



WORKSITE WELLNESS NEWS

VOLUME 3, ISSUE 3

NOVEMBER 1, 2010

SPECIAL POINTS OF INTEREST:

- Employee Clinic Coming Soon!
- Health Assessments Due!
- Open Enrollment Information

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Coming Soon!

City of Bryan

Employee Health & Wellness Clinic

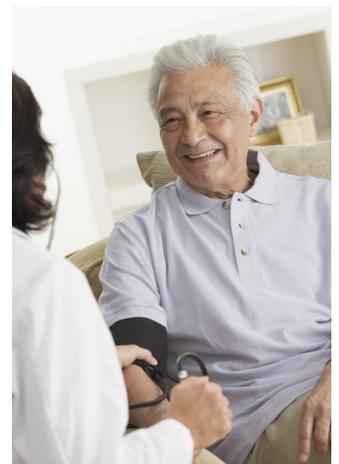
The City of Bryan is happy to announce the upcoming establishment of an Employee Health & Wellness Clinic for all employees, dependents and retirees who are on our health plan. The City of Bryan and St. Joseph Regional Health Center have formed a partnership and are excited to offer the clinic option as part of our benefit package. The clinic implementation phase will begin very soon and the clinic is expected to be operational by March 31, 2011. Stay tuned for more information from Risk Management as the clinic opening date nears!

- The City of Bryan Employee Health & Wellness Clinic will be located at 2010 E. Villa Maria, Bryan, Texas. This location is next door to the current St. Joseph Express/ Occupational Health Clinic.
- You will not be required to pay the office visit co-pay, meet your deductible or be responsible for your co-insurance for services offered within the clinic.
- All employees, dependents (age six and up), and retirees who are on the City of Bryan's health plan will be allowed to utilize clinic services.
- St. Joseph Regional Health Center will own and maintain all patient records as well as manage clinic operations.
- Clinic staffing and hours of operation will be announced in the near future. Stay tuned!

Services will include: Medical examinations, minor medical treatment, vaccine administration, wellness consultations, disease management and non-DOT related occupational health services.

Health Assessments Due this Month!

Time is running out for you to participate in the City of Bryan's Healthy Lifestyles Program which allows you to receive a discount on your health premiums. If you have not completed your assessment, please contact Risk Management at 209-5050 to make arrangements. All assessments must be completed by November 3rd in preparation for the new Plan Year beginning in January. If you have completed the assessment and were required to follow-up with a physician, you have until December 10th to return the Physician Statement to Risk Management in order to qualify for the program. Don't miss the opportunity to participate in this vital part of the City of Bryan's Wellness Program!





Great American Smokeout!

Pledge to Quit or Never to Start

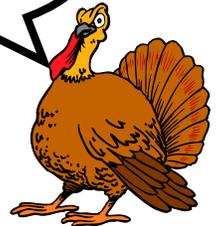
This year marks the 35th year of the American Cancer Society's Great American Smokeout. This day is intended to encourage smokers to plan a quit date or if they have planned ahead, to actually quit on this date. Non-smokers are also encouraged to support a friend, family member or co-worker in their efforts to quit or make a pledge never to start smoking. The City of Bryan's Wellness Program will host a seminar to recognize the day and to bring awareness to all employees.

Wednesday, November 17th
2:30-3:30pm

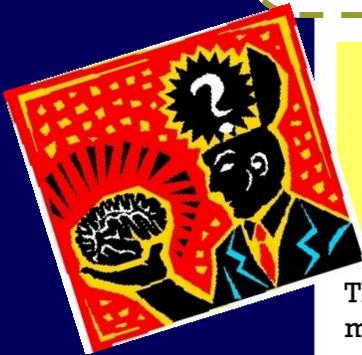
MOB Basement Training Room

Speaker: Gina Neuendorff, Prevention Resource Center

Attend for a
chance to win me!



Gina will have interesting displays on hand which show the harmful effects of smoking. Also, attend the seminar for your chance to win a "cold turkey" just in time for Thanksgiving!



"Food for Thought" *Keeping Your Brain Healthy*

The City of Bryan's Wellness Program will host an educational seminar this month in observance of National Alzheimer's Awareness Month. A representative from the Alzheimer's Association will be here to discuss strategies to keep your brain healthy as you age. The Alzheimer's Association will also host a Memory Walk, which raises awareness and funds for Alzheimer care, support and research, on November 6th at Wolf Pen Creek Amphitheater. Click [here](#) to register for the walk.

Please join us for an educational seminar:

Thursday, November 4, 2010

10-11am

Municipal Office Building

Basement Training Room

RSVP by contacting Lesley Becker at 209-5050 or by email at

lbecker@bryantx.gov

Know Your Benefits

2011 City of Bryan Open Enrollment

The City of Bryan’s Risk Management Department will be conducting Open Enrollment Meetings throughout the month of November. Employees are encouraged to attend any of the meetings listed below. Keep in mind that outside of the Open Enrollment Period you are only able to make changes to your benefit selections in the event of marriage, divorce, birth or adoption and must notify Risk Management within 31 days of the occurrence. Also, if you wish to enroll in the Flexible Spending Account (TaxSaver Plan), you must choose to do so during Open Enrollment as current Health Care and Dependent Day Care Spending Account elections **do not carry over**.

<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>
11/2/2010	Tuesday	7:00-7:30am 8:00-8:30am	MSC MSC
11/3/2010	Wednesday	7:00-7:30am 10:30-11:00am	MSC Golf Course
11/4/10	Thursday	8:30-9:00am 9:00-9:30am 5:00-6:00pm	MOB Basement MOB Basement BTU-Dansby Plant
11/5/10	Friday	7:30-8:00am 5:00-6:00pm	MSC BTU-Dansby Plant
11/8/10	Monday	8:00-8:30am 2:30-3:00pm	CS Library BTU-Engineering Library
11/9/10	Tuesday	9:00-9:30am 2:00-2:30pm	Justice Center BTU-Key Accounts
11/10/10	Wednesday	8:00-8:30am 10:00-10:30am 2:00-2:30pm 3:30-4:00pm 4:00-4:30pm	BTU-Meter Shop BTU-QSE Justice Center Municipal Court Municipal Court
11/11/10	Thursday	6:00-6:30am 7:00-7:30am 6:00-6:30pm 7:00-7:30pm	Police Shift Briefing Police Shift Briefing Police Shift Briefing Police Shift Briefing
11/12/10	Friday	6:00-6:30am 7:00-7:30am 8:00-8:30am 6:00-6:30pm 7:00-7:30pm	Police Shift Briefing Police Shift Briefing Library-Bryan Police Shift Briefing Police Shift Briefing
11/16/10	Tuesday	2:00-2:30pm 6:00-6:30pm Evening Session	MOB Basement MOB Rm. 305 <i>Spouses encouraged to attend</i>

Happy Thanksgiving!



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