



# WORKSITE WELLNESS NEWS

VOLUME IV, ISSUE 4

DECEMBER 2, 2011

## SPECIAL POINTS OF INTEREST:

- **Health Assessment Follow-Ups Due Soon!**
- **Open Enrollment ends Dec. 2nd**
- **Employee Assistance Program Contact Information**

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## Medical Provider forms Due Dec. 9th



If you participated in this year's Healthy Lifestyles Health Risk Assessment and Biometric Screening and were asked to follow-up with a medical provider, you have until Friday, December 9th to return your signed Medical Provider statement. This form was included in your return packet from St. Joseph and requires your medical provider to address the potential health risk identified and sign the enclosed form. We do not need to know your treatment plan. Please return this form to Risk Management by Friday, December 9th to receive the Healthy Lifestyles Insurance Premiums beginning January 1, 2012. If you have any questions regarding your qualification status, please call Lesley Becker at 209-5050.

## *Do You Have the Holiday Blues?*



Many people are faced with feelings of stress and depression during the busy holiday season. It is important that we take steps to minimize these feelings in order to enjoy this time of year. Try these tips to prevent holiday stress and depression:

1. **Acknowledge your feelings:** If you have recently lost a loved one, realize that it is normal to grieve and feel sadness, especially during special times of the year. Recognize that it is ok to cry and express your feelings.
2. **Reach out:** Do not isolate yourself during the holiday season. Involve yourself in community or social events. Volunteer your time to help others which will boost your spirits and allow you broaden your friendships.
3. **Set aside differences:** Try to accept family members and friends even if they don't live up to your expectations and despite grievances until after the holidays.
4. **Stick to a budget:** Overspending can lead to stress and depression. Decide how much you can afford to spend before going gift and food shopping.
5. **Don't abandon your healthy habits:** Overindulgence only adds to your stress and guilt. Have a healthy snack before holiday parties and get plenty of sleep and physical activity.
6. **Seek professional help if you need it:** If you find yourself feeling persistently sad or anxious, talk to your medical provider or seek out a mental health professional. As a City of Bryan employee, you have access to our Employee Assistance Program offered through Deer Oaks EAP. You may contact them at 1-866-EAP-2400 or online at [www.deeroaks.com](http://www.deeroaks.com). Username and password is "cityofbryan"

# Easy Chicken Minestrone Soup

Try this yummy and easy soup recipe on a cold winter day! By using low-sodium chicken broth and boneless, skinless chicken breast you won't feel guilty and you will keep your sodium and calories in line!

## Ingredients:

- 1 tablespoon olive oil
- 1 cup sliced carrots
- 1/2 cup chopped celery
- 1/2 cup chopped onion
- 5 1/4 cups Progresso® reduced-sodium chicken broth
- 2 (15oz) cans Progresso® Cannellini Beans, rinsed and drained
- 8 ounces boneless, skinless chicken breast, cut into bite-size pieces
- 1 cup fresh green beans cut into 1/2- inch pieces
- 1/4 teaspoon black pepper
- 1 cup dried multigrain bowtie pasta
- 1 medium zucchini, quartered length-wise and cut into 1/2-inch-thick slices
- 1 (14.5oz) can Muir Glen® diced tomatoes with basil and garlic undrained



## Directions:

1. In a 5-to 6-quart Dutch oven heat oil over medium heat. Add carrots, celery and onion; cook for 5 minutes, stirring frequently. Add chicken broth, cannellini beans, chicken, green beans and pepper. Bring to a boil; add uncooked pasta. Reduce heat. Simmer, uncovered for 5 minutes.
2. Stir in zucchini. Return to boiling; reduce heat. Simmer, uncovered for 8-10 minutes or until pasta is tender and green beans are crisp-tender. Stir in undrained tomatoes; heat through.

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

## CPR, First Aid & Defensive Driving Classes

### CPR & First Aid (first time)

December 12th  
8am to 5pm @ the MSC

### CPR (renewal)

December 14th  
1-2pm @ the MSC

### First Aid (renewal)

December 13th  
1-2pm @ the MSC

### Defensive Driving

December 13th & 14th  
8-11:30am @ the MSC



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

## Simple tips to making the most of your visit to the doctor

- **Make a list of items you want to discuss and prioritize them.** If you have more than one thing to discuss, put them in order and ask the most important ones first. If you do have multiple issues, consider letting the nurse or appointment clerk know so that you can be booked with the appropriate amount of time.
- **Take important information with you.** Always take your medications, insurance information and allergy information to each appointment.
- **Consider bringing a family friend or loved one with you.** Having someone close to you listen in on your visit can be helpful. He or she can take notes and be an extra set of ears during the appointment so that important information is not missed.

Source: *National Institute on Aging*



# Know Your Benefits

In March 2012, the City of Bryan will begin offering two new types of optional insurance coverage—accident insurance & critical illness insurance. Below are brief descriptions of these new insurance plan offerings offered by Unum. Meetings will be held in January to discuss enrollment in greater detail.

## **Accident Insurance**

This insurance plan can provide benefits for covered accidents that occur on and off the job. It is available to all eligible employees ages 17 to 80 who are actively at work. Unum's coverage provides a lump sum benefit based on the type of injury you sustain or the type of treatment you need. Examples of covered injuries include: broken bones, burns, torn ligaments, concussion, eye injuries, ruptured discs, and cuts repaired by stitches. Other covered expenses include: emergency room treatments, doctor office visit, hospitalization and physical therapy.

### **Five reasons to buy this at work:**

1. No health questions to answer. If you apply, you automatically receive the base plan.
2. You own the policy so you can keep it even if you leave the City of Bryan or retire. Unum will bill you directly for the same premium amount.
3. Coverage becomes effective on the first day of the month in which payroll deductions begin.
4. Your base coverage is guaranteed renewable for life.
5. Premiums are conveniently deducted from your paycheck.

## **Critical Illness Insurance with Wellness Benefit**

This insurance plan can pay a lump sum benefit at the diagnosis of a covered illness and you can use this coverage more than once. Covered conditions include (some have time limitations): heart attack, occupational HIV, major organ failure, blindness, end-stage renal failure, coronary artery bypass surgery, stroke, coma, permanent paralysis and cancer. This plan also includes a wellness benefit which can pay \$75 per calendar year per insured if a covered health screening test is performed (i.e. colonoscopy, mammogram, stress test). To view more information, click [here](#).

### **Three reasons to buy this at work:**

1. You get affordable rates when you buy this coverage through your employer and the premiums are deducted from your paycheck.
2. You may take the coverage with you if you leave the City of Bryan or retire without having to answer new health questions. Unum will bill you directly for the same premium amount.
3. Coverage becomes effective on the first day of the month in which payroll deductions begin.

Special meeting dates will be announced soon! Please attend 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)