



CITY OF BRYAN
Healthy Lifestyles

WORKSITE WELLNESS NEWS

VOLUME V, ISSUE 4

DECEMBER 3, 2012

SPECIAL POINTS OF INTEREST:

- **Physicians' Statements due Dec. 14th**
- **We CAN Weight Loss Challenge Results!**

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Physicians' Statements Due Dec. 14th

If you participated in this year's Healthy Lifestyles Risk Assessment and Biometric Screening and were asked to follow-up with a physician due to one of your values being considered abnormal, you have until December 14th to return your Physicians' Statement. This form was included in your return packet from St. Joseph. It requires that a physician or mid-level practitioner address the potential health risk and sign the enclosed form. We do not need to know your treatment plan. Please return this form to Risk Management by Friday, December 14th to receive the Healthy Lifestyles Insurance Premiums in 2013. If you have any questions regarding your qualification status, please call Lesley Becker at 209-5050 or lbecker@bryantx.gov.



We CAN Weight Loss Challenge Wraps Up!



Over the last three months, a group of City of Bryan Employees have been participating in the annual "We CAN" Weight Loss Challenge. The initial weigh-in was held in September, and since then participants have been encouraged to adopt a healthier lifestyle by improving their diet and increasing their exercise. On November 28th, the group was asked to weigh-in for the final time. A total of 172 pounds were lost collectively by the participants. The participant who lost the highest percentage of body fat was Danny Phillips (Facility Services) with a 16.2% weight loss. The collective pounds lost by the group will be donated in cans of food by HEB to the KBTX Food for Families Food Drive to be held on Wednesday,

December 5th at the Brazos Center. A round of applause for those of you who participated in this year's challenge, and here's to continuing with a healthy lifestyle throughout the entire year although the challenge is officially over.



Warm-Up with this White Chicken Chili Recipe

Ingredients:

- 1 can (10 ounces) white chunk chicken
- 3 cups cooked white beans
- 1 can (14.5 ounces) low sodium diced tomatoes
- 4 cups low-sodium chicken broth
- 1 medium onion, chopped
- 1/2 medium green pepper, chopped
- 1 medium red pepper, chopped
- 2 garlic cloves, minced
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- Cayenne pepper, to taste
- 6 tablespoons shredded reduced-fat Monterey Jack cheese
- 3 tablespoons chopped fresh cilantro
- 6 ounces low-fat baked tortilla chips

Serves 8

Directions:

In a large soup pot, add the chicken, beans, tomatoes and chicken broth. Cover and simmer over medium heat.

Meanwhile, spray a nonstick frying pan with cooking spray. Add the onions, peppers and garlic and sauté until the vegetables are soft, 3 to 5 minutes.

Add the onion and pepper mixture to the soup pot. Stir in the chili powder, cumin, oregano and, as desired, cayenne pepper. Simmer for about 10 minutes, or until all the vegetables are soft.

Ladle into warmed bowls. Sprinkle each serving with cheese and cilantro. Serve with baked chips on the side.

Source: www.mayoclinic.com



In 10 Minutes You Can...

- Take the stairs. In fact, take two of them at a time.
- Walk around your building, or your floor.
- Deliver a message in person rather than in email.
- S-T-R-E-T-C-H
- Have lots of short meetings? Have them standing up.
- Still sitting? Grab the arms of the chair and press your body out of the seat. Often.

Little things do mean a lot-in fact, these can be done so easily, you can start right now. ..up you go.

CPR, First Aid & Defensive Driving Classes

CPR & First Aid (first time)

December 19th

8am-5pm at the MSC

CPR & First Aid (renewal)

December 21st

1-3pm at the MSC



Defensive Driving

December 20th

8am-4pm at the MSC



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

Know Your Benefits

Open Enrollment Ends in Just a Few Days!

Open Enrollment provides eligible employees an opportunity to make changes to their health benefits, Flexible Spending Accounts, and Dependent Day Care, and to make changes to their Dental/Vision and Voluntary Insurance plans. All Open Enrollment changes made during the 2012 Open Enrollment period will be effective January 1, 2013.

If you do not want to make changes to your health plan selection, you need not take any action. Your health benefit selections for Plan Year 2012 will be automatically continued into Plan Year 2013, with the exception of your cost contributions. **If you want to continue your enrollment or begin participation in a Flexible Spending Account, you must enroll or re-enroll.** Your current Flexible Spending Account contributions, if any, will not automatically continue for Plan Year 2013.

TAXSAVER FORMS DUE: Wednesday, December 5th

ALL OTHER CHANGES AND ENROLLMENTS DUE: Friday, December 7th

If you have questions regarding Open Enrollment, please contact our Benefits Administrator, Florencia Galaviz at 209-5053 or fgalaviz@bryantx.gov.



Have a safe, healthy and happy holiday season!



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

**new patient walk-ins will not be accepted after 4:15pm and established patient walk-ins will not be accepted after 4:30pm*

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.