Worksite Wellness News

VOLUME 8, ISSUE 3 NOVEMBER 2, 2015

SPECIAL POINTS OF INTEREST:

- **Health Assessments Due this Friday!**
- **New Location: Employee Health Center**

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Health Assessments Due this Friday!

If you would like to participate in the City's voluntary annual health assessment program, Healthy Lifestyles, your packet must be turned into Risk Management or to the City of Bryan Employee Health Center by Friday, November 6th. As a reminder, by participating in the program, you will receive our Healthy Lifestyles premium, which currently saves you $140 per month!

If you have not yet completed your assessment, you may still call the City of Bryan Employee Health Center to schedule an appointment or have the screening completed through your own primary care physician. If you have completed your initial screening and were asked to follow-up due to one or more of your values falling outside of the established parameters, you will have until December 11th to do so. Instructions on follow-up completion (if applicable) will be enclosed in your result packet. If you have questions regarding the health assessment program, please contact Risk Management by calling 209-5050 or email lward@bryantx.gov. Don't miss out on your chance to participate for Plan Year 2016!

How does your body recover after smoking...

- 20 minutes = Your heart rate and blood pressure drop.
- 12 hours = The carbon monoxide level in your blood drops to normal.
- 2 weeks to 3 months = Your circulation improves, and your lung function increases.
- 1-9 months = Coughing and shortness of breath decrease; cilia start to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs and reduce the risk of infection.
- 1 year = The excess risk of coronary heart disease is half that of a continuing smoker's.
- 5 years = The risk of cancer of the mouth, throat, esophagus, and bladder is cut in half. Cervical cancer risk falls to that of a non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years.
- 10 years = The risk of dying from lung cancer is about half that of a person who is still smoking. The risk of cancer of the larynx (voice box) and pancreas decreases.
- 15 years = The risk of coronary heart disease is that of a non-smoker's.

The City's Prescription Drug Plan covers several smoking cessation aides for a $0 co-pay.

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

November: American Diabetes Month

Think on these Facts & Figures...

Prevalence:

⇒ Diabetes affects nearly 30 million people in the U.S. today.

⇒ Another 86 million Americans have prediabetes and are at risk for developing type 2 diabetes

⇒ According to last year's health screening here at the City of Bryan*:

- 19.7% of participants fell into the "pre-diabetic" stage (fasting glucose between 100-125.9mg/dL)
- 10.8% of participants had a fasting glucose of 126+mg/dL

**A single reading is done for the City's health screening. One reading does not warrant a diagnosis, but is cause for follow-up with a medical provider.*

The Toll on Health:

⇒ Diabetes nearly doubles the risk for heart attack and for death from heart disease.

⇒ Diabetes is the leading cause of kidney failure.

⇒ Roughly 60 to 70 percent of people with diabetes have mild to severe forms of nerve damage that could result in pain in the feet and hands, slowed digestion, sexual dysfunction and other problems.

Cost of Diabetes:

⇒ The American Diabetes Association estimates the total national cost of diagnosed diabetes in the U.S. is $245 billion.

- Direct medical costs reach $176 billion and the average medical expenditure among people with diabetes is more than two times higher than those without the disease.
- Indirect costs amount to $69 billion (disability, work loss, premature mortality).

⇒ 1 in 10 health care dollars is spent treating diabetes and its complications.

Source: www.diabetes.org

FREE Living Well with Diabetes Program offered through St. Joseph

This comprehensive diabetes education program is now offered twice a month-for free! Taught by Certified Diabetes Educator, Shelby Jaedicke, RN, MSN, and Michelle Dohrman, registered and licensed dietician, the program begins with two 3-hour core sessions focusing on proper nutrition using carbohydrate counting, exercise, blood glucose monitoring, foot care and other topics. A monthly grocery store tour at Kroger is included in the program as well as a one-month membership to the St. Joseph Wellness Center.

Click here to view upcoming class schedules. Call 979-731-1231 for more information and to register. Registration is required.

Know Your Benefits

Open Enrollment Starts TODAY!

November 2-December 2, 2015

Open Enrollment only happens once a year, therefore this is your only opportunity to make benefit changes unless you have a mid-year qualifying event. To help answer questions about the plans, attend one of the Open Enrollment Meetings. Click here to see scheduled dates and times.

2016 PLAN CHANGES

Below is a brief summary of the benefit changes for the 2016 plan year.

MEDICAL

No increase in premiums for active employees in 2016 and no plan changes to PPO Option or HDHP Option.

PRESCRIPTION DRUGS

NEW – Effective January 1, 2016 **"Optum Rx"** will become the City's new prescription drug provider. All employees who are enrolled in the City's health plan will receive new prescription ID cards.

FLEXIBLE SPENDING ACCOUNTS

No change in limits for 2016
REMINDER - You cannot contribute to a health care FSA and an HSA within the same household in the same calendar year.
REMINDER – You must enroll or re-enroll every plan year if you wish to continue into Plan Year 2016.

HEALTH SAVINGS ACCOUNT

NEW - The family contribution limit for 2 or more members (family coverage) will increase by $100 to $6,750 in 2016. There will be no change to the limit for single coverage.

ICMARC 457 RETIREMENT PLANS

NEW - 2016 Contribution limits will be posted once available.

MORE TO COME

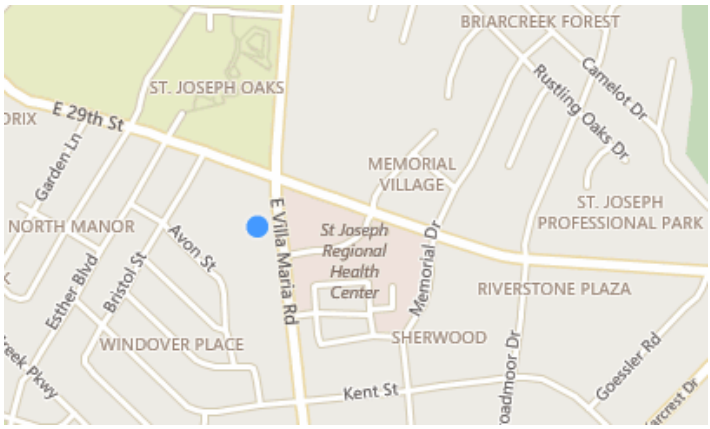
More information will be available during our open enrollment meetings and you can locate any open enrollment related forms from the Cobweb.

For all benefit related questions, contact Risk Management at 209-5053 or 209-5055.

CITY OF BRYAN EMPLOYEE HEALTH CENTER

We've Moved!

TODAY is the first day in the new location!
2308 E. VILLA MARIA ROAD, SUITE 100
Phone: 979-821-7690 Fax: 979-821-7691



Saturday hours beginning in January!

The move is in preparation for Bryan Independent School District employees and dependents to begin receiving services at the Center in January 2016. You will also notice new staff members at the Center in coming months as we prepare for our new partnership with BISD. New hours of operation will also be announced prior to January and will include Saturday hours from 8am-Noon (acute illnesses only). Stay tuned for more information!

CPR, First Aid & Defensive Driving Classes

CPR & First Aid-First Time
November 18th
8am-4pm at the MSC

CPR Renewal
November 18th
3-5pm at the MSC

Defensive Driving
November 16th & 17th
8-11:30am at the MSC

To register for a class, click here.
Full CPR courses must have a minimum of four participants to make.

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!