



APRIL 2022

# WORKSITE WELLNESS NEWS!

*City of Bryan Employee Health Newsletter*



## April is National Cancer Control Month



Since 1938, the President of the United States has proclaimed April as National Cancer Control Month. This month is dedicated to raising awareness for cancer prevention and treatment throughout the U.S. For many years, the death toll from cancer has steadily declined, due in part to better education and heightened awareness about how to prevent certain types of cancer, recognize the signs and symptoms of cancer, and how to seek proper treatment.

Among the many methods of prevention, screening is one of the most effective ways to detect pre-cancerous cells and provide early treatment. Some of the most easily screened cancers include:

- **Breast Cancer:** screening includes yearly mammograms for women ages 40 and older
- **Cervical Cancer:** screening includes Pap tests at least every 3 years for women ages 21 and older
- **Colon and Rectal Cancer:** screening includes yearly colonoscopies for men and women age 50 and older

Although cancer is one of the leading causes of death in the U.S., it is also one of the most easily preventable. Making an effort to protect your body and utilizing the available resources can help prevent a future cancer diagnosis, or even death.

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

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SAFETY EXPO - SAVE  
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# EYE SAFETY

Each day about 2000 U.S. workers sustain a job-related eye injury that requires medical treatment. About one third of the injuries are treated in hospital emergency departments, and more than 100 of these injuries result in one or more days away from work.

## How do eye injuries happen?

- **Striking or scraping:** The majority of eye injuries result from small particles or objects striking or scraping the eye, such as: dust, cement chips, metal slivers, and wood chips. These materials are often ejected by tools, windblown, or fall from above a worker. Large objects may also strike the eye or face, or a worker may run into an object causing blunt-force trauma to the eyeball or eye socket.
- **Penetration:** Objects like nails, staples, or slivers of wood or metal can go through the eyeball and result in a permanent loss of vision.
- **Chemical and thermal burns:** Industrial chemicals or cleaning products are common causes of chemical burns to one or both eyes. Thermal burns to the eye also occur, often among welders. These burns routinely damage workers' eyes and surrounding tissue.

## How do eye diseases form?

Eye diseases are often transmitted through the mucous membranes of the eye as a result of direct exposure to things like blood splashes, and droplets from coughing or sneezing or from touching the eyes with a contaminated finger or object. Eye diseases can result in minor reddening or soreness of the eye or in a life threatening disease such as HIV, hepatitis B virus, or avian influenza.

Source: [www.cdc.gov](http://www.cdc.gov)

## What can workers do to prevent eye injury & disease?

Wear personal protective eyewear, such as goggles, face shields, safety glasses, or full face respirators.

The eye protection chosen for specific work situations depends upon the nature and extent of the hazard, the circumstances of exposure, other protective equipment used, and personal vision needs. Eye protection should be fit to an individual or adjustable to provide appropriate coverage. It should be comfortable and allow for sufficient peripheral vision.

## City of Bryan Safety Glass Policy

The City of Bryan recognizes many employees wear (non-safety) prescription glasses in areas and during activities that require protection. Since removing the prescription glasses to put on safety glasses introduces a risk due to loss of vision some departments have **developed programs to assist those employees in acquiring prescription safety glasses.**

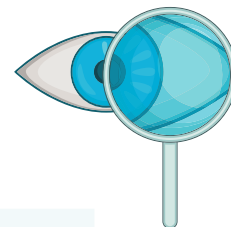
There are certain eligibility requirements that must be met in order to qualify. If you believe you may need safety glasses, please review Chapter 21 (Personal Protective Equipment) of the City's Safety Procedures Manual found [here](#) and discuss with your supervisor.

The employee must bring a recent and valid prescription from the optometrist of their choice. That initial cost will be covered by the employee. **The City may then authorize up to \$200 towards the purchase of the ANSI Z87.1 certified prescription glasses.** Although most employees should be able to purchase the glasses for this amount, some employees may desire enhancements that increase the purchase price. They will be required to pay the provider the difference at the time of pickup. The allowance amount may be increased by a simple majority approval of the safety committee. If the City purchases safety glasses, the employee is required to wear them when safety glasses are part of the required Personal Protective Equipment for the task.





# SuperiorVision™



## Vision plan benefits for City of Bryan

### Copays

Exam	\$10
Materials <sup>1</sup>	\$25
Contact lens fitting (standard & specialty)	\$25

### Monthly premiums

Emp. only	\$7.95
Emp. + spouse	\$15.74
Emp. + child(ren)	\$15.43
Emp. + family	\$23.44

### Services/frequency

Exam	12 months
Frame	12 months
Contact lens fitting	12 months
Lenses	12 months
Contact lenses	12 months

(based on date of service)

### Benefits through Superior National network

	In-network	Out-of-network
Exam (ophthalmologist)	Covered in full	Up to \$42 retail
Exam (optometrist)	Covered in full	Up to \$37 retail
Frames	\$150 retail allowance	Up to \$80 retail
Contact lens fitting (standard <sup>2</sup> )	Covered in full	Not covered
Contact lens fitting (specialty <sup>2</sup> )	\$50 retail allowance	Not covered
Lenses (standard) per pair		
Single vision	Covered in full	Up to \$32 retail
Bifocal	Covered in full	Up to \$46 retail
Trifocal	Covered in full	Up to \$61 retail
Progressives lens upgrade	See description <sup>3</sup>	Up to \$61 retail
Scratch coat	Cover in full	Not covered
Contact lenses <sup>4</sup>	\$150 retail allowance	Up to \$100 retail

**Did you know?** - If you're enrolled in the City's Blue Cross Blue Shield Medical Plan you will receive one annual routine eye exam (adult) covered at no cost to the employee!



### \*\*\*IMPORTANT CLINIC NOTICE\*\*\*

**Closed** for Good Friday April 15th & Saturday April 16th  
Saturday, April 30th will be the **last** Saturday clinic until September 3rd

## Skillet Ravioli Lasagna

### Ingredients

- 1 (24 ounce) package frozen or refrigerated cheese ravioli
- 1 pound lean ground beef
- 1 1/2 teaspoons dried oregano
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper
- 1 (28 ounce) can no-salt-added crushed tomatoes
- 1/4 cup chopped fresh basil
- 8 ounces small fresh mozzarella balls, divided



Total Cooking time: 20 minutes

### Directions

1. Preheat broiler. Bring a large pot of water to a boil. Cook ravioli according to package directions; drain and set aside.
2. Meanwhile, cook ground beef in a large cast-iron or oven-safe skillet over medium-high heat until cooked through, 4 to 5 minutes, using the back of a wooden spoon to crumble the beef. Season with oregano, garlic powder, salt and pepper.
3. Add tomatoes and basil; bring to a simmer. Fold in the cooked ravioli and half of the mozzarella balls.
4. Scatter the remaining mozzarella balls over the top of the pasta. Carefully transfer the pan to the oven. Broil until the cheese is melted, 2 to 3 minutes.



**SUPERCHARGE YOUR HEALTH & SAFETY!**

**CITIES OF BRYAN/COLLEGE  
STATION & BRAZOS COUNTY  
EMPLOYEE  
HEALTH & SAFETY EXPO**

**JUNE 23, 2022 10 AM - 2 PM  
BRAZOS CENTER  
3232 BRIARCREST DRIVE**



**HEALTH ASSESSMENTS - SAFETY DEMONSTRATIONS  
- BACKHOE RODEO - EDUCATION - FUN & PRIZES**



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

Friday 7:30 am-3:00pm (open Noon-1pm)

Saturday 8 am-Noon (minor acute illnesses only-call for appt.)

Call 979-821-7690 for an appointment!

Questions or concerns?

Email [CityofBryanHealth@st-joseph.org](mailto:CityofBryanHealth@st-joseph.org)

**\*\*\*IMPORTANT CLINIC NOTICE - SEE PAGE 3\*\*\***

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:

Michael Stires

Risk Management Generalist

979-209-5054

[mstires@bryantx.gov](mailto:mstires@bryantx.gov)

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