



WORKSITE WELLNESS NEWS

VOLUME IV, ISSUE 2

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SPECIAL POINTS OF INTEREST:

- **Health Assessments Due November 4th!**
- **Flu Shots Available!**

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Health Assessments in Full Swing!

The City of Bryan’s Risk Management Department is currently conducting our annual health assessments. The questionnaire portion can now be done on-line OR via scantron. Please visit www.bryantx.gov/wellness and click on the “Healthy Lifestyles” tab to gain access to the on-line portal. You will need your username and password which were given to you when you received your packet. As a reminder,

the biometric screening portion (blood draw, height, weight and blood pressure) can be done at one of the onsite assessment clinics, at the City of Bryan Employee Health Center or through your own Primary Care Provider. In order to receive the Healthy Lifestyles Health Insurance Premium Rate, you must have your assessment completed by **Friday, November 4th**. Should you be asked to follow-up on any

abnormal values indentified during your assessment, you will have until Friday, December 9th to do so. To schedule an onsite assessment, or if you have any questions related to the health assessment process, contact Risk Management at 209-5050. If you would like to have your assessment done through the Employee Health Center, please call them directly at 821-7690.

Onsite Screening Schedule

- 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 Training Room (6:30-8:30am)
- October 21st-MSC Training Room (6:30-8:30am)



Flu Shots still Available at the City of Bryan Employee Health Center



If you were unable to attend one of the onsite flu vaccination clinics held at various City worksites, there is still time to get your annual flu shot! The City of Bryan Employee Health Center (2010 E. Villa Maria Suite B) will offer the vaccination throughout the next few months at no charge to employees or to their dependents who are enrolled in the City’s Health Insurance Plan. The clinic will accept flu shot walk-ins from 8-11:30am and from 1:00-4:30pm most days. Always check the center’s calendar located [here](#) for clinic closures due to onsite activities, holidays or staff in-service. Please call Risk Management at 209-5055 if you have any questions.

Back Pain Got You Down?

Most people will experience back pain at some point in their life. With this complaint being one of the most common complaints for visiting a doctor or missing work, it is important to know ways to prevent or lessen the pain along with treatment options. Come join us for an educational seminar about back pain!



Educational Seminar on Back Pain
Tuesday, October 25th from 10-11am
MOB Basement

Speaker: Jennifer Brien, PT, St. Joseph Outpatient Rehabilitation Center
RSVP by calling 209-5050 or email lbecker@bryantx.gov.

Save the Date: American Heart Association Heart Walk



November 12, 2011
Texas A&M University
Lot 50 @ Polo Rd. (Near Bonfire Memorial)
Kick-Off: 7:30a.m. Walk: 8:30a.m.
(Walk or Run-5K or 1 Mile)

We encourage you and your family to participate in this event which raises money for the AHA. Through events such as these, they can continue providing life saving information to those in need along with groundbreaking heart and stroke research. Contact Lesley Becker at lbecker@bryantx.gov if you are interested in walking as part of the City of Bryan.

October is Breast Cancer Awareness Month!

Take control of your health! Maintain a healthy weight, follow a low-fat diet, get regular exercise, do not smoke, limit alcohol consumption and reduce your risk for Breast Cancer. Regular screenings including breast self-examinations and mammograms can help detect breast early and save your life!



Diabetes Classes Start This Month!

The Brazos County AgriLife Extension Service will once again offer its "Do Well, Be Well with Diabetes" Class beginning in just a few days. Classes are open to adults with Type 2 Diabetes. Family members and friends are also invited to attend the class. For more information or to register, contact the Extension Office at 823-0129.

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 and turn in a Certificate of Completion.



Know Your Benefits

City of Bryan's Open Enrollment Period Coming Soon!

In preparation for the new year, the City of Bryan's Open Enrollment period will begin in November. This is the time where you can make changes to your benefits. These changes may include changing from the traditional PPO Plan to the HSA/High Deductible Plan or vice versa, enrolling in the Flexible Spending Account Program, adding/dropping dependents from coverage or enrolling in the City's Vision Plan. Look for open enrollment meetings to be held in various departments with our Benefits Administrator, Flo Galaviz in the coming weeks. All changes made during Open Enrollment will be effective January 1, 2012.



Pumpkin Oatmeal Recipe Perfect for Fall!

Ingredients:

(Serves 4)

- 2 cups quick or old-fashioned oats
- 3 cups fat-free milk
- 1/2 cup canned pumpkin
- 1/4 tsp pumpkin pie spice
- 1/8 tsp cinnamon
- 1 tbsp raisins
- Brown sugar to taste



Preparation:

Place oatmeal in a microwave-safe bowl and stir in milk. Microwave on high for 2-3 minutes. Remove and stir in pumpkin puree, spice and cinnamon. Heat for 40-60 seconds, or until heated thoroughly. Stir in raisins. Sweeten with brown sugar if necessary and enjoy!

Stovetop method:

Bring milk to a boil in a medium sauce pan. Stir in oats and cook on medium heat for about 5 minutes. Add pumpkin and spices and stir until heated thoroughly. Stir in raisins just before serving.

Source: www.lowfatcookingabout.com

CPR, First Aid & Defensive Driving Classes

CPR & First Aid (first time)

October 18th
8am-5pm @ the MSC

First Aid (renewal)

October 20th
8-10am @ the MSC

CPR (renewal)

October 21st
8-10am @ the MSC

Defensive Driving

October 19th
8am-4pm @ 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