



# WORKSITE WELLNESS NEWS

VOLUME 3, ISSUE 2

OCTOBER 1, 2010

## SPECIAL POINTS OF INTEREST:

- **“We CAN” Weight Loss Challenge Kicks Off!**
- **On-site Health Assessments Coming Soon!**

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## “We CAN” Weight Loss Challenge Kicks Off!

The City of Bryan recently teamed up with the Tejas Center HEB for an employee weight loss challenge. The challenge kicked off on September 8th and will conclude on December 1, 2010. For every pound lost by City of Bryan and HEB employees, HEB will donate one pound of food to the KBTX Food for Families Food Drive to be held on December 8, 2010 at the Brazos Center. The City of Bryan had 51 employees attend the initial weigh-in! Participants are encouraged to attend seminars throughout the challenge and also receive physical activity and nutritional information throughout the challenge. Stay tuned for the results and the total amount of food donated to the Brazos Valley Food Bank on December 8th. Good luck to all of our participants!



## Onsite Health Assessments this Month!

*On-Site Screenings will be held on the following dates:*

- October 14th: BTU Distribution
- October 19th: BTU Administration (MOB)
- October 20th-22nd: MOB
- October 26th & 27th: MSC
- October 28th & 29th: Justice Center
- November 2nd & 3rd: St. Joseph Occ Health



If you have not received your assessment packet and are interested in participating in the Healthy Lifestyles Program which qualifies you to receive discounted health premiums, please contact Risk Management at 209-5050 or email Lesley Becker at [lbecker@bryantx.gov](mailto:lbecker@bryantx.gov). The deadline to have the assessment completed is November 3rd.

# “Healthy Snacking in the Workplace.”



A SEMINAR HOSTED BY THE CITY OF BRYAN'S WELLNESS PROGRAM

**Thursday, October 7th, 2010**

**2-2:30pm**

**MOB Basement Training Room**

**Speaker:**

**Julie Stuhrenberg**

**Personal Trainer, SNAP Fitness**

RSVP by calling 209-5050 or email [lbecker@bryantx.gov](mailto:lbecker@bryantx.gov).

## City of Bryan Employee Flu Shots



The City of Bryan recently offered on-site flu vaccination clinics for all employees and their dependents. If you were unable to attend one of the on-site clinics, it is not too late to get vaccinated! Tranquility Family Practice and Urgent Care is providing vaccines for us

this year. You may go by their clinic between 8am-5pm Monday-Friday and 9am-Noon on Saturday and Sunday. You will need to identify yourself as a City of Bryan Employee to receive the vaccine at no charge. Covered dependents may also receive the vaccine and will be responsible for

paying a \$20 fee at the time of service. Please contact Risk Management if you have any questions regarding the vaccination.

*Tranquility Family Practice & Urgent Care*

1121 Briarcrest Dr. Ste. 100  
Bryan, Texas  
821-6339

## Diabetes Classes to be Offered

**For Adults with Type 2 Diabetes**

**Fall 2010 Series**

October 21 & 28

November 4, 11, & 18

6:00 pm. - 9:00 p.m.

B-CS Community Health Center

Classroom, 3370 S. Texas Avenue, Bryan, TX 77802

Please Contact Lesley Becker at 209-5050 to register.



# Know Your Benefits

You may have heard that the City of Bryan will be offering not only a PPO Insurance Plan in 2011, but also a High Deductible Plan with a Health Savings Account. Risk Management will be visiting your department in the coming months to discuss plan changes and provide education so that you may choose which plan best suits you and your family.

**What is a Health Savings Account?** This is an account that you can put money into to save for future medical expenses. Your employer may also contribute to your Health Savings Account.

**Using your Health Savings Account.** You can use the money in the account to pay for any “qualified medical expense” permitted under federal tax law. This includes most medical care and services, dental and vision care, and over-the-counter drugs.

For more general information on Health Savings Accounts, please visit <http://www.ustreas.gov/offices/public-affairs/hsa/>.

## How Many Calories are in your Favorite Halloween Candy?

Have you ever wondered how many calories are in your favorite Halloween candy? Although Halloween only comes around once a year, overeating those sweet treats we all love so much can add lots of extra calories to our diets. Check out the list below and plan your favorite treat into your daily calorie budget!

- Four Plain Hershey’s Kisses: 104 calories
- Two fun-sized Snickers bars: 160 calories
- One fun-sized pack of peanut M&M’s: 93 calories
- One Tootsie Roll Lollipop: 60 calories
- One fun-sized Hundred Grand bar: 95 calories
- One Smarties roll: 25 calories
- One fun-sized Kit Kat bar: 100 calories



- One Charms Blow Pop: 60 calories
- Two mini boxes of Dots: 70 calories
- Two mini Laffy Taffy’s: 64 calories
- One fun-sized Butterfinger bar: 100 calories
- Two fun-sized Milky Way bars: 150 calories

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

## Upcoming CPR Classes:



**Oct. 12th (first time)**  
**8am-5pm**  
**MSC Training Room**

**Oct. 14th (renewal)**  
**3-5pm**  
**MSC Training Room**

Contact Howard Hart  
 at 209-5056  
 to register for a class.

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.