



CITY OF BRYAN  
*Healthy Lifestyles*

# HEALTHY LIFESTYLES

## Onsite Screenings

The City of Bryan's Healthy Lifestyle Program offers employees discounted health premiums for participating in an annual Health Risk Assessment and Biometric Screening.

### On-site Screenings will be held:

Thursday, October 15th-BTU Distribution (7-9am)

Tuesday, October 20th-MSC (6:30-8:30am)

Wednesday, October 21st-MSC (6:30-8:30am)

Thursday, October 22nd-MOB (7:30-9:30am)

Friday, October 23rd-MOB (7:30-9:30am)

**To schedule an on-site screening, contact Lesley Ward  
At 209-5050 or e-mail [lward@bryantx.gov](mailto:lward@bryantx.gov)**

If you would like to have your assessment completed through your physician or at the City of Bryan Employee Health Center (821-7690), please call them directly for an appointment.

### What tests will be assessed?

Blood Pressure, Total Cholesterol, HDL, LDL, Triglycerides, Glucose,  
Height and Weight

*(Lab completed between July 1, 2015-November 6, 2015 will be accepted)*

**Questions?** Please call Lesley Ward at 209-5050 or email  
[lward@bryantx.gov](mailto:lward@bryantx.gov).