

WELCOME THE NEWEST MEMBER TO THE WELLNESS TEAM



Please welcome the newest member to our wellness team, Shantay Phoenix. Ms. Phoenix is a licensed nurse with the Kelsey Seybold Wellness Department. She will be located in the Trust office beginning October 1, 2014 through June 25, 2015. Her hours will be 10:00 a.m. through 3:00 p.m. Monday, Wednesday and Fridays, to answer any medical questions.

FLU SHOTS/HPV Vaccine

Beginning October 1, 2014 through November 26, 2014, all hourly employees and family members that are covered under the Cigna medical plans (Kelsey Care, Cigna HMO and PPO) with the Health & Welfare Trust will be able to receive a flu shot at no cost. Shots will be given by our new wellness nurse, Shantay Phoenix, at the Trust office on Monday, Wednesday and Friday between 10:00 a.m. through 3:00 p.m.

What is HPV? HPV (short for human papillomavirus) is a virus you may not know too much about, but you should. As a parent, you know nothing is more important than the safety of your child and protecting him/her from illness. There are about 30 to 40 types of HPV that can affect the genital area. For most, HPV clears on its own. But, for others who don't clear certain types, HPV could cause significant consequences: cervical, vaginal, and vulvar cancers in females. Other types could cause genital warts in both males and females. And there's no way to predict who will or won't clear the virus. Have an 18 to 26 year old? Learn how HPV can impact young adults.