



WORKSITE WELLNESS NEWS

VOLUME 8, ISSUE 6

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SPECIAL POINTS OF INTEREST:

- **Wear Red this Friday!**
- **Get Active with Walk Across Texas!**
- **Form 1095-C Notice**
- **Important TaxSaver Plan Reminder!**

INSIDE THIS ISSUE:

- SHARP Training Planned** 2
- Roasted Salmon with Maple Glaze Recipe** 2
- Know Your Benefits** 2
- New Prescription Benefit Manager** 3
- Did You Know?** 4
- New Tax Form 1095-C** 4
- Upcoming CPR & DDC Classes** 4

February is American Heart Month!

Heart disease is the leading cause of death for both men and women. To prevent heart disease and increase awareness of its effects, the City of Bryan is participating in American Heart Month. We encourage you to wear **RED** this Friday, February 5th to raise awareness! You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.



For more information, visit: <http://www.cdc.gov/Features/HeartMonth/index.html>

Walk Across Texas Kicks Off this Month!

The Brazos County Walk Across Texas Campaign kicks off this Saturday, February 6th beginning at 10am in the Post Oak Mall (near JC Penney). This FREE eight-week long program is designed to get all Texans moving and encourages them to establish a habit of regular physical activity.



Walk[®] Across Texas!

Throughout the program, teams of eight are encouraged to walk, run, bike, swim, or participate in some other form of exercise in order to accumulate 833 miles-the distance from El Paso to Orange! All you need to participate is seven of your co-workers, friends or family members to begin your Walk Across Texas! In addition to the Kick-Off event taking place on February 6th, you can join Walk Across Texas! participants on Saturday, February 20th at the Health Hullabaloo at the Texas A&M Health Science Center. More information on the Health Hullabaloo is coming soon! You can also purchase a neon pink t-shirt that will help keep you safe while you are out exercising. If you are interested in participating or would like to be placed on a team, please contact Lesley Ward at ward@bryantx.gov, or if you would like more information about the program, visit www.brazoswat.com.

SHARP Training Planned for Feb. 10th

Sexual Harassment and Rape Prevention Training

Presented by: Officer Melinda Fox, Bryan Police Department

Wednesday, February 10th

2:00-5:00pm

MOB Basement Training Room

Limited space. To register, click [here](#).



The curriculum of this program was designed specifically for female participants.

Some of the features of this training include:

- Personal Protection
- Survival Awareness
- Recognizing a Predator
- Simple Rules for Safety
- Principles of Avoidance
- Spontaneous Threat Response
- Basic Protection Techniques

Roasted Salmon with Maple Glaze Recipe

Serves 6

Ingredients

- 1/4 cup maple syrup
- 1 garlic clove, minced
- 1/4 cup balsamic vinegar
- 2 pounds salmon, cut into 6 equal-sized fillets
- 1/4 teaspoon kosher or sea salt
- 1/8 teaspoon fresh cracked black pepper
- Fresh mint or parsley for garnish

Directions

Preheat the oven to 450° F. Lightly coat a baking pan with cooking spray.

In a small saucepan over low heat, mix together the maple syrup, garlic and balsamic vinegar. Heat just until hot and remove from heat. Pour half of the mixture into a bowl to use for basting, and reserve the rest for later.

Pat the salmon dry. Place skin-side down on the baking sheet. Brush the salmon with the maple syrup mixture. Bake about 10 minutes, brush again with maple syrup mixture, and bake for another 5 minutes. Continue to baste and bake until fish flakes easily, about 20 to 25 minutes total.

Transfer the salmon fillets to plates. Sprinkle with salt and black pepper, and top with reserved maple syrup mixture. Garnish with fresh mint or parsley and serve immediately.

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



Know Your Benefits

Important TaxSaver Plan Reminder!

The TaxSaver Plan through the City of Bryan offers a provision that gives plan members a 2 1/2 month extension to incur expenses after the Plan Year ends . When you incur an eligible expense during those first 2 1/2 months of the Plan Year, the claim will be reimbursed first from the previous year's balance, if you have a remaining balance. If you do not have any dollars remaining from the previous year, the claim incurred and submitted during the extension period will be reimbursed from the current Plan Year dollars.

Attention all Existing TaxSaver Plan Participants:

Don't forget that you can manage your TaxSaver Plan Account and obtain quick access to claims forms, account balance and see what is eligible for reimbursement. How? Go to www.taxsaverplan.com and create your own user name and password.



If you have questions about your TaxSaver Plan or any other of the benefits offered by the City of Bryan, please contact our Benefits Administrator, Flo Galaviz at 209-5053 or fgalaviz@bryantx.gov.

Reminder: New Prescription Benefit Manager as of January 1, 2016

As a reminder, as of January 1, 2016, the City of Bryan uses OptumRx as our Pharmacy Benefits Manager. OptumRx replaces CVS/Caremark. By now, you should have received your new prescription cards via mail; however, we want to remind you how to print a temporary ID in the event you have not yet received yours or need to print one in the future. Here are a few tips to help save time when accessing OptumRx via web or mobile App.

- Confirm you are on the correct website: <http://optumrx.com/myCatamaranRx> *Note: DO NOT USE the website <https://www.optumrx.com>—the portal will not recognize you if you use this site.*
- Print an ID card by:
 - ⇒ Logging on to the site and registering
 - ⇒ Select the "Print ID" button *Note: if this button does not appear, try clearing your browsing history and logging back into the site.*
- The mobile app is available for iPhone and Android by searching CatamaranRx/Optum Rx
 - ⇒ Your username and password will be the same as what you selected on the website when registering

Look for the dual logo in the app store.



If you need assistance or have questions about the log-in process, contact Member Services at 1-855-896-9779. If you have other benefit related questions contact Florencia Galaviz via email at fgalaviz@bryantx.gov or call 209-5053.

DID YOU KNOW?



The most frequent reasons cited for having a collision in a City vehicle are “distracted driving” and “unsafe backing”. When you drive, especially in urban settings, do your best to stay focused on handling your heavy, moving machine. A moment’s inattention is all it takes for vehicles to collide. Be aware of your surroundings as the environment around you is constantly changing. Make an extra effort to check your surroundings before reversing.



CPR, First Aid & Defensive Driving Classes this Month

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

<u>COURSE</u>	<u>DATE</u>	<u>TIME</u>	<u>LOCATION</u>
CPR/First Aid Full Course (English)	February 25th	8am-3pm	Municipal Services Center
CPR/First Aid Full Course (Spanish)	February 26th	8am-3pm	Municipal Services Center
CPR/First Aid Renewal Course (English)	February 25th	3-5pm	Municipal Services Center
CPR/First Aid Renewal Course (Spanish)	February 26th	3-5pm	Municipal Services Center
Defensive Driving Course	February 22nd AND 23rd (must attend both days)	8-11:30am	Municipal Services Center
Defensive Driving Course	February 24th	8am-4pm	Municipal Services Center

Important: New Tax Form for the 2015 Tax Year

The Affordable Care Act (ACA) requires nearly all Americans to have health insurance or pay a penalty. The ACA also requires certain employers, including the City of Bryan, to offer health insurance coverage to full-time employees and their dependents. In addition, the City of Bryan is required to send an annual statement to all employees eligible for coverage describing the insurance available to them. **Form 1095-C will be distributed to current and former employees, retirees and other covered individuals by March 31, 2016.** You will receive additional communication prior to distribution. You are not required to wait for Form 1095-C before filing your income tax. If you would like additional information about this form, please click [here](#). If you have additional questions about your 1095-C, please contact Risk Management at 979-209-5053 or email fgalaviz@bryantx.gov. Any tax related questions should be directed to your personal tax advisor.



CITY OF BRYAN/BISD EMPLOYEE HEALTH CENTER

2308 E. Villa Maria Road, Suite #100

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>