

Our Website:
ExploreJeffersonCountyTX.com

Here are some tips for safe driving in the summer:

Stay hydrated: Bring plenty of cold water for you & your passengers, especially if you're going on a long trip.

Maintain your vehicle: Summer weather can stress your car's engine & tires, so make sure they're properly maintained.

Avoid distractions: Put away your phone & other electronic devices.

Don't speed: Slowing down can help you avoid accidents, pedestrians, & other obstacles.

Plan your route: Traffic increases in the summer, so plan ahead & allow for breaks if your trip will take more than 2 hours.

Check your tires: Tire blowouts are more common in hot weather, so check your tires regularly.

Prepare an emergency kit: Keep a kit with water, snacks, tools, jumper cables, & a flashlight in case you break down.

Be alert: Avoid drowsy driving & use sunglasses to prevent eye fatigue.

We hope you have a wonderful summer! Safe travels!



Constable Christopher Bates 2024 Scholarship Awards



In 2015, God laid it on the heart of Constable Bates to start the "Constable Christopher L. Bates Scholarship" with \$500 of his own money. With support from the community through his Scholarship Breakfast, he has given out \$41,000 in scholarships in 10 years! This year TEN students each received \$1,000 scholarships!

Kailonn Battle - Beaumont United High School

Halie Wyngarde - West Brook Senior High School

Christian Carrier - Port Arthur Memorial High School

Johnny Banks III - West Brook High School

Shalom Valdez - West Brook High School

Mia Paddio - Port Arthur - Woodrow Wilson ECHS

Zavier Rideaux - West Brook High School

Madison Sconiers - Bob Hope High School

DeSean Harmanson - Memorial High School

Patricia Grogan - Tekoa Academy (Not Pictured)

A special thanks to Port Arthur LNG for providing an additional scholarship commitment for the "Port Arthur LNG Safety Scholars Award". The recipient this year is Mia Paddio! Congratulate these young adults and keep them in your prayers as they continue striving for greatness! Be blessed!

Congratulations!

Employee Health

Preventing Back Pain

Back pain is experienced by 4 out of 5 adults, at one time or another in their life. It's second only to headaches as a common problem characterized by pain.

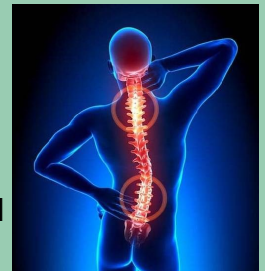
What can we do? Take care of the neck, back, and spine by strengthening and stretching the support muscles and maintaining a correct posture. When body position is correct, internal organs have enough room to function normally and blood circulates more freely. Most back problems are the result of repeated trauma or overuse. It is very important to use proper body mechanics *at all times*.

Prevention: Exercise regularly to keep back muscles strong and flexible. Use the correct lifting techniques (lift objects close to body, avoid twisting, bending forward, or reaching while lifting). When carrying objects, hold it close to your body – this relieves the amount of pressure exerted on the spine. When lifting and turning – don't twist; pivot your feet. The muscles in your legs are bigger and stronger than back muscles; bend with your knees and let your legs do most of the lifting. Maintain proper body weight and avoid smoking. Maintain proper posture when sitting or standing. Push instead of pull. When standing, use a footstool or footrest to relieve swayback.

Exercises: Hyper-extend (stretch) your back every 2 hours. This can be done by laying on the stomach and alternately lift each leg off the floor. When doing sit-ups, crunch your stomach muscles – do not hold your breath.

When to see a doctor:

- ⇒ Your symptoms are severe and don't go away after a few days
- ⇒ The pain is keeping you from doing everyday activities
- ⇒ You have problems controlling your bowel or bladder
- ⇒ You are experiencing numbness or weakness in the legs, groin or rectal area



Conclusion: Although not all accidents can be prevented, the easiest and best way to treat back problems is to prevent them by following job safety, back safety, and good posture at all times.

Sports Physicals

The Employee Health Clinic wants to do your dependent child's school or college physical.

If your child participates in local sports clubs, UIL activities, or is involved in college sports we can do a complete physical and fill out the required forms free of charge.

If you are an adult and do not take medications for chronic conditions we can do a complete physical exam with wellness labs at our clinic. The Nurse Practitioner will review your results with you and make recommendations to keep you feeling great.

"If you do not make time for your wellness, you will be forced to make time for your illness!"

Call the Employee Health Clinic for an appointment at (409) 784-5881



“Healthy Changes 2024” Program Drops the Pounds

Beginning in January this year, 14 women and 1 brave man from several different departments signed up to participate in the second “Healthy Changes” program offered by the Employee Health Clinic. The Nurse Practitioner, Leslie Riggs, and her nurses, Rachael and Tracy, met with the group once a month for four consecutive months during lunch. Participants were weighed, measured, and taught different topics at each meeting. The topics included healthy food choices, portion control, decreasing sugar cravings, and encouraging mental health. We also learned about intermittent fasting, how to read food labels, and healthy recipes were shared each month. The group finished strong with 12 participants interacting throughout the 4 month program. The total weight lost in those 4 months was 112.8 pounds.

Riggs stated, “It has really been a positive thing for the employees interested in becoming healthier. It wasn’t about losing large amounts of weight, but more about making each of us more aware of what we are consuming and getting more physically active.” There were 5 prizes given out by Riggs.

Victoria Schultz was the biggest loser of 32lbs and received a \$50 Visa gift card. **Nicole Bonsall** was also a big loser of 20.8 pounds. Nicole was in the 1st Healthy Changes program last year and was the biggest loser in 2023. She has continued to work on self-improvement and we’re super proud of her. She received a \$25 gift card. The Visitor’s Center employees were the most enthusiastic participants. Jessie Davis kept her group moving. Our lone guy **George West** started eating healthier in December last year and lost over 10 pounds before we started and then dropped another 17.2 pounds in 4 months of the program. He received a large insulated water tumbler for his great efforts. The most improved BMI was obtained by **Brittany Branch** and she received a \$25 Visa gift card. **Fawnn Paul** lost significant inches and received a large insulated water tumbler.

Riggs commends all who put forth effort and networked with each other in the Healthy Changes program. A few of the participants posed for a group picture. The Employee Health Clinic looks forward to offering this program again next year!





Risk Management Reminders

What to know about Freestanding Emergency Rooms (ERs):

1. Freestanding ERs have the word "Emergency" in their name and are not attached or affiliated with a hospital.
2. They may advertise short wait times, big rooms, and the ability to treat common ailments like colds, flu, and pinkeye, but these conditions can usually be treated with a virtual visit (for \$0) or at a convenience care clinic or urgent care clinic for considerably less than a freestanding ER.
3. Freestanding ERs are out-of-network and by law, may bill you for thousands of dollars (known as balance billing).
4. Freestanding ERs do not have the ability to admit patients to a hospital and will transfer you by ambulance to a hospital ER if needed. If your life is in danger, always dial 911 or go to a hospital ER.

Making Changes?

Other than Annual Enrollment, the only time you can add or drop dependents from your Medical and/or Dental coverage is with a HIPAA **Special Enrollment Event** or IRS Section 125 **Change of Status**. However, you must enroll or change coverage within 30 days after the event or change of status and submit the required documentation to prove dependency (marriage license for spouse, birth certificate for children, etc.) and proof of other coverage loss/addition. Examples of Special Enrollment Events and Change of Status are:

- Change in Legal Marital Status due to marriage, divorce or death of a spouse
- Change in Number of Dependents due to birth, adoption, or death of a dependent
- Change in Employment Status of employee, spouse or dependents
- Dependent reaches age 26
- Changes in Coverage or Cost for spouse or dependent under another plan
- Eligibility or Loss of Eligibility for Assistance under State Medicaid or Children's Health Insurance Program (CHIP)

All enrollment changes are made through the UHC OnlinEnroll website at:
<https://uhc.workterra.net/Platform>

Injured on the job?

County Policy requires you to notify Risk Management within 24 hours of any on-the-job injury or illness by completing an On the Job/Injury Illness form located on the Risk Management page of the Jefferson County website.



More Questions about your Benefits?



The Risk Management page of the County website has detailed information on all the County benefits, along with Quick Links to the MyUHC, Express Scripts, and OnlinEnroll web portals. You can access the website at:

<https://co.jefferson.tx.us/riskman/Benefits>





Judge Doyle's Judicial Academy:



Internship & Mentorship Program

Judge Naomi Doyle graduated her third cohort of Judicial Academy: Internship and Mentorship Program students.

The purpose of the Judicial Academy introduces students (grades 10th - 12th) to the judicial process in the Justice Courts. Students experience judicial decision-making first-hand and hone their analytical, research and writing skills by apprenticing with Judge Naomi Doyle. Students research legal issues relating to pending matters and draft and argue their opinions. Students also observe court proceedings and learn about court procedure and legal advocacy. Students learned from different actors in the judicial process through the Mentorship Days.





Agrilife Extension



Drought & Trees - Explained

We are only midway through June, and we are starting to see warmer than average temperatures on a consistent basis. If the weather patterns are anything similar to the last few years, then we are looking at higher temperatures and warmer weather with less rainfall during our summer months. The anticipation of drier weather and drought conditions making a resurgence is fresh on the minds of many individuals who have lost trees in the landscape over the last couple of years. We all have seen the landscapes dotted with dead or dying trees. Some of the more common trees in our areas showing stress signs include magnolias, water oaks, and pine trees. Under normal circumstances, these trees provide shade and beauty to the landscape.

Drought is defined as a relatively long duration with substantially lower than normal rainfall and precipitation over a larger area. According to the US Drought Monitor in 2011 more than 80% of Texas experienced exceptional drought conditions. This drought killed an estimated 30 million trees with approximately 5.6 million urban and shade trees lost. We have had several years recently that fit the definition of a drought condition. Just think back to last year in the summer of 2023 with the record heat and multiple days without rainfall.

According to the Texas A&M Forest Service experts, tree fatalities occur during a drought because drought is a significant stress factor on trees. These stresses such as drought can have a prolonged impact on trees.

“A stress is anything that reduces the capacity of the tree to function efficiently and grow vigorously” according to Karl Flocke, Texas A&M Forest Service Woodland Ecologist. “Stressors are things that can affect growth, nutrient uptake, the ability of the tree to photosynthesize, and ultimately the ability of the tree to defend itself against pathogens - things like heat, cold, predation from animals, insects, and diseases - a number of different things.”

Drought alone may not kill your trees, but it may be an issue that ultimately leads to the demise of your trees. Drought should be of major concern for homeowners when dealing with trees that are stressed or are already showing signs of stress.

“Most trees usually die from a combination of different stresses,” according to Courtney

Blevins, Texas A&M Forest Service Urban Forester. One of the biggest stresses that we see in Texas is drought. When that happens, multiple stresses build up and secondary pests and diseases can be established in trees. Secondary issues can include damaging winter weather, insect damage, and fungal damage. We have seen several confirmed cases of Hypoxylon Canker in our Water Oak trees because of drought damage locally.

Drought - Stressed Trees

Ultimately during a drought, the lack of water causes the tree to photosynthesize less which leads to a lack of nutrients needed to survive. Plants generate their own food through photosynthesis and one of the key components of photosynthesis is water. Water is necessary for the chemical reaction that creates sugars, and it is also necessary to help move these needed nutrients throughout the tree. Without water, a tree cannot generate the necessary sugars and therefore cannot continue sustainable growth without those sugars, a necessary component for the entire process of tree growth. When this happens, trees will start to shut down or slow-down their growth and this progression can be seen in evidence such as leaves wilting or malformed leaves, gradual leaf drop, early leaf drop in off season times, yellowing of leaves, or even complete leaf browning of the entire canopy. These mechanisms help trees to survive in drought conditions. Sometimes, without adequate rainfall or irrigation, these measures may not be sufficient for continued growth. As a result, trees may succumb to stress factors and not be able to recover.

Reducing Tree Stress

The easiest way to reduce stress to a tree during a drought is by providing supplemental irrigation. The amount of irrigation supplied will depend on several factors including tree type, soil type, and the amount of rainfall received. Start by watering the area around the base of the tree and extend watering out to the edge of the canopy of the tree. Saturate this area sufficiently with multiple waterings to mimic a natural rainfall. You can achieve this by several different methods utilizing soaker hoses or a sprinkler. A good guideline for the amount of water needed for your particular tree is 2 to 3 gallons per one inch of trunk diameter will be required. Be sure that you do not over saturate the soil or have standing water continuously, as this will cause additional stress issues.

Another way that you can help manage drought in trees is by mulching. Mulch is an easy and inexpensive option to help your trees because it conserves water, regulates soil temperatures, reduces competition from other weedy plants, and improves soil health. A good layer of mulch should be no more than two to three inches deep. Be sure that you are not piling up mulch against the base of the tree. Ideally, it should not touch the trunk of the tree but instead only cover the ground around the base of the tree. Spread the mulch out approximately 2 to 3 feet from the base of the tree in all directions.

Avoiding tree stress

During times of drought, be sure not to add any additional stresses to your tree which will make them more susceptible to secondary insects and diseases. First, do not prune your trees unless absolutely necessary. Pruning out small water shoots or suckers less than 1” diameter is ok but should be kept to minimum if possible. Be sure to wait until the wintertime months when most trees are dormant for any major pruning activities. Another common mistake that can be harmful to your trees during a drought is putting out fertilizer to encourage new growth. Just generally applying fertilizers without knowing if there is deficiency is not a good idea. If there is not a nutrient deficiency, then it is not going to help with anything and can actually end up hurting things and make the trees more susceptible to drought and disease issues.

During the summer heat and especially during drought conditions, monitor your trees for stress symptoms. Add supplemental water when necessary and continue to enjoy the values that trees add to the landscape. Trees provide enormous value to us in the landscape. Keeping these trees healthy can help in many different ways as well. They can reduce energy costs and provide shade for the landscape. If these trees are lost, it can take decades to replace them and the benefits that they provide for our landscape.

David Oates
Horticulture CEA—Texas A&M AgriLife
Extension—Jefferson County
David.oates@ag.tamu.edu
409-835-8461

Welcome



Please join us in welcoming our newest employees of Jefferson County!

Adult Probation: Shaketha Cole, Karren Finnels, Sarah Simon	Juvenile Probation: Kay'Ontae Caesar, Nakia Fobbs, Jessie Franklin, Gerimi Powell	Heath Dickey	Tayvien Green, Brandon Guillory, Michael Holzapfel, Jaylon Jackson, Mikesha Jolivet, Nikki Lamotte, Indiyah Locke, Tamika Martin, Kelly Montaque, Dalton Pulliam, Ariel Rice, Elisha Riley, Timothy Smith, Michael Stansbury, Jasmine Swift, Jamal Washington, Destiny Williams, Caden Young
Airport: Archie Douglas	MIS: Alex Oulapour	Roads & Bridges, Pct. 4: Rafael Ramiro, Daryl Traylor	
County Judge's Office: Maria Vargas	Purchasing: Cynthia Green	Service Center: Armando De Leon Ibarra	
District Attorney: Kyle Walker	Risk Management: Briana Schmidt	Sheriff: Kathy Barker, Pearlana Bell, Teegan Boutte, Daylon Brew, Ralph Brinkman, Kenya Dodd, Christopher Egan, Garrett Estridge, Cameron Gerard, Shan Gilder, Ryan Golmon,	Tax Office: Natalie De La Concha, Liliana Galindo, Alisha Setser
District Clerk: Melanie Conkle	Roads & Bridges, Pct. 1: Commissioner Eddie Arnold,		

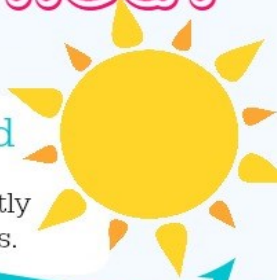
We wish all of our retirees continued happiness and success in their future endeavors! Congratulations!

Tips to Beat the Summer Heat



Stay Hydrated

Drink water frequently on hot summer days.



BE COOL

Stay indoors & use a programmable thermostat to help keep you and your home cool.

Eat Fresh

Try eating cold foods, grilling outdoors & avoid using the oven.



Enjoy a Dip in the **POOL**

Treat Yourself to a Cool Treat

Stock your freezer with Popsicles, ice cream and frozen fruit to enjoy when you are feeling a little too hot.



HAPPY RETIREMENT!

April 2024

Barbara Bryant
John Cezar
Sally Glenn

June 2024

Henry Horton
Michael Moore
Shelia Shettle
Jennifer Vogel

May 2024

Jacqueline Carter

REMINDERS FOR RETIREMENT

Contact Brandi Doyle in Human Resources, to schedule your appointment to retire and to receive a list of required documents.

If you do not already have access to your online TCDRS portal you will need to contact Human Resources for your account number.

(409) 839-2391

Your EAP News

COUNSELING SERVICES

LEGAL/FINANCIAL CONSULTATIONS

ONLINE WORK/LIFE AND WELLNESS

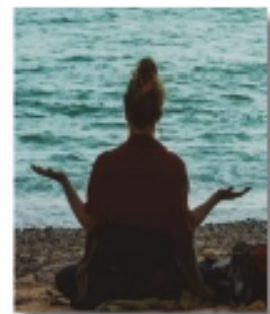
Stay Calm Under Pressure



Staying calm under pressure is an acquired skill, but it is unlikely you were taught how to do it. Work deadlines, facing irate customers, family emergencies, and public speaking are all examples of where staying calm under pressure counts. Remain calm under pressure by replacing negative thoughts with positive affirmations. Say to yourself, "I've done this before and will do it again this time." Focus on action steps to solve the problem or situation. Don't dwell on the magnitude of what you face. This practice reduces panic and emotional stress, and it reinforces a feeling of empowerment to help you feel in control. While solving the problem, practice deep breathing to reduce anxiety. How-to hint: Regularly practicing mindfulness and meditation can help you more quickly switch from panic to calm mode when under pressure because it conditions the part of your brain associated with awareness and attention.

Street Tips from the Field: Mindfulness Meditation

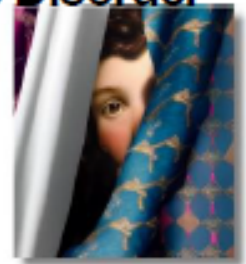
One of the most researched and proven techniques for managing stress – yet one of the least known and least practiced – is "mindfulness meditation." Mindfulness meditation involves paying close attention to your thoughts, feelings, and bodily sensations in a calm and intentional way.



Do it by sitting quietly, eyes closed, and gently bringing awareness to your breath. When distractions arise, acknowledge them, but gently redirect your attention. This practice cultivates mental clarity, emotional balance, and well-being. Regular practice may improve concentration, reduce stress, and build emotional resilience. Resource (book):

"Deeper Mindfulness: The New Way to Rediscover Calm in a Chaotic World," May 2023. (2) www.mondaycampaigns.org [search "mindfulness introduction"]

PTSD Awareness Month: Post-traumatic Stress Disorder Affects Millions



PTSD is commonly associated with war veterans, but anyone could suffer from the condition following a traumatic event. About 7%-8% of the population will experience PTSD at some point, and research shows millions of people who suffer symptoms years later may not associate them with a past trauma. Lingering symptoms of PTSD decades later may be blamed on other conditions, like stress, anxiety, or depression. Some of these may include being easily startled, having nightmares, fearing closeness in relationships, or engaging in negative thinking too often. But, it's a myth that traumatic events always cause PTSD. Likewise, you are not "in denial" if you claim to not experience PTSD following a traumatic event. For a full list of symptoms, visit the National Center for PTSD at www.ptsd.va.gov or contact your EAP to learn more.

Myths Keeping You from Psychotherapy



If you ever decided against seeking psychotherapy, was it because of one of these myths? 1) The therapist will examine every detail about my past. Fact: Professional counselors help you decide what you want to accomplish in counseling, and your past may play no role in achieving these goals. 2) Only those with severe mental illness seek professional counseling. Fact: Most psychotherapy clients are not mentally ill. They are seeking solutions for life's challenges. 3) The professional counselor will judge or criticize me. Fact: Professional counselors are trained to be nonjudgmental and supportive so you feel safe and can work through your issues. 4) Seeing a professional counselor means I am weak. Fact: Seeking professional counseling shows a willingness to address problems and work toward a healthier, more balanced life. 5) Therapy takes a long time, and it might change my personality. Fact: Therapy can vary in length, often leading to positive changes in only a few sessions. However, the focus is on coping and solving problems, not changing your personality.

Understanding Cyberstalking: Steps to Protect Yourself and Stay Safe



Out of the blue, you receive an unwanted and intimidating text from an unknown phone number. Cyberstalking involves repeated, unwanted, and threatening behavior over a period of time, but a single intimidating message can be serious and should not be ignored. While cyberstalking can affect individuals of any gender, statistics consistently show that women are disproportionately targeted and experience higher rates of harassment and intimidation online. Digital communication and online social media have increased everyone's vulnerability to cyberstalking. Stalkers can use fake profiles, invade privacy, and even threaten your safety. Here's what law enforcement, related associations, and other professionals recommend: 1) Don't respond to or otherwise engage with the harasser. Doing so can prompt continued harassment. 2) Block the number. 3) Take screenshots of the message as evidence for potentially legal purposes. 4) Although technically cyberstalking is repeated unwanted behavior, if you are concerned, contact the police for guidance and the next steps regarding prevention and safety. 5) Some cyberstalking events are initiated by locating someone's phone number or through public records; review your social media accounts and privacy settings to determine if personal information about you is too easily available. 6) Don't keep your experience a secret. Tell someone like a family member or friend. A single incident of cyberstalking can frighten you and cause you to lose sleep. Sharing your experience with a trusted friend can reduce the distress of the event.



Be a Better Listener at Work



At work, you will build stronger relationships, solve more problems, and help customers feel valued if you practice "active listening." Active listening is a communication technique that demonstrates you are fully and effectively listening to another person. While listening, they know you understand what they are saying because you are reflecting their message and recognizing their verbal and nonverbal cues. Finally, you give feedback that reassures the speaker you have a mutual understanding of the discussion. So, here are the keys: Demonstrate attention, actively show understanding of what is being communicated, respond to nonverbal cues, validate the speaker's feelings by expressing empathy, and paraphrase what you heard.

- Voluntary:** You decide when to use the program services.
- Confidential:** Your personal information will not be shared with your employer or anyone in your family. Only you know when you call for assistance.
- Convenient:** EAP offers services with professional providers with offices nationwide. Services can be accessed in-person or virtual.
- No-Cost:** Services under the EAP are available to you, your spouse/partner and your dependents under the age of 26 at no-cost.

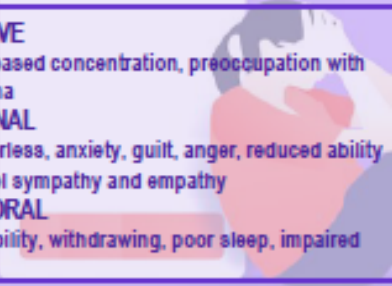
COMPASSION FATIGUE?

What is compassion fatigue?

Compassion fatigue is a profound emotional and physical erosion that occurs from exposure or significant emotional distress that occurs when helpers are unable to refuel and regenerate.

What are the symptoms of compassion fatigue?

- COGNITIVE**
 - ∞ decreased concentration, preoccupation with trauma
- EMOTIONAL**
 - ∞ powerless, anxiety, guilt, anger, reduced ability to feel sympathy and empathy
- BEHAVIORAL**
 - ∞ Irritability, withdrawing, poor sleep, impaired



What are some ways to prevent compassion fatigue?

- Practice self-care, engage in activities you enjoy
- Reach out to someone you love every day
- Exercise and eat properly
- Get adequate amounts of restful sleep
- Find reasons to laugh
- Enjoy quiet time each day to recharge
- Consider seeing a counselor to help you

Call Your EAP Today To Access Support



www.4eap.com

EMPLOYEE ASSISTANCE PROGRAM

800-324-4327

Crisis Counselors 24/7



GOT PAIN?

JEFFERSON COUNTY
is offering the
"NCS ON-SITE WELLNESS PROGRAM"

Available to **SETGEBP** Members enrolled in the **UHC** Medical Plan and their covered dependents (10+ years). **TOTALLY FREE OF CHARGE.**

IF YOU SUFFER FROM THE FOLLOWING TYPES OF PAIN:



NECK



SHOULDER



BACK



CARPEL TUNNEL



HEADACHES

OR OTHER TYPES OF DISCOMFORT, WE HAVE A PROGRAM JUST FOR YOU.

How it Works

NCS Doctors use an advanced soft tissue treatment called Fascial Distortion Model (FDM) to find and address injuries and relieve pain. Most issues are resolved within 2-3 visits.

Appointments are free to employees, only 15 minutes long, and located on-site.

To schedule your free 15 minute appointment:

1. Go to www.NMCSOnline.com/SETGEBP
2. Select "Create New Account"
3. Complete your medical questionnaire
4. Select "Appointment"
5. Choose a time and follow the prompts.



or scan qr code

Sign Up Now

Need help? Please contact your NCS on-site coordinator. Additional assistance is available: support@ncshealing.com or **(817) 380-4183.**

Downtown Annex 215 Franklin Street, Suite 202
Beaumont, TX 77701
Monday and Wednesday
1:00 PM to 5 PM
Risk Management Room in the Annex

Mid County 7933 Viterbo Road, Unit 4
Beaumont, TX 77705
Tuesday and Thursday
8:00 AM to 10:00 AM

Port Arthur 525 Lakeshore Drive
Port Arthur, TX 77640
Tuesday and Thursday
10:30 AM to 12:00 PM