



WORKSITE WELLNESS NEWS

VOLUME 2, ISSUE 10

JUNE 3, 2010

SPECIAL POINTS OF INTEREST:

- Health & Safety Expo Wrap-Up
- Free Diabetes Workshop

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Employees Attend Health & Safety Expo

This year's Health & Safety Expo was held May 6th at the Brazos Center. Employees from the City of Bryan, City of College Station and Brazos County had the chance to visit with over sixty-five vendors in the health & safety field and participate in the annual Backhoe Rodeo. Attendees also had the opportunity to register for door prizes, complete mini-health assessments and gather educational materials from area agencies. City of Bryan Employee, Elsie Tennell, won the grand prize which was a patio furniture set and \$50 Wal-mart Gift Card. Congratulations to the prize winners and thank you to everyone who attended this year's event!



City of Bryan to Host Free Workshop on Diabetes

The Area Agency on Aging will conduct a 6-week workshop for people with diabetes at the City of Bryan Municipal Office Building. Various topics include symptom

management, healthy eating, goal setting, problem-solving and medication management. The class is FREE of charge and open to employees and their family members.

Other community members are welcome to attend as well. If you or someone you know is interested in attending, please contact the Risk Management Office.



Class starts Monday, June 14th
6:00-8:30pm
MOB Basement Training Room
For more information call:
Lesley Becker 209-5050
Taffy Fulton 458-4269



JUNE IS NATIONAL SAFETY MONTH

The National Safety Council has dedicated June as National Safety Month. Each week in June has a theme that brings attention to important safety issues both at home and work. Here are a few tips to keep you, your family and others safe:

Week 1 June 1-6 Prescription Drug Overdose Prevention



- Store your medications out of the reach of children.
- Use prescriptions only for their intended use.
- Consult a doctor or pharmacist before combining medications to ensure there are no harmful reactions.
- Do not share prescription medications with others.

Week 2 June 7-13 Teen Driving Safety

- Establish a zero tolerance policy for alcohol and drug use while behind the wheel.
- Ban calling and texting while driving.
- Set a curfew. Teens driving after dark are 4 to 5 times more likely to crash.
- Give your teen experience behind the wheel.

Week 3 June 14-20 Preventing Overexertion at Work & Home

- Stretch or warm up before heavy lifting or activity.
- Know your limits. If you need a break, take one.
- Ask for help when lifting heavy objects.
- Avoid bending, reaching or twisting when lifting.
- Lift with your legs bent and keep objects close to your body.

Week 4 June 21-27 Dangers of Cell Phone Use While Driving

- Silence your phone before you begin driving.
- Stop texting while driving. Research shows drivers who text are 8 to 23 times more likely to be involved in a collision.
- Pull over and park if you feel a call is necessary.

Week 5 June 28-30 Summer Safety

- Take frequent breaks in the cool or shade during the hottest times of the day.
- Do not allow children to handle fireworks.



Source: www.nsc.org

NO
Cell Phones!



Educational Seminars Coming up this Month

“Avoid the Bite”

West Nile in Brazos County

Tuesday, June 15th

2:30-3:30pm

MOB Basement Training Room

“Snakes Alive!”

Snakes in the Brazos Valley

Wednesday, June 23rd

2:30-3:30pm

MOB Basement Training Room

RSVP by calling Lesley Becker at 209-5050 or email lbecker@bryantx.gov

Know Your Benefits

Have you logged on to Blue Access for Members? This is your one-stop shop for all your benefit coverage needs. Go to www.bcbstx.com and log in to Blue Access for members and:

- Check the status of a claim and your claims history
- Confirm who in your family is covered under your plan
- View and print an Explanation of Benefits (EOB) for a claim
- Locate a doctor or hospital in the network
- Sign up to receive claim status email alerts
- Request a new or replacement ID card or print a temporary ID card
- Find and review outcome history for procedures previously performed in hospitals



When you log on, have your group and member identification numbers ready-these can be found on your Blue Cross Blue Shield ID card. If you have questions, please contact Flo Garcia at fgarcia@bryantx.gov.

Try this easy Summertime Recipe!... Tomato & Basil Finger Sandwiches



Ingredients:

- 4 slices whole-wheat bread**
- 4 thick slices of tomato**
- 8 teaspoons reduced-fat mayonnaise, divided**
- 4 teaspoons sliced fresh basil**
- 1/8 teaspoon salt**
- 1/8 teaspoon freshly ground pepper**

Cut bread into rounds slightly larger than your tomato. Spread each slice with 2 teaspoons mayonnaise. Top with tomato, basil, salt and pepper. Enjoy!

Visit Eatingwell.com for more summer recipes!

2nd Annual COB Employee Golf Tournament



4 Man Scramble
Saturday, July 17th
Travis B. Bryan Municipal
Golf Course
Tee times begin at 8am

\$40/golfer, due by June 17
To register, please contact
Lesley Becker at 209-5050

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

Copies of this newsletter are available in
Risk Management.