



# WORKSITE WELLNESS NEWS

VOLUME 3, ISSUE 11

JULY 1, 2011

## SPECIAL POINTS OF INTEREST:

- Heat Safety Tips
- Health & Safety Expo Wrap-Up
- Over-the-Counter Savings Opportunity

## INSIDE THIS ISSUE:

Employee Health Center News 2

Tuna Pita Pocket Recipe 2

Upcoming CPR & DDC Classes 2

Know Your Benefits 3

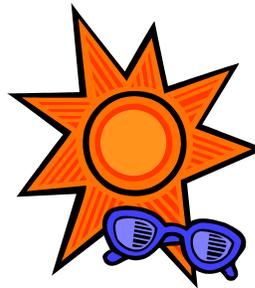
## Beat the Heat!

### Follow these Tips for Preventing Heat-Related Illness

With the summer sun heating up to over 100° on most days, it is important that you take proper precautions to avoid heat-related illnesses. Your best defense against these illnesses is prevention.

*Here are a few tips to keep you safe while out in the heat:*

- Drink more fluids, regardless of your activity level. Check with your doctor if you are on water pills to see how much you should drink while out in the heat.
- Don't drink liquids containing alcohol or large amounts of sugar.



These cause you to lose more body fluid.

- Stay indoors and, if possible, in an air-conditioned place. Even a few hours spent in the air conditioning can help your body stay cooler when you go back into the heat.
- Wear lightweight, light-colored, loose-fitting clothing.

- NEVER leave anyone, including pets, in a closed, parked vehicle.

*if you must be out in the heat:*

- Limit your outdoor activity to morning and evening hours.
- Cut down on outdoor exercise. Choose an indoor activity during summer months.
- Rest often in shady, cool areas.
- Protect yourself by wearing a hat, sunglasses and SPF 15 or higher sunscreen.

Source: [www.cdc.gov](http://www.cdc.gov)

## Employees Enjoy Annual Health & Safety Expo

City of Bryan employees along with employees from the City of College Station and Brazos County, recently attended the annual Health & Safety Expo at the Brazos Center. Attendees were able to gather information from over sixty booths offering literature, health screenings and giveaways all focused on health & safety. In addition to

the health fair, the popular Backhoe Rodeo was held in the parking lot. Water Services Employee, Ismael Martinez took first place in the competition with Roland Macias taking 2nd and Brandon Waskow coming in 3rd place. Risk Management will notify t-shirts winners when they are available to be picked up.





# City of Bryan Employee Health Center News

- Does your child need a school/sports physical? Beat the rush by calling the Employee Health Center today for an appointment!
- If you need a prescription for an item or medication covered under the TaxSaver Plan, you may make an appointment to establish care at the center to receive these.
- Appointments are encouraged at the Employee Health Center and some same-day appointments are available.

Appointment Line: 979-821-7690

2010 E. Villa Maria, Suite B

**New Patient Forms  
now on-line!**  
Click [here](#).

## Tuna Pita Pocket Recipe

### Ingredients:

- 1 1/2 cups shredded romaine lettuce
- 3/4 cup diced tomatoes
- 1/2 cup finely chopped green bell peppers
- 1/2 cup shredded carrots
- 1/2 cup finely chopped broccoli
- 1/4 cup finely chopped onion
- 1/2 cup of low-fat ranch dressing
- 2 cans (6 oz.) low-salt white tuna packed in water, drained

In a large bowl, add the lettuce, tomatoes, peppers, carrots, broccoli and onions. Toss to mix evenly.

In a small bowl, add the tuna and ranch dressing. Stir to mix well. Add the tuna mixture to the lettuce mixture and serve immediately.

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



## CPR, First Aid & Defensive Driving Classes

### CPR & First Aid (first time)

July 19th  
8am-5pm @ the MSC

### CPR (renewal)

July 21st  
8-10am @ the MSC



### First Aid (renewal)

July 20th  
8-10am @ the MSC

### Defensive Driving

July 22nd  
8am-4pm @ the MSC



Contact Howard Hart at [hhart@bryantx.gov](mailto:hhart@bryantx.gov) or call 209-5056 to register.

# Know Your Benefits

## ***\$0 Copayment-Great “Over-the-Counter” Savings Opportunities***

The City of Bryan wants to help you whenever possible to lower your prescription drug costs. The City of Bryan now covers select over-the-counter medications (OTC's) for a \$0 co-payment using your Prescription Drug Card and presenting a prescription from your doctor.

### **Over-the-counter ‘Proton Pump Inhibitors’ (PPI’s) are available for \$0 co-pay!**

Proton Pump Inhibitors (PPIs) are a class of medications used to treat ulcers, heart burn and gastroesophageal reflux disease (GERD) and they work by blocking acid production in the stomach. Over-the-counter PPI's covered for a \$0 copayment by your plan include:

*Prilosec OTC®, Prevacid 24HR®, Zegerid™ OTC, Omeprazole OTC (sold under various store brands)*

Using one of the OTCs for treatment of frequent heartburn, ulcers or GERD as opposed to brand prescription alternatives can satisfy the same clinical needs and result in significant savings. Scientific studies have shown that all PPIs are effective and have the same medical benefit in the body.

### **Over-the-counter ‘Non-Sedating Antihistamines’ (NSA’s) are available for \$0 co-pay!**

Non-sedating antihistamines (NSAs) are medications used to relieve allergy symptoms including sneezing, runny nose, and itchy eyes without causing drowsiness. Over-the-counter NSA's covered for a \$0 copayment by your plan, to include all forms, include:

*Allegra/Allegra-D, Claritin/Claritin-D, Zyrtec/Zyrtec-D, Generic Fexofenadine, Generic Loratadine, Generic Cetirizine, Alavert*

Non-sedating antihistamines are often preferred because they are “non-drowsy,” offer prescription strength and result in savings for you.

Please click [here](#) for letter that should be provided to your pharmacist and contains important information needed in order to process your OTC prescription.

If you have any questions regarding the City of Bryan's \$0 Copayment Plan, please contact our Benefits Administrator, Flo Galaviz, at 209-5053 or [fgalaviz@bryantx.gov](mailto:fgalaviz@bryantx.gov).



*Have a  
Safe and  
Happy  
July 4th!*

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 and on the wellness website at [www.bryantx.gov/wellness](http://www.bryantx.gov/wellness).