



# WORKSITE WELLNESS NEWS

VOLUME 8, ISSUE 12

AUGUST 1, 2016

## SPECIAL POINTS OF INTEREST:

- **Health Assessments coming soon!**
- **Important MyTMS info**

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## Health Assessments Coming This Fall!

The City of Bryan's Healthy Lifestyles Program offers employees reduced health insurance premiums for participating in an annual Health Risk Assessment and Biometric Screening. Risk Management will begin conducting meetings this month with each department to discuss the program and to distribute packets. Check with your Supervisor to see when your departmental meeting will be. Screenings will be held on-site again this year at several locations for your convenience. You may also have your screening completed through your personal physician or at the City of Bryan/BISD Employee Health Center by appointment only.

### On-Site screenings will be held:

**October 13th –BTU Distribution (7:00-9:00am)**

**October 18th & 19th– MSC Training Room (6:30-8:30am)**

**October 20th & 21st- MOB Basement Training Room (7:30-9:30am)**

You will have an opportunity to sign up for an on-site date at your department meeting.

### What tests will be done?

Blood Pressure, Total Cholesterol, HDL, LDL, Triglycerides, Glucose, Height & Weight

*(Values reported July 1, 2016 and after will be accepted)*

## Back-to-school Basics

### First Day Mania

The first day of school tends to be hectic for kids of all ages, adjusting to a new classroom or schedule and trying to remember all the books and supplies they need. Or perhaps your child is transitioning to middle school or high school, which is even more stressful for some children. Plus, the transition from summertime freedom to structured schooldays can be a difficult one. Here are several tips for parents to ease first-day stress for their kids:

- Walk younger students to their classroom and stay with them until they are settled.
- Attend "meet the teacher" events in order for your child to get acquainted with the new environment. Explore all areas of the school-cafeteria, playground, etc.
- Pack backpacks the night before so no one is scrambling at the last minute. Also, have lunch packed or lunch money ready in advance.
- Make sure you complete any school forms that were mailed to your child over the summer, such as immunization records, permission slips and class schedules.
- As your child gets older, appearance and what he or she wears on the first day becomes very important. Pick out clothes the night before to make the morning smoother.

Source: <http://www.mcgriff.com>

## Warning Signs and Symptoms of Heat-Related Illness



In the June edition of “Worksite Wellness News” we provided you with tips to staying cool in the Texas heat. Since we have experienced such high temperatures in the Brazos Valley over the past month, we thought a reminder about recognizing heat illness might be helpful to employees working outside at work, home or both.

Muscle cramping might be the first sign of heat-related illness, and may lead to heat exhaustion or stroke. Here is how you can recognize heat exhaustion and heat stroke and what to do:

### Heat Exhaustion

- Heavy sweating
- Weakness
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Fainting

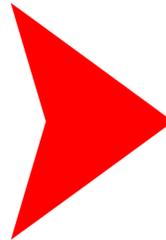


### What You Should Do:

- Move to a cooler location.
- Lie down and loosen your clothing.
- Apply cool, wet cloths to as much of your body as possible.
- Sip water.
- If you have vomited and it continues, seek medical attention immediately.

### Heat Stroke

- High body temperature (above 103°F)
- Hot, red, dry or moist skin
- Rapid and strong pulse
- Possible unconsciousness



### What You Should Do:

- Call 911 immediately-this is a medical emergency.
- Move the person to a cooler environment.
- Reduce the person’s body temperature with cool cloths or even a bath.
- Do NOT give fluids.

Source: [www.cdc.gov/extremeheat](http://www.cdc.gov/extremeheat)

## Healthy Cooking Class Scheduled for September 14th

Celebrate Family Mealtime Month by attending Texas AgriLife's Healthy Cooking School. Participants will learn easy, nutritious and economical ways to feed your family. You will receive recipes and see live food demonstrations-samples will be provided. Class size is limited to 20 participants and you must register!



Click [here](#) to register.

## Upcoming CPR, First Aid & Defensive Driving Classes

### CPR & First Aid-First Time

August 31st

8am-3pm at the MSC

### CPR Renewal

August 31st

3-5pm at the MSC

### Defensive Driving

August 12th or 30th

8am-4pm at the MSC

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

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

# IMMUNIZATION PROTECTS ALL OF US: Don't Wait. Vaccinate!

In the United States, vaccines have greatly reduced infectious diseases that once routinely harmed or killed infants, children and adults. However, the viruses and bacteria that cause vaccine-preventable disease still exist and can cause illness in people who are not protected by vaccines. Here is why you shouldn't wait:

- Many vaccine-preventable diseases are still common in the U.S.
- Those that are not common here are still found in other parts of the world and can still be a threat.
- Some of these diseases are very contagious.
- Any of these diseases could be serious-even for healthy people.
- Certain people may be at higher risk for getting some diseases or having more serious illness if they were to get sick, like children, older adults and those with health conditions.

In most cases, your insurance plan will cover the cost of recommended vaccines. To learn more about vaccines and to find out what vaccines you may need, visit: <http://www.cdc.gov/vaccines/adults/>.

## Does Your Child Need a School Physical?

Call the Employee Health Center today to schedule an appointment.



**821-7690**



Child must be on the City's health insurance plan.

**ATTENTION!**

If you elect to receive medical care through the City of Bryan/BISD Employee Health Center, you will be asked to review and sign the center's office policy statement at your next appointment. Most of the policies have been in place for quite some time now; however, this document summarizes the policies and requires signature of your acknowledgement. These policies are in line with other CHI/ St. Joseph managed clinics and will help ensure we are using resources wisely at the Center and in order for the staff to provide all patients with exceptional care.

Click [here](#) to review the policy.

## BALSAMIC STRAWBERRY & CUCUMBER TOSS

### INGREDIENTS

- 4 cups hulled strawberries, quartered
- 2 tablespoons thinly sliced fresh basil
- 2 teaspoons balsamic vinegar
- 1 teaspoon sugar
- 2 medium cucumbers, peeled, halved lengthwise, seeded and thinly sliced (about 2 cups)
- 1 teaspoon freshly squeezed lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper

### PREPARATION

Combine first four ingredients in a large bowl, and toss gently to coat. Cover and chill for one hour. Combine cucumbers and juice; toss to coat. Add cucumber mixture, salt, and pepper to strawberry mixture; toss gently to combine.



# Know Your Benefits



## News about MyTMRS

As a MyTMRS user, you know the online member portal can be used to run retirement estimates, change address information, download a copy of your Annual Member Statement, create account statement letters, and view a detailed history of your TMRS service. TMRS added a new feature for retirees – the ability to change their income tax withholding election – and they have more improvements in the pipeline.

As TMRS adds functions to MyTMRS, we are also ensuring the security and confidentiality of member information. Later this year, when you sign on to MyTMRS you will be shown the information that is on file for you and asked to let us know of any errors or updates that need to be made. **Keeping your information in MyTMRS current and accurate will help TMRS improve the services that are offered online.**



If you haven't already received the summer 2016 issue of the INSIGHT newsletter for TMRS members, it will arrive in your mailbox soon. All [TMRS newsletters](#) are also available on the TMRS website.

The feature story in this issue of INSIGHT is about a **new option available** to MyTMRS® users that will enable you to receive future issues of the newsletter either by mail or to read them online.

**On your MyTMRS member profile page, you can choose “Communication Preferences” and indicate if you want to receive paper copies in the future. If you don't choose “Email notification and Mail” in your preferences, beginning with the winter 2016 issue of INSIGHT, we will only send you an email like this one to let you know the new issue is available to read or download.** This option will save trees, printing, and postage costs by reducing

the number of hard copies we mail to members. Remember, online email notification is the “default.” If you WANT paper copies mailed to you in the future, you must make that selection.

Besides the article on this new MyTMRS feature, the current issue of INSIGHT includes a legislative update, the Summary Annual Financial Report for the System, a retirement checklist, and an important article on severance pay.

If you have any other benefit related questions, contact Florencia Galaviz at 209-5053 or email [fgalaviz@bryantx.gov](mailto:fgalaviz@bryantx.gov).



### 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](mailto: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](mailto:lward@bryantx.gov)

<http://wellness.bryantx.gov>