

## Winter Safety

Greetings GECS Employees! We are obviously in the middle of winter with all the weather that can be challenging to your safety! Your health and safety are very important to us! Ice, snow and water make for slippery conditions that can compromise your safety.

Over 50% of injuries are results of slips trips and falls. They are the leading cause of injury. People tend to view slips, trips and falls as insignificant or minor incidents, but even the healthiest person can be severely injured. Minor incidents can carry big consequences. We want to keep EVERY GECS EMPLOYEE SAFE at all times! Attached to this email is a short safety video to remind you of some basic precautions to keep you safe.



Happy New Year to all of our employees! Thank you for being a part of a company that serves thousands of children. GECS only hires school employees who support and deliver instruction. As we pause and reset for 2026 be mindful of your impact on the lives of children directly or indirectly.

No matter what your role is with GECS, you are part of a team that changes lives. We'll refer to you all as teachers in your own important way. You help draw out children in their own small world and provide a broader world view.

You help open hearts and minds to new possibilities, move students to become the best version of themselves.

Teachers often want more for their students than their students want for themselves. School employees play an enormous role in our communities and are often underappreciated. The impact teachers have on student's lives may not be fully realized for years. Please know your impact may never be fully known. You just never know how you influenced students. Through your role at GECS don't forget your importance on the lives of kids. We appreciate what you do very much.

All the best to you in 2026.



## W2 Distribution

All GECS employees W2's will be placed in the mail to the address we have on file by the end of the month. Please contact the GECS HR Office if you need to update your address. Employees can also view their W2 on their GECS Employee Web available by the end of the month. Please contact the GECS HR office if you have any questions.





## Health Care



### Teladoc Services

We encourage you to use **Teladoc services available 24/7**. **Teladoc** is a phone-in system where you can talk directly to a doctor or a physician's assistant to receive medical advice and get necessary prescriptions filled for any diagnosis. **This service is free!** Register for Teladoc services here

[Teladoc Registration.](#)



### Urgent Care

We encourage you to use Urgent Care over the Emergency Room for non-emergency care. **Urgent Care visit \$60, Emergency Room visit \$250.**



### Outpatient Centers

We recommend using outpatient centers when able for any type of imaging (x-rays, scans, etc.) and minor surgical procedures. **Outpatient centers** are less expensive than hospital procedures in many cases.



### Schedule Routine Checkups

We encourage all GECS employees to **schedule routine checkups** as a means of preventative care practice and to use prescribed medications to proactively address any illness or chronic diagnosis.



### Healthy Lifestyle Choices

We encourage all GECS employees to make **healthy lifestyle choices** which may help reduce the number of doctor visits needed throughout the year. This would include committing to daily exercise and making health-conscious eating decisions.



### WellNet Advocacy Line

We recommend calling the WellNet Advocacy line to guide you to the best **medical and prescription services possible at (800) 727-1733**. If you are on a regular prescription medication, you could receive a huge discount from using Prudent Rx or Rx valet prescriptions.

