

# The Hog Call – September Edition



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## OFFICE OF EMPLOYEE SERVICES

*Meet Our Team!*



*Theresa Perez - Associate Director, Employee Support*  
How long have you been with Texas A&M University-Kingsville?

I have been at Texas A&M University-Kingsville for 4 years.

**Where did you graduate from?**

I am a current student at TAMUK, pursuing a degree in Business Management.

**What do you enjoy most about your role?**

I enjoy the opportunity to meet new people and connect names with faces. Helping others is truly rewarding, and my role allows me to make a positive impact on the campus community. In addition, serving as the Wellness Champion for TAMUK has been especially meaningful, as it allows me to promote health and well-being among my colleagues.

**What is your fondest memory at TAMUK?**

My fondest memory at TAMUK would have to be attending the tailgate parties. They bring everyone together in such a fun and energetic way, and I love the sense of community and Javelina pride that fills the atmosphere. It's one of those experiences that makes me feel truly connected to the campus.

**If you could switch roles with another employee for a day, which role would you choose and why?**

I would choose someone in Finance. I went to college for accounting, and with a background in accounting and a passion for working with numbers, finance can be interesting and rewarding.



***Benefits Update: New Medical ID Cards***

The Texas A&M University System will soon be issuing new medical ID cards for employees enrolled in the A&M Care Plan.

These updated cards include the most current information for accessing your benefits. Your new card will be mailed directly to your address—once received, be sure to replace your old card.

You can also access your card online in *Blue Access for Members (BAM)* beginning **September 1, 2025**.

Access Your Online Card: [Here!](#)

If you do not receive your new card, or if you have any questions, please reach out to your **Human Resources office** for assistance.

### ***Perks, Wellness & You: Making the Most of Your Benefits!***

Your benefits go way beyond insurance—they're packed with tools, programs, and perks designed to keep you and your family healthy, happy, and supported. Check out what's available to you this year:

#### **WebMD ONE – Your Health Hub**

Complete two quick activities on WebMD ONE and earn a **\$30 wellness incentive!** Track appointments, get reminders, and access all your benefit info in one spot.

Visit: [WedMDHealth](#)

#### **Accolade Care – Doctors On-Demand**

Cold? Flu? Need a prescription refill? Talk to a board-certified doctor or therapist **anytime, anywhere**—right from your phone or laptop.

Book: [Accolade Care | Accolade Care](#)

#### **Hinge Health – Beat the Aches**

Back, knee, hip, or shoulder pain? This 12-week program uses smart tech, exercise plans, and personal coaches to get you moving again.

Book: [Texas A&M University System and Hinge Health](#)

#### **Wondr – Eat What You Love & Still Lose Weight**

No diets. No counting calories. Just simple, science-based tips to help you feel better and have more energy. And it's **free** for eligible members!

Sign Up: [Start Wondr](#)

#### **Cylinder – Gut Check!**

Gas, bloating, heartburn? Get a **free microbiome kit (\$150 value)** and work with a dietitian to boost your gut (and mental!) health.

Start Here: [TAMUS-B - Cylinder Health Members](#)

#### **Hello Heart – A Smart Way to Track Your Health**

Get a **free blood pressure monitor** that pairs with your phone so you can track your heart health with ease.

Register: [Hello Heart - Registration](#)

#### **Ovia Health – Support for Every Stage**

From cycle tracking and fertility to pregnancy and parenting—Ovia's app has you covered with personalized guidance and helpful tools.

Join: [Join - Ovia Health](#)

### **WINFertility – Fertility Support Made Simple**

Compassionate guidance, 24/7 nurse support, and coverage for up to **two fertility treatment cycles** (plus unlimited meds).

Info: [The Texas A&M University System | WINFertility](#)

### **Learn to Live – Mental Wellness at Your Pace**

Stress, anxiety, or trouble sleeping? Try confidential online programs with the option to connect to a 1:1 coach.

Log in: [Tamus | Blue Cross and Blue Shield of Texas](#)

### **Wellness Reminder: Ovarian Cancer Awareness**

Pap tests don't detect ovarian cancer. Stay alert by:

- Scheduling annual exams (especially if 63+)
- Knowing your family history
- Talking with your doctor about birth control benefits
- Watching for warning signs like bloating, abdominal pain, or sudden weight loss

Early awareness = better outcomes. Take charge of your health!

**Remember, your benefits are here to make life easier, healthier, and more balanced—so take advantage of them!**



# EMPLOYEE RELATIONS

## *Stay on Track with TrainTraq*



Staying up to date on your required trainings in **TrainTraq** is more than just a box to check—it's essential for ensuring compliance with both **Texas A&M University-Kingsville** and **A&M System policies**. Completing these trainings helps create a safe, respectful, and compliant workplace for everyone.

### **Why It Matters:**

- Keeps you in line with federal, state, and university requirements
- Ensures you have the knowledge and tools to succeed in your role
- Protects the university and its employees by maintaining compliance standards

### **A Reminder for Supervisors:**

If you supervise **student workers**, it is your responsibility to make sure they are completing all required **mandatory trainings** in TrainTraq. This not only supports compliance but also helps student employees gain valuable workplace knowledge.

### **Need Help?**

For questions, troubleshooting, or more information on TrainTraq, please contact:

**Olivia Galindo:** [olivia.galindo@tamuk.edu](mailto:olivia.galindo@tamuk.edu)



# EMPLOYMENT SUPPORT

## ***Alternate Work Arrangements***

In accordance with **System Policy 33.06.01 Flexible Work Arrangements**, alternate work location arrangements must be evaluated and approved on an annual basis. All previous remote work agreements ended on **August 31, 2025**. Eligible employees may now submit a remote work agreement request for approval.

## ***Upcoming Training for Hiring Managers***

We are committed to supporting hiring managers through training and resources. Please review the upcoming training opportunities below and sign up to secure your spot:

- **September 12, 2025** – Effective Interviewing Techniques
- **October 17, 2025** – Best Practices in Onboarding New Employees
- **November 14, 2025** – Navigating Performance Conversations

Sign up today to enhance your skills and stay current with best practices in employee management.

Sign Up Here: [Hiring Manager Training](#)

## **Employment Support**

Our Employment Support team is here to guide supervisors and employees through every step of the hiring and employment process. Whether you need assistance with job postings, application reviews, or navigating the hiring process, we are here to help.

For support, please contact [employeeservices@tamuk.edu](mailto:employeeservices@tamuk.edu)



The fall semester is in full swing, and it's the perfect time to celebrate school spirit! Wearing your blue and gold, attending campus events, or supporting our Javelina athletics are simple ways to stay connected and boost morale.

- Wear your Javelina gear on game days or spirit days.
- Take a break and cheer on our student-athletes at a home game.

- Join in campus traditions and encourage your coworkers and student workers to do the same.

***A little school pride goes a long way in building community—let's make this semester one to remember!***



### **August 1926: The Birth of a Mascot**

In August of 1926, the school mascot was officially chosen—and it was unlike any other. Bob, Joe, and Baby became the first live javelinas to represent the university. Agriculture professor W.H. “Aggie” Warren personally trained the animals, teaching them to appear at football games and even respond to his commands. It wasn’t unusual to see the three javelinas roaming freely around campus, much to the delight of students and faculty alike.

