



CITY OF BRYAN  
Healthy Lifestyles

**SPECIAL  
POINTS OF  
INTEREST:**

- Weight Loss Challenge Kicks Off Next Week!
- Yoga Lessons Being Offered

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# WORKSITE WELLNESS NEWS

VOLUME 7, ISSUE 1

AUGUST 29, 2014

## 5th Annual "We CAN" Weight Loss Challenge Kicks Off Next Week!

**Benefiting the KBTX Food For Families Food Drive and You!**

**September 2nd-November 25th**

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. Every pound counts! Get your entire department involved.



### Initial Weigh-in

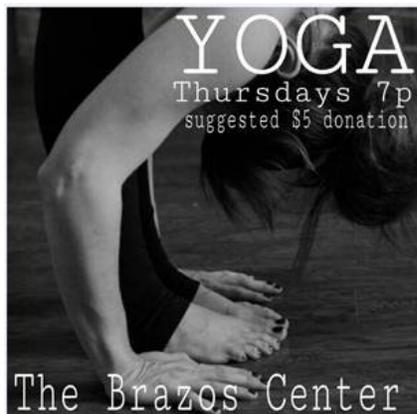
September 2nd from 11am-1pm in the MOB Basement

Or September 3rd from 7:30am-8:30am at the MSC

To help you on your weight loss journey, we will host three optional seminars during the challenge:

- **Wednesday, September 10th Noon-1pm:** Food Labels 101 & Virtual Grocery Store Tour  
Speaker: Kristin Shaffer, Registered Dietitian & Wellness Coach
- **Monday, September 22nd Noon-1pm:** Beginning an Exercise Program  
Speaker: Dr. Steve Martin, TAMU FitLife Program Coordinator
- **Tuesday, November 18th Noon-1pm:** Healthy Eating Through the Holidays  
Speaker: Kristin Shaffer, Registered Dietitian & Wellness Coach

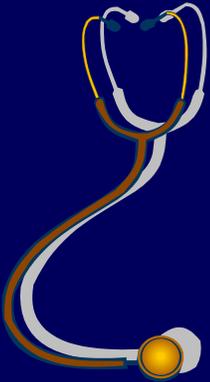
The Final Weigh-In will be held on November 25th. Time and location will be announced. If you are interested in participating in the challenge, attend one of the weigh-ins listed above. Questions? Email [lward@bryantx.gov](mailto:lward@bryantx.gov).



City of Bryan Employees are invited to attend Yoga Classes

Each Thursday evening beginning at 7pm at the Brazos Center.

Classes are open to the public, taught by Lexi Alexander and held on a donation basis.



## It's Health Assessment Time!

In preparation for the City of Bryan's 2015 Insurance Plan Year, Risk Management has been meeting with each department to discuss the annual health assessment process and to distribute packets. As a reminder, by participating in the annual health assessment, you will be eligible to receive the "Healthy Lifestyles" Health Insurance Premiums. You may have your screening completed by your own medical provider, at the City of Bryan Employee Health Center or onsite. Please call the Center directly for an appointment if you chose to go that route-no walk-ins accepted! 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 [lward@bryantx.gov](mailto:lward@bryantx.gov). Click [here](#) to view the onsite schedule. If you have not received your packet, please check with your supervisor to see when your department meeting will be held. All health assessments must be completed by Friday, November 7th. You will be notified if you qualify for the program or if you need to follow-up. If a follow-up is required, you will have until Friday, December 12th to do so. If you have any questions about the Healthy Lifestyles Program, please contact Risk Management at 209-5050. Don't miss out on the savings!

## Broccoli Cheddar Bake Recipe

Serves 6

### Ingredients

- 4 cups chopped fresh broccoli
- 1/2 cup finely chopped onion
- 2 tablespoons water
- 1 1/2 cups egg substitute
- 1 cup fat-free milk
- 1 cup shredded cheddar cheese
- 1/2 teaspoon ground black pepper



Source: [www.mayoclinic.org](http://www.mayoclinic.org)

### Directions

Preheat the oven to 350° F. Lightly coat a baking dish with cooking spray.

In a nonstick skillet, combine the broccoli, onion and water. Saute over medium-high heat until the vegetables are tender, about 5 to 8 minutes. Keep adding water to prevent vegetables from drying out, but use as little water as possible. Drain and set aside when the broccoli is done.

In a bowl, combine the egg substitute, milk and 3/4 cup cheese. Add in the broccoli mixture and pepper. Stir to mix well.

Transfer the mixture into the prepared baking dish. Set the baking dish into a large pan filled with about 1 inch of water. Bake uncovered until a knife inserted in the center comes out clean, about 45 minutes. Remove from the oven and top with remaining 1/4 cup of shredded cheese. Let stand about 10 minutes before serving.

## CPR, First Aid & Defensive Driving Classes

**CPR & First Aid  
(first time)**

September 24th  
8am-3pm at the MSC

**CPR & First Aid  
(renewal)**

September 24th  
3-5pm at the MSC

**Defensive Driving**

September 23rd or 29th  
8am-4pm at the MSC



To register, click [here](#).





# Know Your Benefits

## Get in the Game as Annual Benefits Enrollment Kicks Off Soon!

**November 1-30, 2014**

Annual Benefit Enrollment is the time for employees to review their benefits and consider any possible changes for the 2015 plan year. Get in the game now by reviewing your current benefits and discussing your benefit needs with your family. City-wide open enrollment meetings will be announced in October.

### Finish the 2014 season strong by taking advantage of these benefits:

**BCBS Dental Cleanings**– Have you had your teeth cleaned in 2014? If not, what’s stopping you? Did you know if you are enrolled in the City’s health plan, you and your covered dependents are automatically enrolled in the City’s Dental Plan? Our dental plan allows two preventive cleanings per year and the deductible is waived, which means there is no out of pocket cost for you or your eligible dependents.

**BCBS Routine Eye Exam**–As a Blue Cross Blue Shield Member, you are eligible for an annual routine eye exam. There should be no co-payment as long as the exam is routine and not due to a health condition or considered a diagnostic exam. Here are just a few providers who accept BCBS for routine eye exams: TSO, Eye Care Center, Texas Regional Eye Care Center, Urban Optics.

**Unum Critical Illness/Wellness Benefit**– Are you currently enrolled in UNUM’s Critical Illness Insurance? If so, don’t forget to file your Wellness Claim Form to receive your \$75.00 reimbursement. If your spouse is also covered, he/she will need to file a separate claim. Here are just a few wellness screenings /tests that qualify for the reimbursement: Triglyceride Blood Test, Chest X-ray, Colonoscopy, Fasting Blood Glucose Test, Mammogram, Pap Smear, Skin Cancer Screening, Stress Test. Click [here](#) for the claim form.

If you have any other benefit related questions, contact our Benefits Administrator, Florencia Galaviz by calling 209-5053 or email [fgalaviz@bryantx.gov](mailto:fgalaviz@bryantx.gov).



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

*\*last patient accepted at 11:30am and 4:30pm daily,  
walk-ins accepted from 9-10:30am(acute illnesses only)*

Remember: all clinic closings are posted at  
[http://wellness.bryantx.gov/?page\\_id=10](http://wellness.bryantx.gov/?page_id=10)

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

[lward@bryantx.gov](mailto:lward@bryantx.gov)

<http://wellness.bryantx.gov>

Copies of this newsletter are available in Risk Management.