



# WORKSITE WELLNESS NEWS

VOLUME 2, ISSUE 12

AUGUST 1, 2011

## SPECIAL POINTS OF INTEREST:

- Health Assessments Coming Up!
- School Physicals Offered at Employee Health Center

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## Health Assessments Coming Up!

The City of Bryan's Healthy Lifestyles Program offers employees discounted health premiums for participating in an annual Health Risk Assessment and Biometric Screening. Risk Management is currently conducting meetings with each department to discuss the program and to distribute packets. If you have not received a packet, check with your supervisor to see when your departmental meeting will be held. Screenings will be held on-site again this year at various locations and times for your convenience. Screenings may also be completed through your personal physician or at the City of Bryan Employee Health Center. If you are not having the assessment done at one of our on-site locations listed below, please call your physician's office or the Employee Health Center (979-821-7690) as soon as possible to schedule your appointment.

### On-Site Screenings will be held:

- October 12th-BTU Distribution (7-9am)
- October 13th-Justice Center (7-9am)
- October 18th-MOB Basement (7:30-9:30am)
- October 19th-MOB Basement (7:30-9:30am)
- October 20th-MSC (6:30-8:30am)
- October 21st-MSC (6:30-8:30am)



### What tests will be done?

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

*(Labs completed between July 1, 2011-November 4, 2011 will be accepted)*

## It's Sports Physical Time!

Call the Employee Health Center today for your child's appointment.

979-821-7690

*Child must be on City of Bryan's Insurance Plan.*



## **City of Bryan Employee Health Center News**



- If you would like to have your health assessment screening completed at the Employee Health Center, please contact the center as soon as possible for an appointment. Daily schedules fill up quick!
- If you are a new patient, please arrive 5-10 minutes early to complete the registration process. As a convenience, new patient forms are located [here](#) for you to fill out in preparation for your appointment. Please arrive on time to all other appointments. Late arrivals may need to be rescheduled depending on daily schedules.
- In preparation for a busy flu season and our health assessment period, we ask that you call ahead for an appointment. While the clinic staff does their best to work patients in on the same day, calling ahead will allow them to review their daily schedule and best accommodate all patients.

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

**Clinic Location: 2010 E. Villa Maria, Suite B**

## *August is National Immunization Awareness Month*

The goal of National Immunization Awareness Month is to increase awareness about immunizations across the lifespan, from infants to the elderly. Immunizations are one of the most effective ways to protect children and adults against many common infectious diseases. Visit with your healthcare provider or make an appointment at the City of Bryan Employee Health Center to make sure that you and your family are up to date on your immunizations.

Click on the following links for more information about vaccination schedules. The links are also listed on the City of Bryan's Wellness Website at [www.bryantx.gov/wellness](http://www.bryantx.gov/wellness).

[Birth to 6 years of age](#)

[Children 7 to 18 years of age](#)

[Adult schedule](#)

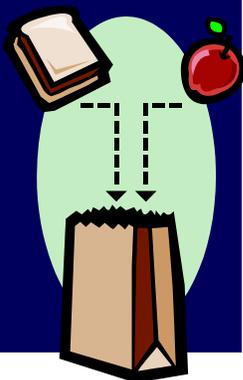
Source: [www.cdc.gov](http://www.cdc.gov)

## **Pack Your Child a Healthy Lunch this School Year!**

Packing your children a healthy lunch will help allow them to grow, play, learn and stay healthy. Making sure that your child has a balanced lunch can help him or her avoid long-term health problems like high blood pressure, diabetes and obesity. Try these easy tips when preparing your child's lunch this school year:

- Swap the white bread for whole wheat for added boosts of fiber.
- Try using a thinner layer of peanut butter in moderation and substitute jelly with banana or thin apple slices.
- Skip high-fat mayonnaise. Consider using a small serving of low-fat mayonnaise or mustard.
- Water and low-fat milk are best for children, but if you pack juice, make sure it is 100% fruit juice.
- Swap traditional potato chips for baked potato or corn chips.

Source: [www.healthiergeneration.org](http://www.healthiergeneration.org)



# Know Your Benefits

## Wills, Trusts & Estate Planning



Join the City of Bryan for a Deer Oaks Seminar on "Wills, Trusts and Estates"

August 10, 2011  
10a.m.-11a.m.-Municipal Office Building  
11:30a.m.-12:30p.m.-Justice Center

Protect yourself, your family and your assets

- Learn how to create a will or living trust
- Learn about estate taxes
- Learn the process of estate planning

RSVP by emailing [fgalaviz@bryantx.gov](mailto:fgalaviz@bryantx.gov) by August 5th.

## CPR, First Aid & Defensive Driving Classes

**CPR & First Aid (first time)**  
August 23rd  
8am-5pm @ the MSC

**CPR (renewal)**  
August 25th  
8-10am @ the MSC



**First Aid (renewal)**  
August 24th  
8-10am @ the MSC

**Defensive Driving**  
August 22nd  
8am-4pm @ the MSC

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

Are you interested in participating in a Weight Watchers At-Work Program ?

17-week Program

Cost: \$186

(may be payroll deducted)

Contact Risk Management for more information.



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).