



# WORKSITE WELLNESS NEWS

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## SPECIAL POINTS OF INTEREST:

- **New Employee Wellness Website**
- **Health & Safety Expo Planned**

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## New Employee Wellness Website Launched

The City of Bryan's Risk Management Department recently launched a new and improved Employee Wellness Website. The new site is interactive and offers various calculators such as calorie and BMI, newsletter archives, healthy recipes and information about the City of Bryan Employee Health Center. The website can be

viewed from home or work allowing for spouses and dependents to have access to the information. Visit [www.bryantx.gov/wellness](http://www.bryantx.gov/wellness) and check back frequently for information about upcoming wellness activities here at the City of Bryan!



## Celebrate Your Health & Safety!

### Save the Date!

Health & Safety Expo Scheduled for June!

Thursday, June 16th

10am-3pm

Brazos Center

Backhoe Rodeo from 10am-2pm

Come visit booths offering lots of great health & safety information.

- Blood pressure checks
- Benefit information
- BMI assessments
- Cholesterol screenings
- Glucose screenings
- And more!



# Healthy Eyes, Healthy You!

## May is Healthy Vision Month

The National Eye Institute recognizes May as Healthy Vision Month. Our eyes are an important part of our health and there are several things that we can do to protect and ensure that we are seeing our best! Follow these simple steps for healthy eyes!

1. **Get a regular eye examination .** You may not realize that you are having vision problems. An eye care professional can perform a comprehensive dilated eye exam to determine if you may need contacts or glasses. You may also have a common eye disease such as glaucoma, diabetic eye disease or age-related macular degeneration that could be detected with an eye exam.
2. **Know your family's eye health history.** Since many eye diseases and conditions are hereditary, it is a
3. **Eat right to protect your sight.** A diet rich in fruits and vegetables can help protect your eyes. Research has indicated that dark, leafy vegetables, carrots and fish high in omega-3 fatty acids such as salmon and tuna are good for your eyes.
4. **Maintain a healthy weight.** Being overweight or obese can cause other health conditions such as diabetes. These conditions can lead to vision loss and other eye diseases.
6. **Wear protective eyewear.** Always wear safety glasses or goggles when playing sports or working around the house.
7. **Quit smoking or never start.** Not only is smoking bad for your eyes, but it is bad for the rest of your body. Smoking can put you at
8. **Wear your shades.** Sunglasses protect your eyes from ultraviolet rays.
9. **Rest your eyes.** Take a break if you spend a lot of time focusing on one thing or on the computer. Try the 20-20-20 rule: Every 20 minutes, look away about 20 feet in front of you for 20 seconds.
10. **Clean your hands and contact lenses.** Avoid eye infections by cleaning your hands and contact lenses thoroughly.
11. **Practice workplace eye safety.** Make it a habit to protect your eyes at work and encourage your co-workers to do the same.

For more information, visit [www.nei.nih.gov/healthyeyes](http://www.nei.nih.gov/healthyeyes).

## CPR, First Aid & Defensive Driving Classes

### CPR & First Aid (first time)

May 25th  
8am-5pm @ the MSC

### CPR (renewal)

May 24th  
1-3pm @ the MSC



### First Aid (renewal)

May 24th  
1-3pm @ the MSC

### Defensive Driving

May 27th  
8am-4pm @ the MSC

# Know Your Benefits

## Discount vision program through Blue Cross and Blue Shield!

Blue Cross and Blue Shield (BCBSTX) offers members a discount vision program through Davis Vision, Inc. Through this program you can save on eyeglasses and receive discounts on contact lenses, eye exams and accessories with Davis Vision.

For a list of Davis Vision providers in the area, log into Blue Access® for Members at [www.bcbstx.com](http://www.bcbstx.com). Click on the My Coverage tab at the top, and then the BlueExtras Discount Program link.

For more information about the discount vision program through Davis Vision, Inc., you may also visit [www.davisvision.com](http://www.davisvision.com) and enter Control Code 2295. You may also call Davis Vision at (800) 501-1559.

### Try this Delicious Watermelon Salsa Recipe!

**Ingredients:**

- 3 cups finely diced seeded watermelon
- 2 jalapeno peppers, seeded and minced
- 1/3 cup chopped cilantro
- 1/4 cup lime juice
- 1/4 cup minced red onion



Place watermelon, jalapenos, cilantro, lime juice and onion in a medium bowl; stir well. Season with salt and serve chilled!

Source: [www.eatingwell.com](http://www.eatingwell.com)



### It's starting to heat up out there!

- \* Drink plenty of non-alcoholic fluids. Don't wait until you are thirsty!
- \* Take breaks indoors or in a shaded area.
- \* Wear lightweight, light colored and loose fitting clothing.
- \* Protect yourself by always wearing sunscreen or a wide brimmed hat while in the sun.
- \* NEVER leave anyone in a closed, parked vehicle.



**Appointment Line: 979-821-7690**

2010 E. Villa Maria, Suite B  
Bryan, Texas 77802

Open to COB Employees & Dependents  
enrolled in the City's Health Plan.

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:

Lesley Becker  
Wellness Coordinator  
(979) 209-5050  
[lbecker@bryantx.gov](mailto:lbecker@bryantx.gov)

Copies of this newsletter are available in Risk Management.