



# WORKSITE WELLNESS NEWS

VOLUME 8, ISSUE 1

SEPTEMBER 1, 2015

## SPECIAL POINTS OF INTEREST:

- **Don't Miss out on Health Assessment Savings!**
- **Weight Loss Challenge Kicks Off!**

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## Health Assessment Season in Full Swing!

In preparation for the City of Bryan's 2016 Insurance Plan Year, Risk Management recently met with City departments to discuss the annual health assessment process and to distribute packets. As a reminder, by participating in the annual health assessment, you receive the "Healthy Lifestyles" health insurance premium. You may have your screening completed through your own medical provider, on-site or at the City of Bryan Employee Health Center. If you wish to have your screening completed by your own provider or at the Employee Health Center, please call them directly for an appointment. The Employee Health Center will not accept walk-ins for screenings. If you are planning to have your screening completed at one of the on-site locations, you may schedule a time by calling 209-5050 or email [lward@bryantx.gov](mailto:lward@bryantx.gov). Click [here](#) to view the on-site schedule. If you have not received a packet, check with your supervisor to see when your department's meeting will be held or contact Risk Management to obtain a packet. All health assessments must be completed by November 6, 2015. You will be notified if you qualify for the program or if you need to follow up in order to do so. If a follow-up is required, you will have until December 11, 2015 to complete this. If you have any questions about the Healthy Lifestyles Program, please contact Risk Management at 209-5050.



## 6th Annual "We CAN" Weight Loss Challenge Kicks Off This Week!

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

### September 2nd-November 18th



Initial Weigh-in will take place during the following times:

- September 2nd from 11am-1pm in the MOB Basement Training Room **OR**
- September 3rd from 7:30-8:30am in the MSC Training Room

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!

To help you on your weight loss journey, we will host two optional seminars during the challenge. Click [here](#) to view the challenge flyer and guidelines.

# Know The Facts About High Cholesterol

## What is high cholesterol?

Cholesterol is a waxy, fat-like substance that your body needs. But when you have too much in your blood, it can build up on the wall of your arteries. This can lead to heart disease and stroke-leading causes of death in the United States.

## Are you at risk?

About one in every six adult Americans has high cholesterol. Anyone, including children, can develop it. Several factors that are beyond your control can increase your risk. These include your age, sex and heredity. But, there are some risk factors that you can change. Examples include eating an unhealthy diet, being overweight, and not getting enough exercise.

## What are the signs and symptoms?

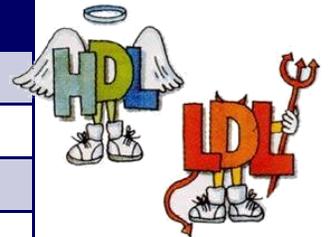
High cholesterol itself does not have symptoms. Many people do not know their cholesterol level is high. That's why it is important to have your cholesterol checked regularly.

## How is high cholesterol diagnosed?

Doctors can do a simple blood test to check your cholesterol. If your total cholesterol is 200mg/dL or more, or if your HDL (good cholesterol ) is less than 40mg/dL, you will need to have a lipoprotein profile. Ask your doctor about what might be right for you.

## What levels of cholesterol are healthy?

	Desirable Levels
Total Cholesterol	Less than 200 mg/dL
LDL ("bad" cholesterol)	Less than 100 mg/dL
HDL ("good" cholesterol)	60 mg/dL or higher
Triglycerides	Less than 150 mg/dL



Source: National Center for Chronic Disease Prevention and Health Promotion



## CPR, First Aid & Defensive Driving Classes

### CPR & First Aid-First Time

September 25th  
8am-3pm at the MSC

### CPR Renewal

September 25th  
3-5pm at the MSC

### Defensive Driving

September 21st or 23rd  
8am-4pm at the MSC

To register for a class, click [here](#).

Full CPR courses must have a minimum of four participants to make.

## Employee Zumba Class Starts this Month!



Class will meet in the MOB Basement Training Room on the following dates from 5:20-6:20pm:  
September 22, 24, 29, October 1, 6, 8, 13 & 15  
Cost: \$35 for the session

If you are interested in participating, please email [lward@bryantx.gov](mailto:lward@bryantx.gov).

# Know Your Benefits



## Vision & Dental Benefits UNMASK YOUR SAVINGS

With the City's annual benefits open enrollment just around the corner for the 2016 Plan Year, it is a great time to make sure you are taking full advantage of your health benefits. Many routine exams can help identify current or potential health issues before they develop into more serious or costly conditions.

### Vision Coverage

**Blue Cross Blue Shield Members:** All Blue Cross Blue Shield members are eligible for one eye exam per calendar year covered at 100%. No copayment applies.

**Superior Vision Members:** Superior Vision members save even more when you purchase eyewear through Superior Vision providers. Take advantage of discounts on frames and lenses, including access to discounts for laser vision correction surgery. Click [here](#) for Superior Vision's Benefit Summary.

**Vision Discount Program:** Employees who elect not to enroll in the Superior Vision Plan can take advantage of discounts on frames and lenses, including access to discounts for laser vision correction surgery through Blue Cross Blue Shield's Davis Vision Discount Program. Click [here](#) to learn more about the Davis Vision Discount Program.

### Dental Coverage

All Blue Cross Blue Shield Members and their eligible dependents are automatically enrolled in the City's dental insurance plan. Preventive Care Services that are covered at 100% include:

- Routine oral evaluation (limited to 2 per calendar year)
- X-rays (dental radiographs-some limitations apply)
- Professional cleaning, scaling, and polishing (limited to 2 per calendar year)
- Fluoride treatment (topical application-limited to 2 per calendar year for participants up to age 19).

Getting routine dental examinations is an essential part of maintaining good oral health and overall health. Make sure you are maximizing your preventive benefits. To learn more about dental care through Blue Cross Blue Shield, click [here](#).

If you have any benefit related questions, contact Florencia Galaviz at [fgalaviz@bryantx.gov](mailto:fgalaviz@bryantx.gov) or call 209-5053.

# Quinoa-Stuffed Bell Pepper Recipe

## Serves 8

This dish freezes well for future meals. Quinoa provides whole-grain goodness and a serving of protein.

- 1 medium onion, finely chopped (1 cup)
- 2 Tbs. olive oil
- 2 ribs celery, finely chopped (1/2 cup)
- 1 Tbs. ground cumin
- 2 cloves garlic, minced (2 tsp.)
- 1 10-oz. package frozen chopped spinach, thawed and squeezed dry
- 2 15-oz. cans diced tomatoes, drained, liquid reserved
- 1 15-oz. can black beans, rinsed and drained
- 3/4 cup quinoa
- 3 large carrots, grated (1 1/2 cups)
- 1 1/2 cups grated reduced-fat Pepper Jack cheese, divided
- 4 large red bell peppers, halved lengthwise, ribs removed



1. Heat oil in saucepan over medium heat. Add onion and celery, and cook 5 minutes or until soft. Add cumin and garlic and sauté for 1 minute. Stir in spinach and drained tomatoes. Cook 5 minutes, or until most of the liquid has evaporated.
2. Stir in black beans, quinoa, carrots and 2 cups of water (may substitute with low-sodium chicken broth for added flavor). Cover, and bring to a boil. Reduce heat to medium-low and simmer for 20 minutes or until quinoa is tender. Stir in 1 cup of cheese. Season with salt and pepper, if desired.
3. Preheat oven to 350°F. Pour liquid from tomatoes into bottom of baking dish.
4. Fill each bell pepper half with heaping 3/4-cup quinoa mixture, and place in baking dish. Cover with foil, and bake 1 hour. Uncover, and sprinkle each pepper with 1 Tbs. remaining cheese. Bake 15 minutes more, or until tops of stuffed peppers are browned. Let stand 5 minutes. Transfer stuffed peppers to serving plates and drizzle each with pan juices before serving.

Source: [www.vegetariantimes.com](http://www.vegetariantimes.com)

## **Don't miss out on monthly online seminars hosted by Deer Oaks EAP!** **September's Topic: Coping with Change**

Learn personal strategies on how to deal with both the losses and the gains that change brings to your life.

**September 15th at 11am or 1pm**

To register: Log on to [www.deeroaks.com](http://www.deeroaks.com). Enter "cityofbryan" as your username and password. Click on "Online Seminars." Select the time slot you prefer.



If you have wellness related 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>

CITY OF BRYAN  
Employee Health Center

Open Monday-Friday 8am-5pm

(closed from Noon-1pm & on City holidays)

\*last patient accepted at 11:30am and 4:30pm daily

Walk-ins accepted from 9-10:15am (acute illnesses only)

Call 979-821-7690 for an appointment!