



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 13th-BTU Distribution (7-9am)

Tuesday, October 18th-MSC (6:30-8:30am)

Wednesday, October 19th-MSC (6:30-8:30am)

Thursday, October 20th-MOB (7:30-9:30am)

Friday, October 21st-MOB (7:30-9:30am)

**To schedule an on-site screening, contact Lesley Ward
At 209-5050 or e-mail 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. You must have an appointment at the Employee Health Center-NO WALK-INS!

What will be assessed?

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

(Lab completed between July 1, 2016-November 11, 2016 will be accepted .

Exception: Police & Fire-FITLIFE results be from 2016)

Questions? Please call Lesley Ward at 209-5050 or email
lward@bryantx.gov.