



# WORKSITE WELLNESS NEWS

VOLUME 2, ISSUE 8

APRIL 1, 2010

## SPECIAL POINTS OF INTEREST:

- Health & Safety Expo Coming Soon!
- Walk Across Texas Concludes

## INSIDE THIS ISSUE:

- Allergy Alert 2
- Eight Healthy Desktop Snacks 2
- CPR/DDC Schedule 2
- Know Your Benefits 3
- Classes to be offered at Library 3



**Save the Date!**  
**Surf's Up for the 2010 Health & Safety Expo**  
**Thursday, May 6th**  
**10am-3pm**  
**Brazos Center**

Attend to register for the grand prize and compete in the Backhoe Rodeo!

## Walk Across Texas Celebration Event Set

Walk Across Texas will soon be coming to a close in Brazos County. This FREE eight-week physical activity program encourages teams of eight to walk 830 miles from El Paso to Orange. Over 120 teams participated in the challenge, including five teams made up of City of Bryan employees. A Celebration Event will be held on April 17th to officially wrap up the program however, all participants are encouraged to stay physically active all year long! Stay tuned for the final team results in next month's newsletter.



**WAT Celebration Event**  
**Saturday, April 17th**  
**Begins @ 10am**  
**Sue Haswell Park**

*Come enjoy fun activities, entertainment, an awards ceremony and door prizes!*

## Are you Suffering from Springtime Allergies?



**What are allergies?** Allergies occur when our bodies mistakenly fights harmless substances such as pollen, dander, mites or molds.

**What are the treatments for allergies?** Many sufferers can control symptoms with antihistamines or nasal corticosteroids. Other options include allergy shots or sublingual immunotherapy (SLIT).

### Limit your exposure this Spring by following these simple steps:

- \* Set your car AC controls to recirculate and keep windows up to keep pollen out.
- \* Pollen levels are highest in the early morning and late afternoon. Stay inside during those hours.
- \* Wash your hands after being around animals.
- \* Use a damp clean cloth to dust rather than dry dusting or using feather dusters.
- \* If you are allergic to stinging insects, avoid wearing bright colors,



Source: [www.aafatexas.org](http://www.aafatexas.org)

## Try these 8 Healthy Desktop Snacks

Most people have the tendency to need a snack throughout work day. The next time you have the 3pm munchies, try one of these healthy snacks. Each of these snacks have less than 200 calories, are easy to pack, and very tasty!



- **Whole Wheat Crackers and Peanut Butter**—Try 10 multigrain crackers & a tablespoon of peanut butter.
- **Fruit**-Change it up, bring a different fruit everyday!
- **Popcorn**-Add 2 tablespoons of Parmesan Cheese to 3 1/2 cups 94% fat-free popcorn.
- **Nuts**- Stash premeasured baggies of nuts (about 24 almonds) in your desk drawer.
- **Instant Oatmeal**-Have a bowl of regular oatmeal. Sprinkle with cinnamon or raisins.
- **Mini Pitas with Hummus**- 3 mini pita rounds and 2 tablespoons of hummus makes a great 150 calorie snack.
- **All Natural Snack Bars**- There are several out there that have no added sugar and are made from all natural ingredients.
- **Veggies**-Sticks of carrots and celery dipped in 2 tablespoons of low-fat Ranch dressing or salsa.

Source: [www.cookinglight.com](http://www.cookinglight.com)

### Upcoming CPR Classes

April 13th from 8am-5pm (first time)  
April 15th from 3-5pm (renewal)  
Municipal Service Center

### Upcoming DDC Classes

April 14th from 8am-4pm  
Municipal Service Center

If you would like to enroll, please contact Howard Hart at 979-209-5056.

# Know Your Benefits



## Glucose Meters Are Available To You

To help members with diabetes better monitor blood glucose levels, Blue Cross and Blue Shield of Texas (BCBSTX) is offering a choice of preferred blood glucose monitoring systems at **no additional charge to you**. **If you are newly diagnosed with diabetes or do not have a meter**, you are especially encouraged to take advantage of this special offer.

Currently, ACCU-CHEK® and Bayer brand CONTOUR® and BREEZE® 2 meters are available at no additional charge.

Please review the following options and ask your doctor which meter best fits your needs. To order a meter call the phone number listed by the meter description and identify yourself as a BCBSTX member. If you have any questions, you may also contact Risk Management at 979-209-5055.

| Roche Diagnostics ACCU-CHEK® Brand Products                       | Bayer Brand Products   |
|---|--|
| ACCU-CHEK Aviva System<br>ACCU-CHEK Compact Plus System           | CONTOUR Meter System<br>BREEZE 2 Meter System                |
| To order an ACCU-CHEK brand product, call <b>(888) 355-4242</b> . | To order a Bayer brand product, call <b>(877) 229-3777</b> . |
| <b>This offer is available until 12/31/10.</b>                    | <b>This offer is available until 12/31/10.</b>               |
| Your member ID number will be required.                           | Your member ID number will be required.                      |

## Larry J. Ringer Library to Host Classes

The Brazos Valley Area Agency on Aging will conduct two classes at the College Station Library beginning this month. The classes are open to the public and are FREE. For more information, please contact Kendra Perkins at 979-764-3416.

Diabetes Self Management Program– Wednesdays, April 21-May 26, 1-3:30pm  
A Matter of Balance: Fall Prevention– Fridays, June 11-July 30, 10am-12 noon



### New Wellness Request Form Now Available!

Does your department have specific needs in the health and wellness area? Or, do you and a group of co-workers want to hear more about certain wellness related topic? A new request form has been developed and is available on the City of Bryan's Wellness Website to address these needs. Click [here](#) to check it out and let us bring wellness right to your department!

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

Lesley Becker  
Wellness Coordinator  
(979) 209-5050  
[lbecker@bryantx.gov](mailto:lbecker@bryantx.gov)

Copies of this newsletter are available in Risk Management.