



# WORKSITE WELLNESS NEWS

VOLUME 9, ISSUE 3

NOVEMBER 1, 2016

## SPECIAL POINTS OF INTEREST:

- Health Assessments Due this Month!
- Open Enrollment Begins Today!

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## Initial Health Assessments Due Nov. 11th



If you would like to participate in the City's voluntary annual health assessment and biometric screening program, Healthy Lifestyles, your packet must be turned into Risk Management or to the City of Bryan Employee Health Center by Friday, November 11th. As a reminder, by participating in and completing all steps of the program, you will receive our Healthy

Lifestyles premium, which currently saves you \$140 per month!

If you have not yet completed your assessment and initial screening, 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 13th 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](mailto:lward@bryantx.gov). Don't miss out on your chance to participate for Plan Year 2017!

## November is American Diabetes Month *Learn the Facts.*

One in 11 Americans have diabetes. Despite its prevalence, diabetes is an invisible disease. It affects men and women, people young and old, and people of all races, shapes and sizes. Often there are no outward signs from the 29 million Americans who fight this chronic illness every day. By maintaining a healthy weight, eating healthy and staying active, you can lower your risk of developing diabetes. To learn more about the symptoms, risk factors and prevention, click [here](#).



**1 in 11**  
Americans has diabetes today.



Every **23 seconds**, someone in the U.S. is diagnosed with diabetes.



**86 million**  
Americans are at risk for diabetes.



Diabetes causes more deaths than AIDS and breast cancer combined.

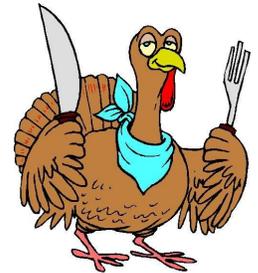
Source: American Diabetes Association

# Stay Safe on Turkey Day!

Do you get drowsy after eating turkey on Thanksgiving? Don't blame only the turkey. You probably stuffed a couple days of food into your body over a span of a few hours. This can be tiring. And, did you prepare the feast using safe food preparation measures? Follow these tips offered by the National Safety Council and the U.S. Department of Health and Human Services to ensure you have a SAFE and Happy Thanksgiving!

## Driving

- Don't drive while drowsy. Make sure you are well rested before hitting the road.
- Allow plenty of travel time and always drive defensively.
- Enforce a "driver distraction-free zone" in vehicles equipped with mobile electronic devices.
- Make sure all passengers are buckled up and children are in age-appropriate safety seats.



## Food Safety

- Do not rinse raw meat and poultry before cooking.
- Use a food thermometer to make sure meat is cooked to a safe temperature.
- Refrigerate food within two hours.
- Thanksgiving left overs are safe for four days in the refrigerator.
- Bring sauces, soups and gravies to a rolling boil when reheating.
- Wash your hands frequently when handling food.

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

## Naturally Slim Program Foundations Portion Concludes

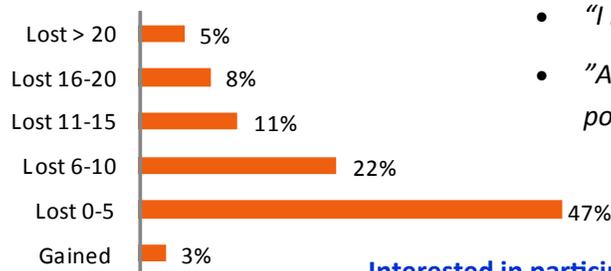
**Total Weight Loss= 579 pounds!**

**Have your *steak* and lose weight too.**



On July 11, 2016 a group of 74 employees began the Naturally Slim Program. Naturally Slim focuses on metabolic syndrome and offers participants methods to help create changes in behavior. The program is designed to help develop a lifestyle of eating your favorite foods while improving health and losing weight. The 10-week foundations portion of the journey has concluded and the total weight loss by the group equaled **579 pounds!** Participants may opt to participate in the maintenance phase by continuing to engage in the online program. Here are the results along with a few testimonials.

### Weight Loss Categories By Pounds



- "I FINALLY met my 20 lb. goal!"
- "At the end of 10 weeks, I'm down 35 pounds and 3 pant sizes. "

**Interested in participating? Stay tuned for the next enrollment period to be announced soon!**

# Know Your Benefits

The City of Bryan offers a comprehensive, cost-effective, and competitive benefits package to help protect you and your family. Use it to its fullest potential by taking control and making thoughtful decisions about your benefits. Take an active role in understanding and choosing your benefits. Make plans to attend one of the following Open Enrollment Meetings.

## Open Enrollment: November 1st-December 2nd, 2016

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>NOV 1</b>	<b>NOV 2</b>	<b>NOV 3</b>	<b>NOV 4</b>
	7:00am-7:30am MSC Training Rm	8:00am-8:30pm MSC Training Rm	8:30am-9:00am Fire Station #5	7:30am-8:30am MSC Training Rm
	8:30am-9:00am Fire Station #5	10:00am-10:30am Fire Station #5	10:30am-11:00am Golf Course	
	10:30am-11:00am BTU Board Room	1:30pm-2:00pm Central Fire Station	11:30am-12:00pm Animal Center	
	1:30pm-2:00pm Central Fire Station		1:30pm-2:00pm Central Fire Station	
<b>NOV 7</b>	<b>NOV 8</b>	<b>NOV 9</b>	<b>NOV 10</b>	<b>NOV 11</b>
8:00am-8:30am MOB Basement	8:00am-8:30am Bryan Library	9:00am-9:30am BTU Transmission (2200 Fountain)	6:00am & 7:00am PD Shift Briefing	6:00am & 7:00am PD Shift Briefing
1:00pm-1:30pm MOB Basement		2:30pm-3:00pm Justice Center PD Training Room	10:00am-10:30am MOB Basement	8:30am-9:00am Community Development (Horizon Bldg)
			3:00pm-3:30pm PD Shift Briefing	3:00pm-3:30pm PD Shift Briefing
			6:00pm & 7:00pm PD Shift Briefing	6:00pm & 7:00pm PD Shift Briefing
<b>NOV 14</b>	<b>NOV 15</b>	<b>NOV 16</b>	<b>NOV 17</b>	<b>NOV 18</b>
	9:00am-9:30am BTU QSE	9:00am-9:30am BTU Conf. Room	8:00am-8:30am BTU Distribution (Atkins)	
		9:45am-10:15am BTU Conf. Room		
	2:00pm-2:30pm COB IT (29 <sup>th</sup> Street)	1:30pm-2:00pm Municipal Court Secondary Court Room (Enter thru PD)		
	3:30pm-4:00pm MOB Basement	3:00pm-3:30pm College Station Library		

## Upcoming CPR, First Aid & Defensive Driving Classes



**Defensive Driving**  
 November 15th & 16th  
 8-11:30 am at the MSC

**CPR & First Aid-First Time**  
 December 13th  
 8 am-3 pm at the MSC

**CPR Renewal**  
 December 13th  
 3-5 pm at the MSC

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

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

## Be a Quitter! Kick the Habit for Good

**The American Cancer Society's Great American Smokeout is  
 Thursday, November 17th!**

Are you planning to quit tobacco? Research shows if you pick a quit day that is within the next 30 days and stick to it, you will be more likely to succeed in quitting. Here are some other ways to prepare for your quit day:

- Pick the date and mark it on your calendar.
- Tell friends, family and co-workers about your quit day.
- Stock up on oral substitutes-sugarless gum, carrot sticks or hard candy.
- Think back to your past attempts to quit. Try to figure out what worked and what did not work for you.



There is no right way to quit. Quitting tobacco is a lot like losing weight-it takes a strong commitment over a long period of time. Tobacco users may wish there was a magic bullet, a pill or method that would make quitting painless and easy, but, unfortunately, there is nothing like that on the market. Nicotine substitutes can help reduce withdrawal symptoms, but they are most effective when used as part of a plan that addresses both the physical and psychological components of quitting tobacco. The City of Bryan's insurance (both PPO & HSA plans) covers tobacco cessation products for a zero dollar copay for up to two attempts per year. This includes the prescription drug Chantix and over-the-counter lozenges, gum and patches. A prescription is required in order for the plan to cover it. Nasal sprays and e-cigarettes are not covered.

**FACT: The average price of a pack of cigarettes in the United States is \$6.36. But each pack of cigarettes creates \$35 dollars of health-related costs for the smoker.**

*Source: American Cancer Society*



Open Monday-Thursday 7:30am-5:30pm (closed Noon-1pm)  
 Friday 7:30am-3:00pm (open 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>