



WORKSITE WELLNESS NEWS

VOLUME 1, ISSUE 7

MARCH 9, 2009

SPECIAL POINTS OF INTEREST:

- Colorectal Cancer Awareness Month
- Employee Fitness Camp
- Walk Across Texas! Update

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March is National Colorectal Cancer Awareness Month

Colorectal is the cancer of the colon or rectum. Colon cancer is cancer of the large intestines while rectal cancer is cancer of the last six inches of the colon. According to the American Cancer Society there are about 112,000 people diagnosed with colon cancer annually and about 41,000 new cases of rectal cancer each year.

Risk Factors

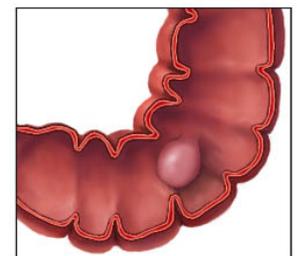
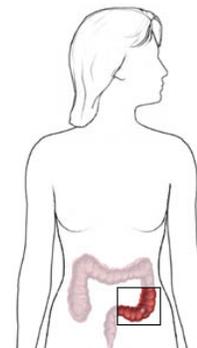
- Men and Women Age 50 or older
- People who use tobacco, are obese and sedentary
- People with a family history of colon polyps

Symptoms

- Rectal bleeding or blood in or on the stool
- Change in bowel habits or bowels that are narrower than usual
- Stomach discomfort (bloating, cramping or fullness)
- Diarrhea or constipation (feeling that the bowel does not empty)
- Weight loss
- Fatigue

Risk Reduction and Early Detection

- Be physically active and exercise regularly
- Maintain a healthy weight
- Eat a high-fiber diet
- Don't smoke
- Don't drink alcohol excessively
- Get screened regularly



Colon polyp

If you are at average risk for colorectal cancer, you should begin having regular colon screenings at the age of 50. If you are at greater risk, you should begin screening at an earlier age. The best time to be screened is before symptoms appear!

Source: American Cancer Society, www.webmd.com

Fitness Camp in full swing!

City of Bryan employees began a 6-week fitness camp on February 9th. The camp is being offered by Snap Fitness and meets at the Municipal Service Center on Mondays and Wednesdays. Workouts

are varied and include the three key areas of fitness- cardiovascular, strength and flexibility exercises. If you are interested in participating in a future camp and achieving in a group what is hard to do

alone, please contact Lesley Becker by email at lbecker@bryantx.gov or call 979-209-5050.



Fitness Fanatic Named!!

And the winner is....Monique Glover



BTU employee Monique Glover is this month's Fitness Fanatic! Monique was nominated for her dedication to improving her overall well being while juggling a very busy schedule.

Monique recently began going to a local gym approximately four times per week. She has lost a

total of twenty-three pounds. Her original goal was to lose thirty pounds however she has seen the progress that she is making and plans on increasing her goal.

Not only has Monique increased her physical activity, she has changed her diet as well. She gave up sodas and has tried to

incorporate healthier food choices into her daily life.

By making the lifestyle changes she has made, Monique has dropped two pant sizes and already feels so much better. She has even seen a drop in her blood pressure and is the envy of many of her co-workers. Congrats being the March Fitness Fanatic!



Walk Across Texas Kicks Off!

Seven City of Bryan teams are participating in this year's Walk Across Texas event. The kick-off event was held on Saturday, February 21st at Wolf Pen Amphitheater. The goal is to walk 830 miles (from El Paso to Orange) in eight weeks. If you are interested in tracking the progress of the teams within our organization, check out the map located in the Risk Management Department!

Recharge Event: Saturday, March 27th @ 10AM
John Crompton Park, College Station

Come out for fun & prizes!



Broccoli Pasta Salad Recipe

- 12 ounces ziti, cooked and drained
- 2 cups broccoli pieces, steamed
- 1 cup diced red or green bell pepper
- 1 cup diced tomatoes
- 1 cup diced onion
- 1 cup non-fat Italian dressing
- 1 teaspoon black pepper

Combine ziti, broccoli, bell pepper and onion; mix well. Add dressing and black pepper; toss to moisten. Chill before serving. If desired, sprinkle with parmesan cheese. (6 servings)





Know Your Benefits



Vision Plan Name Change!

The City of Bryan's vision plan recently changed names. Spectera has changed to United Healthcare Vision, however the benefits remain unchanged. This company has been trusted to deliver a diversified vision network for over 40 years among some of the nation's leading employers. A basic summary of benefits is listed below. Should you have any further questions, please contact Flo Garcia at 979-209-5053 or by email at fgarcia@bryantx.gov.

Covered in Full (after applicable copays)

In Network Benefits

- Comprehensive Exam
- Lenses
 - Standard Single Vision
 - Standard Lined Bifocal
 - Standard Lined Trifocal
- Contact Lenses (in lieu of eyeglasses)
 - Elective
 - Necessary
- Frame
- Lens Options
 - Standard Scratch Resistant Coating

Out of Network Reimbursement

- Comprehensive Exam Up to \$40.00
- Lenses
 - Single Vision Up to \$50.00
 - Bifocal Up to \$60.00
 - Trifocal Up to \$80.00
 - Lenticular Up to \$80.00
- Frames Up to \$50.00
- Contact Lenses in lieu of eyeglasses
 - Elective Up to \$200.00
 - Necessary Up to \$210.00

Benefit Frequency

- Comprehensive Exam 12 months
- Spectacle Lenses 12 months
- Frames 24 months
- Contact Lenses 12 months
- (in lieu of eye glasses)

Copays for in-network services

- Comprehensive Exam \$10.00
- Materials \$25.00

Frame Benefit

- Private Practice Provider- \$50 wholesale allowance (approximate retail value of \$120-\$150)
- Retail Chain Provider- \$130 retail frame allowance

Rates

- Employee Only \$6.80
- Employee + Spouse \$14.00
- Employee + Child(ren) \$14.70
- Employee + Family \$18.60

Network Contact Lens Benefit Plan

at Network Provider covers fitting/evaluation, contacts and two follow-up visits.

Mark Your Calendar!



Blood Drive Scheduled
for April 3, 2009
MOB Basement
Training Room
10AM-4PM

If you are interested in donating, please contact Risk Management for an appointment. Walk-ins are also welcome the day of the drive. Our goal is twenty-five units! We can do it!

Save the Date!! 2009 Health & Safety Expo June 11, 2009

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

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Copies of this newsletter are available in Risk Management.