



WORKSITE WELLNESS NEWS

VOLUME VI, ISSUE 2

OCTOBER 1, 2013

SPECIAL POINTS OF INTEREST:

- On-site health assessments this month!
- Employees Enter Weight Loss Challenge

INSIDE THIS ISSUE:

- It's Flu Shot Time 2
- Upcoming CPR & DDC Classes 2
- October is Breast Cancer Awareness Month 2
- Brazos County Heart Walk 3
- Know Your Benefits 3

On-site Health Assessments this Month!

Onsite Screenings will be held on the following dates:

Wednesday, October 16th: MSC (6:30-8:30am)

Thursday, October 17th: MSC (6:30-8:30am)

Tuesday, October 22nd: Justice Center (7-9am)

Wednesday, October 23rd-BTU Distribution (7-9am)

Thursday, October 24th-MOB Basement (7:30-9:30am)

Friday, October 25th-MOB Basement (7:30-9:30am)



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 Ward at lward@bryantx.gov. The deadline to have the assessment completed is November 4th. 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 6th 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 fourth annual "We CAN" Weight Loss Challenge. The challenge kicked off on September 4th and will conclude November 22, 2013. 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 11th at the Brazos Center. The City of Bryan had 45 employees attend the initial weigh-in! Participants are encouraged to be physically active and are provided with weekly tips to help shed unwanted pounds. Stay tuned for the results and the total amount of food donated to the Brazos Valley Food Bank on December 11th. Good luck to all of our participants!





It's Flu Shot Time!

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. You may go by the Center between 8-11:30am and 1-4:30pm. 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 (first time)

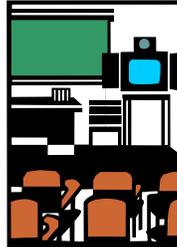
October 30th

8am-3pm at the MSC

CPR & First Aid (renewal)

October 30th

3-5pm at the MSC



Defensive Driving

October 8th

8am-4pm at the MSC

OR

October 31st

8am-4pm at the MSC

To register, click [here](#).

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 cancer early and save your life! Talk with your medical provider to see when you should have regular screenings.



Come support the work of the American Heart Association!

The Brazos County Heart Walk will be held:

October 5th, 2013 at 8:00am

Texas A&M University-Lot 50 near the Bonfire Memorial

For more information, click [here](#).



Know Your Benefits

City of Bryan's Open Enrollment Period Coming Soon!

In preparation for the new year, the City of Bryan's Open Enrollment period will begin in November. This is the time where you can make changes to your benefits. These changes may include changing from the traditional PPO Plan to the HSA/ High Deductible Plan or vice versa, enrolling in the Flexible Spending Account Program, adding/dropping dependents from coverage or enrolling in the City's Vision Plan. Look for open enrollment meetings to be held in various departments with our Benefits Administrator, Flo Galaviz in the coming weeks. All changes made during Open Enrollment will be effective January 1, 2014. If you have questions regarding your current benefits, contact Risk Management.



Throwing a Halloween Party?

Try arranging your vegetable tray in this fun, healthy way!

You just need baby carrots, a cucumber, broccoli and your choice of low fat dip.



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 (acute illnesses only)*

Remember: all clinic closings are posted at

http://www.bryantx.gov/wellness/?page_id=539

Call 979-821-7690 for an appointment!

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 Ward

Wellness Coordinator

(979) 209-5050

ward@bryantx.gov

www.bryantx.gov/wellness

Copies of this newsletter are available in Risk Management.