



WORKSITE WELLNESS NEWS

VOLUME V, ISSUE 2

OCTOBER 1, 2012

SPECIAL POINTS OF INTEREST:

- Onsite Health Assessments this month!
- We CAN Weight Loss Challenge Kicks-Off

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Onsite Health Assessments this Month!

Onsite Screenings will be held on the following dates:

October 17th: BTU Distribution (7-9am)

October 18th: Justice Center (7-9am)

October 23rd & 24th: MOB Basement (7:30-9:30am)

October 25th & 26th: MSC (6:30-8:30am)



If you have not received your assessment packet and are interested in participating in the Healthy Lifestyles Program which allows you to receive discounted health premiums, please contact Risk Management at 209-5050 or email Lesley Becker at lbecker@bryantx.gov. The deadline to have the assessment completed is November 2nd. You may also have your assessment completed through your own physician or at the City of Bryan Employee Health Center. If you have already completed your assessment and were asked to follow-up for any reason, you will have until December 7th to do so.

"We CAN" Weight Loss Challenge Kicks Off!

The City of Bryan has once again teamed up with the Tejas Center HEB for the third annual "We CAN" Weight Loss Challenge. The challenge kicked off on September 5th and will conclude November 28, 2012. For every pound lost by City of Bryan employees, HEB will donate one pound of food to the KBTX Food for Families Food Drive to be held on December 5th at the Brazos Center. The City of Bryan had 42 employees attend the initial weigh-in! Participants are encouraged to attend seminars throughout the challenge and also receive physical activity and nutritional information throughout the challenge. Stay tuned for the results and the total amount of food donated to the Brazos Valley Food Bank on December 5th. Good luck to all of our participants!



Get your Flu Shot!



If you or your covered dependent were unable to attend one of the onsite vaccination clinics held in September, you may still go to the City of Bryan Employee Health Center to have your vaccine administered. The Health Center is open Monday-Friday 8am-Noon and 1-5pm. While you do not have to have an appointment to get the vaccine, wait times may vary depending on the Center's daily schedule. The Center's phone number is 821-7690 and calling ahead may save you time. The vaccine is free for all City of Bryan employees as well as dependents who are on the City's health insurance plan.

The City is offering the inactivated influenza injection along with the high dose vaccine (ages 65 and older). The intranasal vaccine (Flu Mist) will not be offered this year. You and each of your dependents receiving the vaccine will need to complete a consent. Click [here](#) to print a copy to take with you. If you have any questions regarding flu shots, you may contact Risk Management at 209-5050 or the Employee Health Center.

CPR, First Aid & Defensive Driving Classes

CPR & First Aid Classes
No CPR or First Aid Classes will be held in October. Classes will resume in November.



Defensive Driving
October 31st
8:00am-4:00pm
MSC Training Room

Please contact Howard Hart at 209-5056 or hhart@bryantx.gov to register.



Stop by Risk Management to pick up your pink ribbon pin TODAY!

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! Check with your medical provider and discuss when you should begin regular screenings.

Walks to Take Place on November 3rd

Save the Date!

On Saturday, November 3rd, our community will play host to two different community walks which raise money and awareness for two devastating diseases: Alzheimer's and Heart Disease. Mark your calendar to attend one of these events and invite your family to join you!

Brazos County Heart Walk
TAMU University Lot 50 at Polo Road
(near Bonfire Memorial)
Walk begins at 9am
For registration info, click [here](#).

Walk to End Alzheimer's
Wolf Pen Creek Amphitheater
Walk begins at 9:30am
For registration info, click [here](#).

alzheimer's  association®



Know Your Benefits

Things to Remember...

High Deductible Health Plan + Health Savings Account

In addition to the current PPO medical plan, the City of Bryan will continue to offer a High Deductible Health Plan (HDHP) with a Health Savings Account (HSA).

HDHPs are designed to give you more control over how you spend your health care dollars. You will also have the opportunity to enroll in a Health Savings Account (HSA), a bank account that you may contribute to through pre-tax payroll deductions and withdraw from to pay for eligible out-of-pocket health care expenses.

Key HDHP Features

- Lower payroll deductions than the PPO Health Plan.
- Tax advantage Health Savings Account (HSA) to help you build savings for medical expenses.
- Employer contribution to the HSA for 2013 is:
\$750.00 (Employee only coverage)
\$1,250.00 (Employee + dependent coverage)

Tip: Decision Support Tools are available through HSA Solutions. These tools will help you decide which health care coverage is right for you and your family.

Click [here](#) to learn more about Health Savings Accounts. Click [here](#) to use the HSA Tax Savings Calculator and Plan Selector Tool to see which option is best for you.

You may also visit www.hsamember.com

Voluntary Critical Illness & Accident Insurance

Employees who are enrolled in the Critical Illness Insurance are automatically enrolled in a **Wellness Benefit**. This benefit can pay \$75 per calendar year per insured individual if a covered health screening test is performed. *Please view your certificate for a full list of covered test.* To submit your wellness claim you must Login at www.unum.com

For employees who did NOT enroll in January and/or were hired after January 1, 2012 You will have a second and final chance to enroll without any medical questions during this year's open enrollment.

Both Critical Illness & Accident Insurance enrollment packets will be made available during the 2012 open enrollment period (November 1st through December 4th 2012).



If you have any other benefits related questions, please call our Benefits Administrator, Flo Galaviz, at 979-209-5053 or email fgalaviz@bryantx.gov.



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.