



WORKSITE WELLNESS NEWS

VOLUME 8, ISSUE 5

JANUARY 4, 2016

SPECIAL POINTS OF INTEREST:

- EHC has new hours!
- Expect New Rx Drug Cards in Mail

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Employee Health Center Announces New Hours!

We are happy to be able to provide you and your family with the City of Bryan Employee Health Center. This unique partnership between the City of Bryan and St. Joseph Regional Health Center is an innovative approach to controlling the cost of health care and is a convenient option for employees, dependents and retirees on the City's health insurance plan to receive medical care. Beginning January 4, 2016, Bryan Independent School District will join our partnership and begin receiving services through the Center as well. BISD's Communication Department created a short video featuring the new center to share with their employees. We thought you might like to view it as well. Click [here](#) to view.

In addition to new hours, the Center also has several new staff members. Welcome them to the team when you see them!

NEW HOURS BEGINNING JANUARY 4, 2016

Monday-Thursday 7:30am-5:30pm (closed during the Noon hour)

Friday 7:30am-3:00pm (open during the Noon hour)

Saturday 8am-Noon for minor acute illnesses only: call for same-day appt. time

Appointments are strongly recommended; however, some same-day appointments are available. You can reach the Employee Health Center by calling 821-7690. A limited number of walk-ins are available weekdays from 7:30-8:30am for acute illnesses only. The Center observes City of Bryan holidays.

Get Your Team Together & Save the Date!



Walk Across Texas! is a fun, free and flexible way to exercise. You chose the way you exercise! The goal is for your team of 8 to walk the 833 miles "across Texas" in 8 weeks.

Walk Across Texas! Kick-Off
Post Oak Mall-JC Penney Entrance
Saturday, February 6, 2016 @ 10am

For more info about this FREE program, visit <http://brazoswat.com/>

Come get your 20th Anniversary commemorative gift while supplies last!

Looking to Make Your New Year's Resolution Stick?

Try these tips...

- Be specific with your goals: For example, if you want to improve your cardiovascular health, make that goal specific: I will walk at least one mile every day, or increase the amount of time I exercise each time by 5 minutes. Setting specific goals can keep you on track with the specific actions you need to take to reach them!
- Make your goals reasonable and achievable: Start small. If you are aiming to lose weight, don't just resolve to lose 50 pounds or go to the gym every day. That is a big goal! Start with trying to lose 5, 10 or 15 pounds. You will feel accomplished along the way to meeting your ultimate goal.
- Make your resolution a part of your routine: If you make your goal part of your daily routine, it will become a part of your lifestyle that will last a long time.
- Tell a friend, family member or co-worker your goal: They will hold you accountable and you will be more likely to achieve your goal. Ask them to partner with you or achieve a similar goal of their own.
- Track your goal: If you do not feel comfortable sharing your goal with someone, try tracking it on a calendar or in a journal. If you keep record of your progress, you are more likely to stick with your goal and notice if you are not staying on track.
- Reward yourself! Achieving goals is not easy, and a healthy treat can be motivating. Treat yourself to something you enjoy if you reach your goal-give yourself credit for your effort!

Resolutions can be a challenge to stick to, but those of us who do make resolutions are more likely to achieve them than those who do not set goals. You deserve to be a BETTER YOU in 2016-get busy!



CPR, First Aid & Defensive Driving Classes

CPR & First Aid-First Time

No class in January

NEXT CPR Classes will be February 25th

CPR Renewal

No class in January

Defensive Driving

January 19th or

January 22nd (en Español)

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



Attention: Important Prescription Drug Information Effective January 1, 2016

The City of Bryan has a new Pharmacy Benefits Manager (PBM) as of January 1, 2016. OPTUMRx will replace CVS Caremark as the PBM for our prescription drug benefits. Additionally, OPTUMRx will use BrivoRx as the exclusive specialty pharmacy for participants with specialty medication needs.

This change applies to all eligible active and retired City of Bryan Health Plan participants and their covered dependents. We want this transition to be as simple as possible for you.

Here are some important things that will enable you to fill a prescription in the event you haven't yet received your New Prescription ID cards.

- The temporary card below has the information the pharmacy will need to submit a claim to OPTUMRx. The member will need to verbally provide the pharmacy either the employee's SSN, or their current ID# located on the CVS/Caremark ID card. That ID# will remain the same with OptumRx. Your ID# can also be found on your Blue Cross Blue Shield Medical Card (minus the three letters).
- Effective 1/1/2016, you may obtain your account information, print a temporary ID card and check the drug cost online at <https://optumrx.com/myCatamaranRx> or scan the code below to download OptumRx mobile for iPhone or Android.

If you have questions or want to learn more about your prescription benefits, call member services anytime, 24 hours a day, 7 days a week, at 1-855-896-9779.

You may also contact Risk Management at 209-5053 or 209-5055 for all benefit related questions.



Scan for your personal mobile app

OPTUMRx 

PRESCRIPTION DRUG PROGRAM

RxBIN: 610011
 RxPCN: IRX
 RxGRP: BRYAN
 Issuer (80840): 9151014609
 ID: 999FAMILYID ←
 Name: FIRSTNAME LASTNAME

Plan Participants:

- Present this card at a participating pharmacy when filling prescriptions.
- Your pharmacist will let you know how much to pay at the point-of-sale. The amount charged will depend on your plan's benefit design.
- This card does not guarantee eligibility.

optumrx.com/myCatamaranRx

OptumRx Member Services:
1-855-896-9779

This card is for Pharmacy Benefits Administered by OptumRx or its affiliated companies.



The Risk Management Department would like to recognize seven “Stellar Drivers” this month. We were looking for employees that are especially conscientious and careful drivers. To validate their selection we only picked divisions that significantly use City vehicles to accomplish their daily job-related tasks. We reviewed seven divisions and the list was narrowed to employees who are “on the streets” frequently. Our records go back many years and selected are employees who have NEVER been involved in a preventable collision. From each of those seven lists, we picked the employee that had been in a driving position the longest.

The seven “Stellar Drivers” we would like to recognize are:



- **Randy Snyder**– BTU Distribution
- **Marc McFeron**– Fire
- **John McNair**– Police



- **Andrew Calhoun**– Streets & Drainage
- **Carmen Garay**– Traffic
- **Charlie Hall**– Water Distribution



IF you see these employees, congratulate them for a job well done!

Spinach-Stuffed Baked Salmon



Ingredients

- 1 teaspoon olive oil
- 2 ounces spinach
- 1 teaspoon grated lemon zest
- 1/4 cup chopped roasted red bell peppers, rinsed and drained if bottled
- 1/4 cup fresh basil, coarsely chopped
- 2 tablespoons chopped walnuts
- 4 salmon filets, rinsed and patted dry
- 2 tablespoons low-sodium Dijon mustard
- 2 tablespoons low-sodium bread crumbs
- 1/2 teaspoon dried oregano, crumbled
- 1/2 teaspoon garlic powder
- 1/2 teaspoon pepper

Preparation

1. In a large skillet, heat oil over medium heat, swirling to coat the bottom. Cook the spinach and lemon zest for two minutes, or until the spinach is wilted, stirring constantly. Transfer to a medium bowl. Stir in the roasted peppers, basil, and walnuts. Let cool for 5 minutes.
2. Preheat the oven to 400°. Line a baking sheet with aluminum foil. Lightly spray the top with cooking spray.
3. Cut a lengthwise slit in the side of each fillet to make a pocket for the stuffing. Be careful not to cut through the other side. With a spoon, carefully stuff 1/2 cup spinach mixture into each fillet. Transfer to baking sheet. With a pastry brush, spread the mustard over the fish.
4. In a small bowl, stir together the remaining ingredients. Sprinkle over the fish. Lightly spray the top with cooking spray.
5. Bake for 12 to 13 minutes, or until the fish is the desired doneness and the filling is heated thoroughly.

Source: <https://www.goredforwomen.org/>



CITY OF BRYAN/BISD EMPLOYEE HEALTH CENTER

Open Monday-Thursday 7:30am-5:30pm (closed Noon-1pm)

Friday 7:30am-3:00pm (opened Noon-1pm)

Saturday 8am-Noon (minor acute illness only-call for appt.)

Limited walk-ins accepted from 7:30-8:30am during the week
(acute illnesses only)

Call 979-821-7690 for an appointment!

Questions or concerns? Email CityOfBryanHealth@st-joseph.org

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>