Worksite Wellness News

VOLUME 8, ISSUE 4 DECEMBER 1, 2015

SPECIAL POINTS OF INTEREST:

- **Health Screening Follow-ups Due Dec. 11th!**
- **Ben Rush wins "We CAN" Weight Loss Challenge**

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Health Screening Follow-Up Slips Due Dec. 11th

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 11th to return your signed Medical Provider Statement to Risk Management. This form was included in your return packet from the Employee Health Center and requires your medical provider to address the potential health risk identified and sign the form enclosed in your packet. If you have questions regarding your health assessment or qualification status, please contact Lesley Ward at lward@bryantx.gov or call 209-5050. Don't miss out on savings in the New Year!

"We CAN" Weight Loss Challenge Wraps up!

Over the last three months, a group of City of Bryan Employees 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 18th, the group was asked to weigh-in for the final time. A total of 111 pounds were lost collectively by the participants. This year's winner was Ben Rush (Engineering) with a 13.11% weight loss. Ben has lost over 50 pounds since he began working for the City over 5 years ago-give him a pat on the back the next time you see him! 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 9th 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!

As a Reminder: We've MOVED!

CITY OF BRYAN
EMPLOYEE HEALTH CENTER

The Center is now located at:
2308 E. VILLA MARIA ROAD, SUITE 100
Phone: 979-821-7690 Fax: 979-821-7691

A few reminders about the Center:

- New hours, including Saturday hours, will begin in January. Stay tuned for a city-wide email announcing the hours!
- Daily walk-ins must be limited in order for the Center to remain on schedule throughout the rest of the day with pre-booked appointments. Please remember calling ahead is always best. Walk-ins and same day appointments are for minor, acute illness (E.g. sore throat, ear pain) and the number accepted daily varies due to the nature of the walk-ins.
- November and December have been extremely busy at the Center with many employees completing their Healthy Lifestyles Screenings and follow-ups. If you have a scheduled appointment and are unable to attend, please call to cancel. This will open up your spot for another patient.
- Please provide us with feedback by completing the City of Bryan Employee Health Center Survey. Click here to view and complete.

Meet the COBEHC's New Medical Provider

We would like to welcome Nurse Practitioner Haley Psencik to the City of Bryan Employee Health Center. Haley will begin spending time in the Center this month in preparation for BISD to begin receiving services in January. Ms. Psencik comes to the Center from within the St. Joseph Health System. Most recently, she has been seeing patients in the St. Joseph Express Care. Ms. Psencik received her training through the University of Texas Health Science Center in San Antonio, Texas. She is excited about taking care of you and your family. Please welcome her to the City of Bryan Family when you see her!

CPR, First Aid & Defensive Driving Classes

CPR & First Aid-First Time	**CPR Renewal**	**Defensive Driving**
December 8th	December 8th	December 7th Or 14th
8am-3pm at the MSC	3-5pm at the MSC	8am-4pm at the MSC

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

Know Your Benefits

City of Bryan

Plan Year 2016 Open Enrollment

November 2-December 2 , 2015

*All changes must be made by **December 2, 2015**. Changes go into effect on January 1, 2016.*

2016 Changes

- **New Prescription Benefits Manager→ "OptumRx"**

  The City of Bryan will be changing from CVS Caremark to OptumRx. You will receive a welcome packet via mail in December. Please make sure your correct mailing address is on file with Risk Management. You will also receive your new prescription drug cards in the mail to begin using January 1, 2016.

- **Health Savings Account (HSA)**

  The maximum calendar year contribution for family coverage has increased.

  ⇒ Employee only coverage= $3,350

  ⇒ **Family coverage= $6,750***

  (+100 change from 2015)*

Action Items

- **Beneficiary Update**

  Open Enrollment is a good time to review and update your beneficiary elections for life insurance, 457 and TMRS plans .

- **Adding New Dependent(s) to Health Insurance**

  If you are adding a new dependent(s) to the health insurance plan, a Dependent Relationship Verification is required. You will need to complete the Blue Cross Blue Shield Enrollment/Change Form located on the **CobWeb→RiskManagement→Employee Benefits.** The enrollment form must be accompanied by either a marriage license or common law certificate when adding a spouse and a birth certificate or hospital issued "Birth Facts" when adding a dependent child.

- **Flexible Spending Account**

  Your coverage for Flexible Spending Accounts (FSAs) will end on December 31, 2015 unless you re-enroll during Open Enrollment. These include TaxSaver Health FSA and Dependent Day Care FSA.

The complete 2016 Open Enrollment Guide can be found:

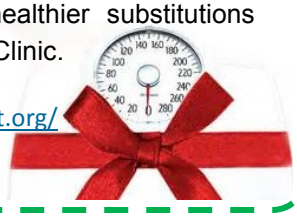
http://mycob.cobnet.org→Department Information→ Risk Management→ Employee Benefits

For all benefit related inquiries, contact Risk Management at: 979-209-5053 or 979-209-5055.

10 Tips for Healthy Holiday Eating

According to the Academy of Nutrition and Dietetics, Americans gain one to two pounds during the holiday season. This does not seem like much, but it seems to stick and accumulate over the years. Follow these simple tips to help you maintain (and not gain) this holiday season!

1. **Set realistic goals.** Don't try to lose weight during the holiday season. Focus on maintaining your current weight.
2. **Exercise**. Not only will exercise prevent weight gain, but it will help you handle the stress that comes along with the holiday season.
3. **Don't skip meals**. Have a light snack before holiday parties and meals. This will help keep you from over-indulging.
4. **Survey the buffet before digging in**. Choose your favorite foods and try filling your plate with mostly fruits and vegetables.
5. **Don't over eat.** No need to eat until you are stuffed. Simply eat until you are satisfied. You can still enjoy your favorite holiday treats in small portions.
6. **Be careful with beverages**. They can be full of calories and sugar.
7. **If you happen to overeat, go light on your next meal.**
8. **Take the focus of the holidays off of food**. Try volunteering, playing games or take a walking tour of decorated homes in your neighborhood.
9. **Bring your own healthy dish to a holiday gathering**. Chances are, someone else will enjoy it too!
10. **Practice healthy holiday cooking**. Try these simple and healthier substitutions offered by the Mayo Clinic.



Sources: http://www.eatright.org/
http://www.mayoclinic.org/

Have you seen the NEW "Work Safe" Logo?

Risk Management recently revealed the NEW "Work Safe" logo. When you see the logo in and around your work environment, we hope that you will be reminded about the importance of working safely. Working safe means those who care the most about you-your family and friends, get to see you come home from work each day! Working safely not only saves money, but most importantly, it saves lives. Be safe at work. Work safe.

A special thank you to the City of Bryan Communications and Marketing Department and specifically, Abby Johnson, for assisting with the creation of the logo!

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
Limited walk-ins accepted from 9-10:15am
(acute illnesses only)
Call 979-821-7690 for an appointment!

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