



CITY OF BRYAN  
Healthy Lifestyles

# WORKSITE WELLNESS NEWS

VOLUME V, ISSUE 6

JANUARY 31, 2013

## SPECIAL POINTS OF INTEREST:

- **New Clinic Provider Selected**
- **Upcoming Wellness Seminars**

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## CLINIC PROVIDER SELECTED

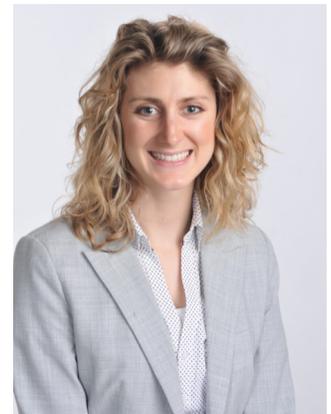
The City of Bryan is happy to announce that a new employee clinic provider has been chosen. Nurse Practitioner, Melissa Bassett, has been selected, and she is thrilled to have the opportunity to take care of City of Bryan employees and their families.

Mrs. Bassett comes to us from within the St. Joseph System and for the last year and half has worked at the St. Joseph Healthpoint Clinic in Franklin, Texas. Mrs. Bassett has a Bachelor of Science Degree in Nursing from Brigham Young

University (Idaho) and completed her Master’s Degree in Nursing at Brigham Young University (Provo). She became a Family Nurse Practitioner in 2007. Mrs. Bassett is also a member of the American Academy of Nurse Practitioners.

She will work in collaboration with Medical Director, Dr. George McIlhane, who has been at the Center since its opening. Mrs. Bassett will be touring various City departments over the next two weeks. If you happen to see her in your department, please

welcome her to the City of Bryan Employee Health Center. We are looking forward to having her join the Center’s staff!



Melissa Bassett, FNP

## February is Heart Awareness Month

### Join us for a Heart Awareness Event Tomorrow, February 1st!

- All employees are encouraged to wear red
- Stop by one of the following locations for a FREE blood pressure check

*MSC from 7-8:30 a.m. (Training Room)*

*MOB from 9-10:30 a.m. (Council Chambers)*

- Enjoy a healthy “red” snack
- Help yourself to literature about heart disease and how to prevent it



# Can You Hear Me?

Do you or a loved one suffer from hearing loss or other conditions associated with the ear? Being unable to hear can affect your quality of life, and many common problems with the ear are easily cured. Join us for a Lunch N' Learn where Audiologist Dr. Robert Herring will discuss hearing loss and other common conditions of the ear.

**Lunch N' Learn**  
**Thursday, February 7th**  
**Noon-1 p.m.**

**MOB Basement Training Room**  
**Light Lunch will be provided**  
**Please RSVP by Monday, February 5th to**  
[lbecker@bryantx.gov](mailto:lbecker@bryantx.gov)



## Walk Across Texas Kicks Off this Month!

The Brazos County Walk Across Texas Campaign kicks off on February 23rd at Post Oak Mall. This FREE eight-week long program is designed to get all Texans moving and encourages them to establish a habit of regular physical activity. Throughout the program, teams of eight are encouraged to walk, run, bike, swim or participate in some other form of exercise in order to accumulate 830 miles-the distance from El Paso to Orange! All you need to participate is seven of your co-workers, friends or family members to begin your Walk Across Texas! Three events will be held throughout the program to keep you motivated and, t-shirts will be available for purchase while supplies last. If you are interested in participating or would like to be placed on a team, please contact Lesley Becker at [lbecker@bryantx.gov](mailto:lbecker@bryantx.gov) or if you would like more information about the program visit [www.brazoswat.com](http://www.brazoswat.com). We would love to have several City of Bryan Teams!



## CPR, First Aid & Defensive Driving Classes

### CPR & First Aid (first time)

February 27th

8am-3pm at the MSC

### CPR & First Aid (renewal)

February 26th

3-5pm at the MSC



### Defensive Driving

February 25th & 26th

8-11:30am at the MSC



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

# **Know Your Benefits**

*Are you interested in learning how to become a better healthcare consumer?*

Decisions about your healthcare are critical and often difficult to make. It is easier to make these choices if you are informed. Lots of changes have occurred in the healthcare world over the last few years and there are many more changes to come. It is a fact that many consumers do not fully understand their health benefits and are not utilizing services associated with these benefits which can often save you money and perhaps even your life! In an effort to help you fully understand your City of Bryan health benefits, inform you about other services available to you, provide tips to making the most of your doctor visit and avoiding medical errors, Risk Management Staff encourages you to attend a short seminar on the topic of healthcare consumerism. We want you to make informed decisions about your personal healthcare and the healthcare of your family members!



**Please Join us for a  
FREE Seminar  
Wednesday, February 13th  
1:30-2:30 p.m.  
MOB Basement Training Room  
Hosted by City of Bryan Risk  
Management Department  
RSVP by clicking [here](#)**

For answers to all of your benefits questions contact our Benefits Administrator, Flo Galaviz, at 209-5053 or email [fgalaviz@bryantx.gov](mailto:fgalaviz@bryantx.gov).

  
**CITY OF BRYAN**  
Employee Health Center

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

*\*last patient accepted at 11:30am and 4:30pm daily, walk-ins  
accepted from 8-9:30am daily*

Remember: all clinic closings are posted at  
[http://www.bryantx.gov/wellness/?page\\_id=539](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](mailto:lbecker@bryantx.gov)  
[www.bryantx.gov/wellness](http://www.bryantx.gov/wellness)

Copies of this newsletter are available in  
Risk Management.