

MSU Texas Human Resources

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TIPS FOR STAYING HEALTHY

- Avoid close contact with people who are sick.
- Stay home when you are sick to prevent the spread of germs
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Wash your hands often or use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose or mouth.
- Practice good health habits: get plenty of sleep, be physically active, manage your stress, eat healthy, and drink plenty of fluids.



For more information, please visit the [Centers for Disease Control and Prevention webpage](#).

HEALTHSELECT OPTIONS FOR CARE

Get care when you need it – It is important to know where to go when you need medical care. Knowing your options and deciding where to go can make a big difference in how much you pay. Be prepared before you go and make sure ahead of time that the place you go to for care is in-network.

[Options for Care](#)

[Provider Finder](#)

[Virtual Visits](#)

FREESTANDING EMERGENCY ROOMS

Please remember that while you may visit a freestanding Emergency Room (Ex. ER Now), you will incur higher out-of-pocket expenses. The freestanding Emergency Rooms in Wichita Falls are not in the HealthSelect network. Participants are responsible for any billed charges that exceed the amount HealthSelect pays, regardless of whether the services were the result of a true emergency or non-emergency. Find out more about out of pocket costs for freestanding ER's here: [Freestanding ER's](#).

Your designated Primary Care Physician (PCP), the walk-in clinic associated with your PCP, or [virtual visits](#) are in-network options that are also available to you when seeking medical care.

In case of a true emergency, you should always seek out the nearest emergency room.

HEALTHSELECT WELLNESS BENEFITS

Whatever your wellness goals are, HealthSelect of Texas and Consumer Directed HealthSelect have a range of wellness services to choose from and solutions to help you reach them. Please visit the link below to see the wellness opportunities available to HealthSelect participants.

[HealthSelect Wellness Benefits](#)



COVID-19 AND YOUR HEALTH PLAN

The Employees Retirement System of Texas (ERS) is working with its health plan administrators, state leadership, and other state agencies to closely monitor the potential impact of COVID-19. All Texas Employees Group Benefits Program (GBP) health plans are equipped to help participants understand, prevent, and if needed, treat the virus.

At this time, all GBP medical plans have no out-of-pocket costs for physician-ordered COVID-19 testing at in-network labs, for those who meet federal Centers for Disease Control and Prevention (CDC) guidelines. Your health plan also has trained staff who can answer questions about the virus and COVID-19. Please visit the [ERS website](#) for additional information.



2020 SUMMER SCHEDULE

The University will begin a four-day workweek beginning Monday, June 1, 2020 through Thursday, July 30, 2020. Office hours will be 7:00 A.M. until 6:00 P.M. with a one-hour lunch break.

This schedule does not apply to areas that are designated to work a five-day schedule.

Individuals who work an altered schedule (such as 10 or 10-1/2 months rather than 12 months) will be notified by Payroll concerning hours they will need to work.

The University will resume the five-day workweek on Monday, August 3, 2020.

If you have questions concerning your schedule, please see your immediate supervisor. Human Resources should be consulted before any schedule changes are approved.

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