



CITY OF BRYAN
Healthy Lifestyles

WORKSITE WELLNESS NEWS

VOLUME 8, ISSUE 2

OCTOBER 1, 2015

SPECIAL POINTS OF INTEREST:

- Health Screening deadline approaching!
- Open Enrollment Coming Soon!

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On-site Health Screenings this Month!

Onsite Screenings will be held on the following dates:

Thursday, October 15th-BTU Distribution (7-9am)

Tuesday, October 20th-MSC Training Room (6:30-8:30am)

Wednesday, October 21st-MSC Training Room (6:30am-8:30am)

Thursday, October 22nd-MOB Basement Training Room (7:30-9:30am)

Friday, October 23rd-MOB Basement Training Room (7:30-9:30am)



If you have not received your initial assessment packet and are interested in participating in the Healthy Lifestyles Program which allows you to receive the City's Healthy Lifestyles Premiums, please contact Risk Management at 209-5050 or email Lesley Ward at lward@bryantx.gov. The deadline to complete your screening is November 6, 2015. You may also have your screening completed through your own physician or at the City of Bryan Employee Health Center (by appointment only). If you have already completed your screening and were asked to follow-up for any reason, you will have until December 11th to do so. If you would like to schedule an appointment at the Employee Health Center, please call 821-7690.

"We CAN" Weight Loss Challenge Kicks Off!

The City of Bryan has once again teamed up with HEB for the annual "We CAN" Weight Loss Challenge. The challenge kicked off on September 2nd and will conclude November 18th. For every pound lost by participating City of Bryan employees, HEB will donate one pound of food to the KBTX Food for Families Food Drive to be held on December 9th at the Brazos Center. The City of Bryan had 34 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 9th. Good luck to all of our participants!



Aging & Exercise Seminar

Tuesday, October 13th

Noon-1pm

MOB Basement Training Room

Texas A&M FitLife Coordinator, Dr. Steve Martin, will lead a discussion about the benefits of exercising as we age. In addition, he will discuss preventing injury and choosing the best exercise for your body.

A light lunch will be provided to those who register by Friday, October 9th.

Click [here](#) to register.



It's Not too Late for a Flu Shot!

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. Call the Center at 821-7690 to schedule an appointment with the nurse. The vaccine is free for all City of Bryan employees as well as dependents (age 5 and up) enrolled in the City's health insurance plan. Click [here](#) for the required consent form.

Remember...



Breast Cancer Facts:

- One in eight women will be diagnosed with breast cancer in their lifetime.
- Breast Cancer typically produces no signs or symptoms when the tumor is small and most easily cured.
- Breast Cancer is the 2nd most common cancer in women after skin cancer

Screening could save your life!
Check with your doctor to see when you should be screened.

Source: <http://www.cancer.org/>



CPR, First Aid & Defensive Driving Classes

CPR & First Aid-First Time

October 29th

8am-3pm at the MSC

CPR Renewal

October 29th

3-5pm at the MSC

Defensive Driving

October 28th

8am-4pm at the MSC

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

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

BENEFIT OPTIONS AT A GLANCE

*Open Enrollment
November 2-December 2*

The City of Bryan offers a comprehensive, cost-effective, and competitive benefits package to help protect you and your family. Use it to its fullest potential by taking control and making thoughtful decisions about your benefits. Take an active role in understanding and choosing your benefits.

Benefit Options at a Glance for 2016 Open Enrollment Guide will be available in November

Medical Plan Options– Administered by Blue Cross Blue Shield of Texas

- PPO: \$750/\$1,500 Deductible
- High Deductible Health Plan/HSA: \$1,500/\$3,000 Deductible

Dental Plan– Administered by Blue Cross Blue Shield of Texas

- Automatic dental coverage when you enroll in medical coverage

Vision Plan– Administered by Superior Vision

- Glasses or contacts

Flexible Spending Accounts (FSA)-Administered by TaxSaver Plan

- Health Care FSA
- Dependent Care FSA

Health Savings Account (HSA)-Administered by Benefit Wallet

- Available on High Deductible Health Plan Only (HDHP)

Life and AD&D Insurance-Administered by Mutual of Omaha

- Basic Group Life Insurance
- Supplemental Group Life Insurance
- Dependent Life Insurance
- Long-Term Disability

Special Open Enrollment available ONLY to employees hired in 2015

- Critical Illness & Accident Insurance-Administered by UNUM
- Long-Term Care Insurance-Administered by TransAmerica

Additional Benefit

- Employee Assistance Program– Administered by Deer Oaks



Reminder: During Open Enrollment (November 2-December 2, 2015), you can:

- ◆ Add or opt out of health plan coverage
- ◆ Choose a new plan option
- ◆ Enroll eligible family members in the health plan
- ◆ Add, drop, or change the level of life insurance
- ◆ Enroll or re-enroll in a Flexible Spending Account to pay for day care or health expenses with pre-tax dollars.

Note: If you would like to learn more about a Health Savings Account and if it is right for you, click [here](#).

If you have benefit related questions, contact Flo Galaviz at 209-5053 or fgalaviz@bryantx.gov.

Easy Half-Mashed Potatoes Recipe

Ingredients

- 24 ounce (1lb 8oz) bag fingerling petite potatoes, cut into 1-inch rounds with skin on
- 16-ounce bag frozen cauliflower florets
- 1/3 cup skim milk
- 5 tablespoons Smart Balance margarine
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper



Instructions

1. Add potatoes to a large soup pot. Cover with cold water and bring to a boil. Cook for 15 minutes. Add cauliflower to pot, return to a boil and cook for 5 more minutes.
2. Drain potatoes and cauliflower and return to pot.
3. Add remaining ingredients and mash mixture with a potato masher. Mix with an electronic mixer on low-speed for about 1 minute.

Source: <http://www.diabetes.org>

Employee Health Center Migrates to New EMR System



The City of Bryan Employee Health Center began migrating to a new Electronic Medical Record System (EMR) on September 1, 2015. This change will improve continuity of care for patients to the Center and across the St. Joseph Regional Health System. As a result of the migration and based on your visit history within the System, you may be asked to complete new registration paperwork. If affected, when you call to make an appointment, Center staff should notify you that you need to complete the packet. Staff will send it to you via e-mail or direct you to the City's Employee Wellness Website where it is posted. Completing the paperwork and taking it with you to your appointment will help minimize wait time in the Center. Thank you for your patience with the upgrade!

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
<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!