



AUGUST 2020

WORKSITE WELLNESS NEWS!

City of Bryan Employee Health Newsletter



Healthy Lifestyle Program 2021

Typically this time of year we are gearing up for the City's Healthy Lifestyle Program and asking you to schedule your annual biometric health screening either onsite, at the City of Bryan/BISD Employee Health Center, or through your personal medical provider. Due to COVID-19, and in an effort to refrain from hosting onsite screenings or inundating the local healthcare system in a short time frame, Risk Management is making a one-time adjustment to the Healthy Lifestyle Program for 2021. Please see the categories listed below and determine which one you currently belong to in 2020. Based on your current (2020) Healthy Lifestyle Program status, follow the steps listed to ensure you continue receiving the discounted premium in 2021. If you are unsure of your participation status, please contact Risk Management at 979-209-5050 or email ward@bryantx.gov. If you are not planning to be enrolled in the City's health plan in 2021, no further action is needed.

Currently (in 2020) participating in the Healthy Lifestyle Program

In order to continue receiving the discounted health premium rate in 2021, you must do the following by December 1, 2020:

- Log into mycigna.com and complete the health risk assessment in its entirety. Instructions can be found here. No proof of completion needs to be submitted as Risk Management receives a weekly completion report.
- Log into the [City's Learning Management System](#) and view the short video about healthcare consumerism. The video is listed under assigned training. You must view the entire video to gain credit.
- No biometric screening (bloodwork and vitals) is required this year.

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Healthy Lifestyle Program 2021 continued...

Currently (in 2020) NOT participating in the Healthy Lifestyle Program*

If you would like to begin receiving the discounted health premium rate in 2021, you must complete the following by December 1, 2020:

- Request a Healthy Lifestyle packet from Risk Management by calling 979-209-5050 or emailing lward@bryantx.gov.
- Schedule an appointment to have your biometric screening done through the City of Bryan/BISD Employee Health Center or through your personal medical provider.
- Log into mycigna.com and complete the health risk assessment in its entirety. Instructions can be found [here](#). No proof of completion needs to be submitted as Risk Management receives a weekly completion report.
- Log into the City's Learning Management System and view the short video about healthcare consumerism. The video is listed under assigned training. You must review the entire video to gain credit.
- Complete a follow-up appointment if required based on your initial biometric screening results and return signed follow-up slip to Risk Management by December 11, 2020.

**If you are currently a non-participant and would like to continue as a non-participant for 2021, you do not need to complete the list above.*

Whether you are a Healthy Lifestyle Program participant or not, Risk Management strongly encourages you to continue your preventive wellness checks and routine follow-up appointments for chronic disease despite the change in program requirements for the upcoming plan year. Visit with your medical provider to determine what preventive exams may be appropriate for you.

Peanut-Chicken Cabbage Wraps

Cabbage is a tasty low-calorie stand-in for buns or bread in this healthy chicken wrap recipe. Don't limit yourself to cabbage for this Thai-inspired recipe—any fresh green that's sturdy enough to wrap around 1/2 cup of filling works.

Ingredients

- 8 small napa or Savoy cabbage leaves or 4 large, cut in half crosswise
- 1 tablespoon canola oil
- 1 pound boneless, skinless chicken breast, trimmed and cut into bite-size pieces
- 1/4 teaspoon salt
- 5 tablespoons prepared peanut sauce
- 1 tablespoon rice vinegar
- 1 1/2 teaspoons lime zest
- 1 cup julienned Asian pear
- 1 cup julienned English cucumber
- 1/4 cup finely chopped fresh cilantro

Directions

1. Wash and dry cabbage leaves well and cut out any tough ribs or stems.
2. Heat oil in a large nonstick skillet over medium-high heat. Add chicken, season with salt and cook, stirring often, until cooked through, 4 to 6 minutes.
3. Meanwhile, whisk peanut sauce, vinegar and lime zest in a small bowl.
4. Remove the pan from the heat, add the sauce mixture and stir to combine. Serve the chicken in the cabbage leaves, topped with pear, cucumber and cilantro.



<http://www.eatingwell.com/>

Maintaining Mental Health & Wellness During COVID-19



All of us have been impacted by the Coronavirus (COVID-19) and the feelings of fear and uncertainty around this ever-changing situation. The following recommendations for self-care can be used for yourself, your family, friends, and co-workers. We all feel stress, anxiety, grief and worry, but remember we all react differently.

Here are a few basic recommendations for self-care:

- Take care of your body. Maintain routines related to meals, exercise and bedtime.
 - Try to eat nutritious meals containing a variety of fruits, vegetables, whole grains, and lean protein.
 - Plan physical activities that can be done at home. Build a home gym or take a stroll or bike ride around your neighborhood.
 - Get plenty of sleep. Avoid alcohol, tobacco, and other drugs as they can disrupt sleep patterns.
- Engage in relaxation techniques to help reduce stress. Create a list of things you are grateful for which helps reduce stress.
- Practice patience and tolerance, which can be difficult during this time.
- Connect with others safely. Plan activities with those in your home or virtually with others. Get creative and enjoy watching a movie or playing a game via Google Hangouts, FaceTime, or Zoom. Talk about your concerns and share your feelings with your friends and family members. Check-in with family or friends who are elderly or ill- this helps both you and them!
- Take breaks and make time to unwind. Try to do activities you usually enjoy or try something new!
- Stay informed, but avoid too much exposure to the news. Take breaks from watching, reading, or listening to news stories. Be aware there are many rumors during a crisis, especially on social media. Always check your sources and turn to reliable sources for information such as the Centers for Disease Control and Prevention (CDC), Texas Department of State Health Services (DSHS) or the Brazos County Health District.

If you notice yourself experiencing signs of distress, ensure you are practicing the self-care activities above and reach out for help if needed.

Common signs of distress may include:

- Feelings of numbness, disbelief, anxiety or fear
- Changes in appetite, energy and activity levels
- Difficulty concentrating
- Difficulty sleeping or nightmares with upsetting thoughts and images
- Physical reactions such as headaches, body pains, stomach problems or skin rashes
- Worsening of chronic health problems
- Anger or short-temper
- Increase used of alcohol, tobacco, or other drugs



Open Monday–Thursday 7:30 am–5:30 pm (closed Noon–1 pm)

Friday 7:30 am–3:00pm (open Noon–1pm)

Walk-ins have been suspended temporarily.

Call 979-821-7690 for an appointment!

Questions or concerns?

Email CityofBryanHealth@st-joseph.org



If you have wellness related news to share with other City of Bryan employees and would like to have it spotlighted in our next newsletter, please feel free to submit it to:

Lesley Ward

Wellness Coordinator

979-209-5050

lward@bryantx.gov

<https://wellness.bryantx.gov/>