Worksite Wellness News

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SPECIAL POINTS OF INTEREST:

- **Healthy lifestyles Health Risk Assessments starting soon!**
- **American Heart Association Start! Heart Walk**
- **National Cholesterol Awareness Month**
- **Flu Shot Information**

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"Take care of your body. It's the only place you have to live."

-Jim Rohn

Healthy Lifestyles

It's that time of year again!

The City of Bryan is gearing up for Healthy Lifestyles. This is a voluntary program offered to all city employees to help promote wellness. The program encourages you to participate in a wellness screening in order to qualify for lower health insurance premiums. You may have your screening done through your Primary Care Physician or at one of the on-site screening clinics that will be available to you. Informational meetings concerning the program will be conducted in each department.

Health Assessments Include:

- Blood Pressure
- Blood Glucose
- Full Lipid Profile

On site screening dates:

BTU Admin: Oct. 27 (7-8am)
BTU Dist: Oct. 28 (7-8am)
MOB: Oct. 29 (7-8am)
MOB: Oct. 30 (7-8am)
MSC: Oct. 31 (6-8am)
MSC: Nov. 3 (6-8am)
Police: Nov. 4 (7-8am)
Police: Nov. 5 (7-8am)
MOB (All): Nov 6 (7-8am)

SJOHC dates:
Nov. 12-13 (8-9am)

American Heart Association Start! Heart Walk

The American Heart Association is dedicated to fighting cardiovascular disease and stroke. This year City of Bryan Employees have several ways that they can join the campaign.

* Purchase a "City of Bryan Heart Walk T-Shirt" - It's not too late to order! This is a commemorative T-shirt which bears the names of family and friends of fellow employees who are currently battling or have lost their battle to cardiovascular disease or stroke. Contact Risk Management to place your order.
* Donate to the American Heart Association. Any donation amount is accepted and may be turned in to Risk Management or on line at *www.heartwalk.kintera.org/bryancollegestationtx*
* Promotional items are available for purchase in Risk Management.
  - -Start! Logo Pin for a $2.00 donation
  - -Wristband for a $5.00 donation
* Participate in the **WALK**

When: October 25, 2008 (Registration begins at 8:00am)

Where: Research Park, Texas A&M University

September is.....National Cholesterol Awareness Month

What is Cholesterol?

Cholesterol is a soft, fat-like, waxy substance found in the bloodstream and in all of your body's cells. It's normal to have cholesterol in your body. Its used for producing cell membranes and some hormones. But too much cholesterol in your blood puts you at major risk for coronary heart disease (which leads to heart attack) and for stroke.

"The first wealth is health"

-Ralph Waldo Emerson

What are the recommended levels?

Total Cholesterol:

- Less than 200mg/dL-desirable
- 200-239mg/dL-borderline to high risk
- 240mg/dL and over-high risk

LDL (Bad Cholesterol):

- Less than 100mg/dL-optimal
- 100-129mg/dL-near optimal/above optimal
- 130-159mg/dL-borderline high
- 160-189mg/dL-high
- 190mg/dL and over-very high

HDL (Good Cholesterol):

- Average male levels should be between 40-50mg/dL
- Average female levels should be between 50-60mL
- HDL levels over 60mg/dL gives some protection against heart disease

Triglycerides:

- Less than 150mg/dL-normal
- 150-199mg/dL-bordeline high
- 200-499mg/dL-high
- Over 500mg/dL-very high

American Heart Association 2008

Improve your numbers!

Good Choices:

- Fish, Lean Meat
- Vegetables
- Fruits
- Whole Grains
- Olive or Canola Oil

Avoid:

- Egg Yolks
- Butter
- Fried foods
- Whole Milk
- Cookies, crackers, chips

All About the Flu!

The flu is a respiratory illness that hospitalizes 200,000 and kills about 36,000 people per year. It is caused by the Influenza Virus and is spread from person to person by sneezing or coughing of people with influenza. The flu vaccination is the best way to prevent getting the flu.

Symptoms

- Fever (usually high)
- Headache
- Tiredness
- Dry cough
- Sore throat
- Muscle aches
- Stomach symptoms

Flu shots will be available during Healthy Lifestyles On-Site Screenings

Info adapted from www.cdc.gov

Know Your Benefits

Generic vs. Brand Name Medications

When it comes to prescription medication, you may be familiar with the terms "generic" and "brand name." These terms have little to do with the effectiveness of a particular medication, although some may think that generic versions of prescription drugs are inferior. In fact, generic drugs must meet the same U.S. Food and Drug Administration standards as brand name drugs. When you receive a prescription from your doctor, ask if a generic equivalent is available. Many health plans charge a lower drug co-pay for patients who choose generics over brand name medications.

Talk to your doctor, pharmacist, or health plan representative for more information on generic drug options available to you.

For more information on generic drugs, please visit http://www.fda.gov/cder/ogd/index.htm.

Did you Know?

WAL-MART $4 Program covers up to a 30-day supply of eligible drugs at commonly prescribed dosages. $10 Program covers a 90-day supply of eligible drugs at commonly prescribed dosages. Prices for less than a 90-day supply are prorated based on $4 Program price, not to exceed $10. Prices for more than a 90-day supply are prorated based on $10 Program price. Physician permission may be required to change 30-day prescription to 90-day prescription. Not all drugs eligible for $4 Program are eligible for $10 Program. Certain plans, including government-funded programs, may not cover a 90-day supply.

Other Pharmacy's such as Wal-Greens, Target, HEB & CVS may offer similar Generic Drug Programs so shop around.

Retiree Corner

Save the date:

* City of Bryan United Way Cook-Out! October 3, 2008 from 11am-2pm at Sue Haswell Park

* Retiree Luncheon is scheduled for December 3, 2008. The guest speaker will be Rick Stern with ICMA.

Health Insurance:

Detailed information about the voluntary Wellness Program, Healthy Lifestyles, will be mailed with your monthly invoice.

If you have news to share with others and would like it spotlighted in our next Newsletter, please feel free to submit to:

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