



WORKSITE WELLNESS NEWS

VOLUME IV, ISSUE 12

AUGUST 2, 2012

SPECIAL POINTS OF INTEREST:

- **Health Assessments Set to Begin!**
- **Upcoming Blood Drive**

INSIDE THIS ISSUE:

- Wellness Seminar- Back to School with a Healthy Lunch Box 2
- Upcoming CPR & DDC Classes 2
- Banana Sushi Recipe 2
- Know Your Benefits 3

Health Assessments Coming Soon!

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 17th-BTU Distribution (7-9am)
- October 18th-Justice Center (7-9am)
- October 23rd-MOB Basement (7:30-9:30am)
- October 24th-MOB Basement (7:30-9:30am)
- October 25th-MSC (6:30-8:30am)
- October 26th-MSC (6:30-8:30am)



Blood Drive Rescheduled for Aug. 10th

The City of Bryan will host a blood drive this month benefiting the Gulf Coast Regional Blood Center. All employees as well as community members are encouraged to donate. If you would like to schedule an appointment, please contact Lesley Becker at becker@bryantx.gov or call 209-5050. Walk-ins will also be accepted.

City of Bryan Blood Drive
Friday, August 10th
9:00am-2:30pm
Municipal Office Building Basement
Sign up TODAY!



Back to School with a Healthy Lunch Box!

Get your child ready for the new school year by attending a wellness seminar aimed to help parents fill the lunch box with healthy foods!

Wednesday, August 22nd

3:00-4:00pm

MOB Basement Training Room

Speaker: Kristin Shaffer, Registered Dietitian



RSVP by calling 209-5050 or email lbecker@bryantx.gov. Spouses welcome!

CPR, First Aid & Defensive Driving Classes

CPR & First Aid (first time)

August 31st
8am to 5pm at the MSC

Defensive Driving

August 28th & 29th
8-11:30am at the MSC

CPR & First Aid (renewal)

August 28th
1-3pm at the MSC



Yummy Banana Sushi Recipe!

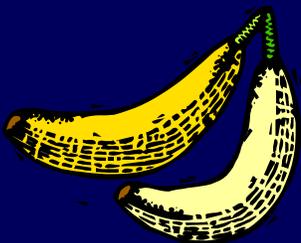
Ingredients:

- 4 slices whole wheat bread, crusts removed
- 2 bananas, peeled and ends trimmed
- 1/2 cup natural style creamy peanut butter or apple butter, whichever you prefer

Directions:

1. Lay two slices of bread on the counter next to each other, slightly overlapping one over the other to create one big rectangular piece. Press the slices together at the seam and use a rolling pin to gently flatten them.
2. Gently spread your favorite spread evenly over the bread and lay a whole banana in the middle. Carefully roll up the bread around the banana.
3. Slice each log into six pieces that are 1-1 1/2 inches thick.
4. Repeat with the remaining bread slices, spread and banana and serve.

Source: www.letsmove.org



Know Your Benefits

Do You Know How the Health Care Law is Making a Difference for the People of Texas?

Health Care Reform is already making a difference for the people of Texas by:

Providing new coverage options for young adults

Health plans are now required to allow parents to keep their children under age 26 without job-based coverage on their family coverage, and, thanks to this provision, 3.1 million young people have gained coverage nationwide. As of December 2011, 357,000 young adults in Texas gained insurance coverage as a result of the health care law.

Covering preventive services with no deductible or co-pay

Under the Affordable Care Act, you and your family may be eligible for some important preventive services — which can help you avoid illness and improve your health — at no additional cost to you.

Removing lifetime limits on health benefits

The Affordable Care Act prohibits health plans from putting a lifetime dollar limit on most benefits you receive. The law also restricts and phases out the annual dollar limits a health plan can place on most of your benefits — and does away with these limits entirely in 2014.

To learn more and what this means for you [click here](#) or visit www.healthcare.gov. If you have other benefit related questions, please contact our Benefits Administrator, Flo Galaviz, at 209-5053 or email fgalaviz@bryantx.gov.



Open Monday-Friday 8am-5pm
(closed from noon-1pm)

Call 979-821-7690 for an appointment!

There is no co-pay at the clinic and it is available to all employees, dependents and retirees on the City's health insurance plan.

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

www.bryantx.gov/wellness

Copies of this newsletter are available in Risk Management.