# Worksite Wellness News

VOLUME 7, ISSUE 4 DECEMBER 1, 2014


City of Bryan
Healthy Lifestyles

**SPECIAL POINTS OF INTEREST:**

- **Health Assessment Follow-Up Slips Due Soon!**
- **Weight Loss Challenge Winner Announced**

**INSIDE THIS ISSUE:**


| | |
|---|---|
| City of Bryan Wellness MVP Follow-Up | 2 |
| Roasted Cauliflower Recipe | 2 |
| Upcoming CPR & DDC Classes | 2 |
| Know Your Benefits | 3 |


## Medical Provider forms Due Dec. 12th

If you participated in this year's Healthy Lifestyles Health Risk Assessment and Biometric Screening and were asked to follow-up with a medical provider, you have until Friday, December 12th to return your signed Medical Provider Statement. This form was included in your return packet from St. Joseph and requires your medical provider to address the potential health risk identified and sign the form enclosed in your packet. You may complete your follow up appointment at the City of Bryan Employee Health Center or through your own physician. If you have questions regarding your health assessment or qualification status, please contact Lesley Ward at lward@bryantx.gov or call 209-5050.

## We CAN Weight Loss Challenge Wraps Up!

Over the last three months, a group of City of Bryan Employees have participated 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 25th, the group was asked to weigh-in for the final time. A total of 70 pounds were lost collectively by the participants. The participant who lost the highest percentage of body fat was Sandra Willis with a 6% 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 10th 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!

# City of Bryan Wellness MVP: Follow-up

Hopefully you read the recent article regarding Streets & Drainage Supervisor, Robert Willis, featured in the Bravo Bryan newsletter. Mr. Willis was spotted at a local gym and commended by a fellow co-worker on his efforts to make healthier lifestyle choices. When the article was released, Mr. Willis was just about to begin the Gold's Eight-Week Challenge. So, the results are in from the challenge and kudos are in order!

- A total of 24.8 pounds lost! Mr. Willis had an initial 12 pound weight loss and then tapered off to a more realistic 1 to 2 pounds per week.
- Reduced body fat by 9.1%.
- Lost 5+ inches off waist, hips and thighs.

Robert's new short term goal includes losing at least 15 more pounds before the next challenge which begins in January 2015. He shares the following advice to others interested making healthier choices: "Find the routine that works best for you and stick to it. Results do not come quick, but if you stick to your healthy lifestyle, you will get there."

# Try this yummy recipe with your holiday meal:

## *Roasted Cauliflower with Fresh Herbs and Parmesan*

Ingredients

- 12 cups cauliflower florets (about 2 heads)
- 1 1/2 tablespoons olive oil
- 1 tablespoon chopped fresh parsley
- 2 teaspoons chopped fresh thyme
- 2 teaspoons chopped fresh tarragon
- 3 garlic cloves, minced
- 1/4 cup (1 ounce) grated fresh Parmesan cheese
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Preheat oven to 450°. Place cauliflower in a large roasting pan or jelly-roll pan. Drizzle with oil; toss well to coat. Bake at 450° for 20 minutes or until tender and browned, stirring every 5 minutes. Sprinkle with parsley, thyme, tarragon, and garlic. Bake 5 minutes. Combine cauliflower mixture, cheese and remaining ingredients in a large bowl; toss well to combine.

Source: www.cookinglight.com

## *CPR, First Aid & Defensive Driving Classes*

**CPR & First Aid (first time)**
December 18th
8am-3pm at the MSC

**CPR & First Aid (renewal)**
December 18th
3-5pm at the MSC

**Defensive Driving**
December 12th or 19th
8am-4pm at the MSC

To register, click here.

# Know Your Benefits

## *Open Enrollment Ends TODAY!*

**GAME OVER**

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 2014 Open Enrollment period will be effective January 1, 2015.

If you do not want to make changes to your health plan selection, you need to take any action. Your health benefit selections for Plan Year 2014 will be automatically continued into Plan Year 2015 with the exception of your cost contributions. If you want to continue our 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 2015. All Open Enrollment information can be found here.

**Please return all forms to Risk Management by 5pm TODAY!**

If you are enrolled in the Unum Critical Illness Insurance Program and participated in the Health Assessment and Biometric Screening Program this year, remember to submit your wellness claim form for a $75.00 reimbursement. The Wellness Benefit Claim Form can be found here under the Unum Critical Illness.

*If you have questions regarding Open Enrollment, please contact our Benefits Administrator, Florencia Galaviz at 209-5053 or 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 9-10:15am(acute illnesses only)*

*Remember: all clinic closings are posted at 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
http://wellness.bryantx.gov

Copies of this newsletter are available in Risk Management.