



WORKSITE WELLNESS NEWS

VOLUME IV, ISSUE I

SEPTEMBER 1, 2011

SPECIAL POINTS OF INTEREST:

- 2nd Annual “We CAN” Weight Loss Challenge !
- Health Assessment Period Now Open!

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2nd Annual “We CAN” Weight Loss Challenge Kicks-Off this Month!

Benefiting the KBTX Food For Families Food Drive September 8th-December 1st

For every pound lost by City of Bryan employees, HEB will donate one pound of food to the KBTX Food for Families Food Drive held in December at the Brazos Center.



Initial Weigh-in

September 8th from 11am-1pm in the MOB Basement

You may also weigh at the following times and locations:
September 9th from 7:30-9:00am at the MSC or
September 12th from 8:00-10:00am in Risk Management.
Final weigh-in will be on our about December 1st. Locations will be announced at a later time.

Please contact Lesley Becker at lbecker@bryantx.gov or 979-209-5050 if you are interested in participating.

Health Assessment Period Opens

In preparation for the City of Bryan’s Insurance Plan Year 2012, Risk Management recently met with City departments to discuss the annual health assessment process and to distribute packets. Changes for this year’s assessment include the opportunity for participants to complete the questionnaire portion on-line or by traditional scantron. In addition to being able to have the biometric screening portion done through your primary care provider or onsite, you may also have this

completed at the City of Bryan Employee Health Center. If you wish to have the screening completed by your own doctor or at the employee health center, you should contact their office directly for an appointment. If you are planning to have your screening completed at one of the on-site locations, please make sure you have scheduled a time with Risk Management. For those who did not receive a packet at their departmental meeting, but wish to participate in the Healthy Lifestyles Program,

please come by Risk Management to pick up your packet. All health assessments must be completed by November 4, 2011. You will be notified if you qualify for the program or if you need to follow-up with a primary care provider in order to do so. If follow-up is required, you will have until December 9, 2011. If you have questions about the City of Bryan’s Healthy Lifestyles Program, please contact Risk Management at 209-5050 or email lbecker@bryantx.gov.

Baked Parmesan Tomato Recipe

A sprinkle of Parmesan and a drizzle of olive oil transform tomatoes into the perfect side dish. Or try sandwiching them between slices of your favorite whole-wheat country bread.

Ingredients:

- 4 tomatoes, halved horizontally
- 1/4 cup freshly grated Parmesan cheese
- 1 teaspoon chopped fresh oregano
- Freshly ground pepper, to taste
- 4 teaspoons extra-virgin olive oil

Preparation:

1. Preheat oven to 450° F.
2. Place tomatoes cut-side up on a baking sheet, Top with Parmesan, oregano, salt and pepper. Drizzle with oil and bake until the tomatoes are tender, about 15 minutes.



Source: www.eatingwell.com

Diabetes Classes offered through Texas AgriLife

The Brazos County AgriLife Extension Service will once again offer its “Do Well, Be Well with Diabetes” Class beginning this Fall. Classes are open to adults with Type 2 Diabetes and family members and friends are also invited to attend the class. For more information or to register, contact Risk Management at 209-5050.

**Class Dates: October 4, 11, 18, 25 & November 1
6:00-9:00pm**

**B-CS Community Health Center Classroom, 3370 S. Texas Ave., Bryan
Cost is \$25 and includes a cooking class to follow the series.**

Risk Management will reimburse the class fee to employees who complete the series.

FREE FLU SHOTS AVAILABLE SOON FOR City of Bryan Employees, Covered Dependents and Retirees

(Covered Dependents must be at least 5 years of age)



On-Site Flu Shot Clinics will be held:

Monday, September 12th, 3-5pm, MOB Basement

Tuesday, September 13th, 7-9am, MSC

Wednesday, September 14th, 7-9am, BTU Distribution

Thursday, September 15th, 8-10am, MOB Basement

The City of Bryan Employee Health Center will be closed during these hours.

If you or your covered dependents are unable to attend one of the on-site clinic dates, you may go to the City of Bryan's Employee Health Center beginning Monday, September 19th between 8-11:30am and 1-4:30pm to get the vaccine.

Know Your Benefits

EAP Service Provides Information about Wills, Trusts & Estates

The City of Bryan's Risk Management Department and Deer Oaks Employee Assistance Program (EAP) recently hosted a seminar about creating a will or living trust and the process of estate planning for employees. As a reminder, there are several services that EAP offers you and your household members free of charge. Below are a few topics that were discussed at the recent seminar that EAP can assist you in answering and a few of the many services that are available to help you plan for your future.

- What if I die without a will or living trust?
- What about my children who are under 18?
- I don't have a will. What happens to my assets if I have children from a previous marriage?
- What is the difference between Medical Power of Attorney & Durable Power of Attorney?
- What is a Power of Attorney and Living Will?

Will Kit:

Regardless of your age or your wealth, it is very important to prepare a will. Deer Oaks EAP offers a Will Kit with only a 4-6 week turnaround. If you don't have a will set up, and are in need of preparing a will, call Deer Oaks EAP to get started today!

Financial Counseling and Planning Services:

- **Online Financial Website:** Use of online assistance through Access Financial. This site provides EAP participants with information about financial planning, financial goals and strategies, as well as assists participants in learning methods of achieving their financial goals.
- **Budget Preparation:** Each participant is entitled to preparation of a free Custom Family Budget.
- **Free Initial Financial Consultation:** Each participant is entitled to an initial thirty (30) minute financial consultation free-of-charge to discuss issues such as credit problems, credit repair, financial objectives and goals, retirement planning, college funding, and home buying. Any subsequent fees for additional services are discussed with the participant before they are charged.

Complete Mediation and Dispute Resolution Services:

- **Free Initial Mediation Consultation:** Mediation is an inexpensive alternative to a lawsuit. The initial consultation is provided either in-person, over the telephone, or online.
- **Reduced Mediation Services Rates:** Any further mediation services beyond the initial visit are offered at reduced rates.

CONTACT DEER OAKS EAP by calling 1-866-EAP-2400

[CPR, First Aid & Defensive Driving Classes](#)

**CPR & First Aid
(first time)**
September 28th
8am-5pm @ the MSC

CPR (renewal)
September 27th
1-2pm @ the MSC

First Aid (renewal)
September 26th
1-2pm @ the MSC

Defensive Driving
September 26th & 27th
8-11:30am @ the MSC

Contact Howard Hart at 209-5056 to register.

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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(979) 209-5050
lbecker@bryantx.gov
www.bryantx.gov/wellness