



WORKSITE WELLNESS NEWS

VOLUME 3, ISSUE 7

MARCH 1, 2011

SPECIAL POINTS OF INTEREST:

- City of Bryan Employee Health Center
- Walk Across Texas Event
- 90-Day Prescription Benefit

INSIDE THIS ISSUE:

- March is Colorectal Cancer Awareness 2
- Upcoming CPR/DDC 2
- Four-Berry Salad 2
- Know Your Benefits 3

Employee Health Center to open March 31st



The City of Bryan Employee Health Center is scheduled to open this month! The center is available to all City of Bryan employees, dependents and retirees on the City's insurance plan. The center will begin taking appointments approximately ten days before the clinic becomes operational and can see you for minor illnesses, injuries, chronic disease management and wellness related issues. Stay tuned for more information from Risk Management regarding employee tours which will be available just prior to the center's opening! This will be an opportunity for you to see the center and meet the staff!

- **Location:** 2010 E. Villa Maria, Suite B Bryan, Texas *(next door to St. Joseph Express/Occupational Health)*
- **Clinic Hours:** 8am to 5pm Monday-Friday *(closed from noon-1pm and on City holidays)*
- **Appointment Line:** 979-821-7690

Clinic Staff:

- Dr. George McIlhaney-Medical Director
- Elizabeth Ellis, DNP, APRN, FNP-BC, FAANP-Nurse Practitioner, Clinic Provider
- Elaine Dobbs- LVN
- Beatriz Sanchez-Certified Nurse Assistant
- Shannon Gwinn-Registrar



Join us for an old-fashioned field day at the Walk Across Texas Recharge Event!

Saturday, March 5th @ 10am
John Crompton Park, College Station



Come out for great door prizes and fun!

March is Colorectal Cancer Awareness Month

Colorectal cancer affects both men and women and is the second leading cancer killer in the United States. It is most common in people 50 or older and the risk increases with age. Colorectal cancer screening can save your life. Depending on your risk factor and if you are at high risk, you may need to be screened earlier than age 50. Talk to your doctor about colorectal screening and at what age you should begin being screened. Early stages of colorectal cancer may not cause symptoms; therefore, screening is important.



Risk factors can include:

- Family history or colorectal polyps or colorectal cancer
- History of inflammatory intestinal conditions
- Low-fiber, high fat diet
- Age

Symptoms can include:

- A change in bowel habits
- Blood in your stool
- Persistent stomach pain, aches or cramps
- Unexplained weight loss
- Weakness or fatigue

Source: www.cdc.gov

Upcoming CPR and Defensive Driving Classes

CPR & First Aid (first time)

March 21st
8am-5pm @ the MSC

CPR (renewal)

March 23rd
2-3pm @ the MSC

First Aid (renewal)

March 22nd
1-2pm @ the MSC

Defensive Driving

March 22nd & 23rd
8:00am-11:30am
@ the MSC



Try this yummy Four-Berry Salad!

Ingredients:

- 1 tablespoon balsamic vinegar
- 2 teaspoons light-brown sugar
- 1 1/2 cups strawberries, hulled and halved
- 1 cup blueberries
- 3/4 cup raspberries
- 1/2 cup blackberries
- 2 tablespoons small mint leaves
- 1/2 cup toasted walnuts or pecans, coarsely chopped

Directions:

1. In a medium bowl, whisk together vinegar and sugar
2. Add strawberries, blueberries, raspberries, blackberries, and mint. Toss to combine. Transfer to serving bowls and sprinkle nuts over top.
3. Enjoy!

Source: www.wholeliving.com

Know Your Benefits

Reminder about the City of Bryan's NEW Retail-90 Day Prescription Drug Benefit

As of January 1, 2011, The City of Bryan introduced an enhancement to your current prescription drug plan called Retail-90. The Retail-90 benefit will allow you to obtain an 84 to 90-day supply of maintenance medications through local retail-90 pharmacies for the co-payments as described below:

Mail Order or Retail-90 Co-payment			
	PPO	Health Savings Account	
		In-Network	Out-of-Network
Generic	\$15	20% after deductible	70% after deductible
Preferred Brand	Greater of \$50 or 20% up to \$200 max	20% after deductible	70% after deductible
Non-Preferred Brand	Greater of \$80 or 20% up to \$400 max	20% after deductible	70% after deductible

Price checking can save you money:

Different pharmacies, including local retail pharmacies and CVS Caremark's mail pharmacy, may charge different amounts for the same medication. Since you pay 20% of what the pharmacy charges, you save money by checking the price at various local Retail-90 pharmacies and compare those to CVS Caremark's mail order pharmacy. You can then decide which pharmacy is best for you to use to fill your prescription. Keep in mind, the lowest cost pharmacy will vary by prescription so you should price check each prescription you want to fill.

For the most up-to-date and complete list of participating pharmacies, please visit www.caremark.com and click on "Find a Local Pharmacy." You may also call CVS Caremark Customer Care at 1-800-552-8159 to see if your pharmacy is in the network.



Save the Date!

2011 Health & Safety Expo
 June 16th @ the Brazos Center
 10am-3pm

If you have wellness news to share with others and would like to have it spotlighted in our next newsletter, please feel free to submit it to:

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 Wellness Coordinator
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lbecker@bryantx.gov

Copies of this newsletter are available in Risk Management.