

Keeping Up With Coastal Eye Associates...



EYES ON COASTAL

April 2020



Tip Of The Month:

For those of you who are in the office and around others, please remember to keep a 6 foot distance away. Stay home if you experience fever, cough, or if you may have been in contact with anyone who has tested positive for COVID-19.



Coastal
Eye Associates

HAPPY BIRTHDAY!!!

- Beverly Plowman - April 2nd
- Sheila Bishop - April 7th
- Kari Messer - April 7th
- Jennifer Edwards - April 8th
- Gillian Schnarr - April 11th
- Melissa Woolford - April 12th
- Veronica Abarca - April 18th
- Amanda Knight - April 22nd
- Ivonne Morales - April 26th



Inspirational Quote of the Month

"Sometimes you have to let go of the picture of what you thought life would be like and learn to find joy in the story you're living."



- Author unknown



Have news you'd like to share, comments, or suggestions for future issues? EMAIL me at:
lcollins@coastaleyassociates.com



Reminder About These Employee Benefits

Employee Assistance Program <https://espyr.personaladvantage.com/portal/landing?a=1>

Passcode: HROIEAP

Many resources are available for Coastal employees:

Such as - *sample legal forms, emotional wellbeing webinars, supervisor resources, relationship (therapy sessions, caregiving, college life, cultivating your family, military life, nurturing yourself, parenting, interpersonal relationships and much more), locator resources (childcare or eldercare), financial literacy (auto center, banking and credit, investing, insurance center, identity theft, estate and retirement planning, taxes, budgeting and more), along with Recipes and health videos.*

Want to speak to a representative? They are available 24/7 = 800-869-0276

These are among the many topics available to employees. Take advantage of these valuable services.

See a healthcare
professional without
leaving your home...

REGISTER NOW

<https://mhealth.iselectmd.com/hroi.html>
Enter Access Code: C1151

Not Feeling Well?

Call 877.775.3006 x1 and we will get you in touch with
a board certified physician over the phone.

**Our physicians treat many
non-emergent illnesses, including:**

- Sinus Infections
- Ear Infections
- Sore Throat
- Bronchitis
- Urinary Tract Infections
- Pink Eye
- Cold & Flu
- Gastroenteritis
- And much more!

877-775-3006 x1
iSelectMD.com

- Average Physician Call Back Time: 11 Minutes
- Total Average Length of Consult: 29 Minutes
- Consults Resulting in Rx: 88%

NOTE NEW PASSWORD

Coastal Eye Associates Employee Login Intranet Site = Sight2020

Many informative documents available at your fingertips...Cecelia's
Corner, Caretracker Forms, SRS Forms, Medical and Dental Insurance
Forms, Employee Documents and Past Company Newsletters

Galveston and Houston Food Banks are seeking volunteers to help sort and distribute as well as families in need of their assistance. To learn more about their services, please call their offices directly:

- ❖ Galveston Food Bank – 409-945-4232 Hours of Operation –Monday-Thursday (9 am – 3 pm) and Friday (9 am to noon).
- ❖ Houston Food Bank – 832-369-9390 Hours of Operation – Monday – Saturday (8 am – 5 pm)