



WORKSITE WELLNESS NEWS

VOLUME V, ISSUE I

AUGUST 31, 2012

SPECIAL POINTS OF INTEREST:

- Weight Loss Challenge Kick-Off!
- Health Assessment Period Opens

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3rd Annual "We CAN" Weight Loss Challenge Kicks-Off this Month!

Benefiting the KBTX Food For Families Food Drive

September 5th-November 28th

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 5th from 11am-1pm in the MOB Basement

You may also weigh in during the following time:

September 6th from 7-8:15am in the MSC Training Room

Final weigh-in will be on November 28th. Time and location 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, Risk Management recently began meeting with City departments to discuss the annual health assessment process and to distribute packets. Changes to the program include modifications to the parameters to be better aligned with current treatment guidelines. Click [here](#) to view the assessment FAQs and read about the parameters. If you are interested in participating in the program which allows you to receive a discount on your monthly insurance

premium, you may have your screening completed through your own medical provider, onsite or at the City of Bryan Employee Health Center. If you wish to have the screening completed by your own provider or at the Employee Health Center, please call them directly for an appointment. If you are planning to have your screening completed at one of the onsite locations, you may schedule a time by calling 209-5050 or email lbecker@bryantx.gov. You may view the onsite schedule by clicking [here](#). If you have not received a packet, check

with your supervisor to see when your department's meeting will be held or contact Risk Management to arrange a time to obtain your packet. All health assessments must be completed by November 2, 2012. You will be notified if you qualify for the program or if you need to follow-up in order to do so. If a follow-up is required, you will have until December 7, 2012 to complete this. If you have any questions about the Healthy Lifestyles Program, please contact Risk Management at 209-5050 or email lbecker@bryantx.gov.

Interested in learning how to design an effective personal exercise program?



Join us for this seminar and learn practical tips for starting an exercise program that is right for you!

Thursday, September 13th

10:00-11:00am

MOB Basement Training Room

Speaker: Heather Vellers, ACSM-RCEP, ACSM-HFS
Doctoral Student-Exercise Physiology, TAMU

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

City of Bryan Employee & Covered Dependents Flu Shots

FREE for ALL City of Bryan Employees, Retirees and Covered Dependents!

(Dependents must be at least 5 years of age)

Onsite Flu Shot Clinics:

Monday, September 17th, 3:00-5:00pm MOB Basement (City Hall)

Tuesday, September 18th, 7:00-9:00am, MSC (1111 Waco St.)

Wednesday, September 19th, 7:00-9:00am, BTU Distribution (614 Atkins)

Thursday, September 20th, 8:00-10:00am, MOB Basement (City Hall)

(The Employee Health Center will be closed during these hours)

If you are unable to attend one of the onsite clinics listed above, you may go by the Employee Health Center to receive your flu shot beginning on Monday, September 24th between 8-11:30am and 1:00-4:30pm. You will need to identify yourself as a City of Bryan Employee or as a Covered Dependent.

[Printable Consent Form \(English\)](#)
[Printable Consent Form \(Spanish\)](#)

[Flu Information Sheet \(English\)](#)
[Flu Information Sheet \(Spanish\)](#)



Know Your Benefits

UPDATE!

\$0 COPAYMENT TIER NOW INCLUDES GENERIC LIPITOR (Atorvastatin) EFFECTIVE SEPTEMBER 1

In an effort to encourage safe and cost-effective use of medication, the City of Bryan is adding, effective September 1, 2012, generic Atorvastatin (Lipitor) to the covered generic statin cholesterol-lowering medications for a \$0 copay. These medications are commonly used to improve different cholesterol related conditions and are provided at no cost to you.

There are now four generic statin drugs covered on the \$0 copayment tier!

City of Bryan members may receive one of these four generic drugs: simvastatin, lovastatin, pravastatin, or atorvastatin for a zero copayment (\$0). This means that if you are currently taking a brand-name medication such as Lipitor, Crestor, Vytorin, Zetia, Advicor, Simcor, Altoprev, Lescol, Pravigard or Livalo, you will have the opportunity to try a generic alternative for a zero copayment.

In order to take advantage of this benefit, simply call your physician's office and ask if you are able to take advantage of this offer. If your physician agrees, then ask for a new prescription for simvastatin, lovastatin, pravastatin, or atorvastatin and take the prescription to your local pharmacy.

If you have any questions about this change or need additional information, contact the CVS/Caremark customer service department at 1-866-260-4646. You may also click [here](#) to view more information or call Florencia Galaviz at 209-5053.

Save the Date!

**American Heart
Association
Brazos County Heart Walk
November 3, 2012**

*More info to
come!*

Onsite Health Assessment Schedule

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

Call Risk Management at 209-5050 to schedule an appointment. You may also complete your screening at the City of Bryan Employee Health Center or through your own physician.



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

Remember: all clinic closings are posted at
http://www.bryantx.gov/wellness/?page_id=539

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.