



AUGUST 2022

WORKSITE WELLNESS NEWS!

City of Bryan Employee Health Newsletter



Health Assessments Coming This Fall!



The City of Bryan's Healthy Lifestyles program offers employees reduced health insurance premiums for participating in an annual biometric screening. Risk Management will begin conducting meetings this month with each department to discuss the program and distribute packets. Check with your supervisor to see when your departmental meeting will be.

Screenings will be held onsite this year for your convenience. You may also have your screening completed through your personal physician or through the City of Bryan/BISD Employee Health Center by appointment only. Click [here](#) to view the onsite schedule. You will have an opportunity to sign-up for an onsite time slot during your department's meeting. As a reminder, the program consists of the following steps:

- Biometric screening (includes height, weight, blood pressure, cholesterol panel, hemoglobin A1C levels, comprehensive metabolic panel, and prostate specific antigen (if applicable))
- Follow-up with a medical provider if your numbers do not meet the program's established criteria

All biometric screenings and follow-ups (if applicable) must be completed by December 9, 2022.

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August is National Immunization Awareness Month

You've likely heard a lot about immunizations lately. It's a good reminder to make sure you and your family are up to date on all your routine vaccines.

Who Needs Vaccines?

Shots aren't just for babies or young children. We all need vaccines throughout our lives to help protect against serious diseases, says the [Centers for Disease Control and Prevention](#).

Different vaccines are recommended for children, teens and adults. The right vaccines at the right time can help keep people of all ages healthy. What vaccines you need depends on factors like age, health problems, jobs and travel. Some examples:

- Young adults ages 19 to 26 years old should get the Meningococcal vaccine, which protects against complications from the disease.
- Healthy adults age 50 and older need the shingles vaccine. It also protects against complications from the disease.
- The pneumonia vaccine is recommended for older adults and all adults who have health issues that make their immune system weak.
- [Adult Vaccine Assessment Tool](#): Answer a few quick questions to find out what vaccines you may need.

Immunizations are a vital step to protect people at risk, such as the very young, the very old, and people with weak immune systems or serious illnesses. Some people who are at risk can't get immunizations. The more people who get vaccinated, the better protected everyone is.

Germ Travelers

Vaccine-preventable diseases are still around, even the ones that aren't currently common in the U.S. and they can be spread to people who haven't been vaccinated. Measles is one example. It is still common in other countries. A traveler who hasn't had the vaccine can contract it and bring it back to the U.S. with them, where it may spread to others.

Are Vaccines Safe?

Before a vaccine is approved for use in the U.S., it goes through testing to make sure it is safe and works well. The U.S. Food and Drug Administration (FDA) evaluates the results of clinical studies. Safety is monitored during use. Like other medicines, vaccines can cause side effects. They are typically mild.

Don't Let Children Fall Behind

From babyhood to preschool and beyond, keeping your child healthy means following a vaccine schedule. It's designed to protect against serious diseases, like polio, whooping cough and mumps. Those diseases can result in a hospital stay, or death. It's important to [make sure your child is fully vaccinated](#) against these vaccine-preventable diseases. That means finishing the whole series of recommended vaccine at the right time. [Studies have shown](#) they are safe, but veering from the vaccine schedule is not.

Don't put off vaccinations for yourself or your child. Talk to your doctor if you have concerns.

988 Suicide Prevention Hotline Launched Nationwide



988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline. People experiencing a mental health crisis will be able to call or text the three-digit number, 988, to reach the National Suicide Prevention Lifeline and connect with mental health professionals trained to respond to such emergencies. The 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline) provides free and confidential emotional support to people in suicide crisis or emotional distress 24 hours a day, 7 days a week, across the United States. The Lifeline is comprised of a national network of over 200 local crisis centers, combining custom care and resources with national standards and best practices.

Source: www.988lifeline.org



HSA Bank Hosts: HSAs for the Win!

Health Savings Accounts (HSAs) are the most robust savings vehicle to help pay for your health care expenses today and through retirement.

Join HSA Bank for a 45-minute educational webinar and learn how HSAs can financially prepare you for a lifetime. Throughout the webinar you'll learn about the basics of HSAs, how you can take full advantage of the tax benefits they offer, get a closer look at how to best manage your online account, and set yourself up for peace of mind in retirement.

Click on a webinar date listed to the right to register for a session!

Tuesdays

9am CST

[August 02, 2022](#)

[August 23, 2022](#)

Wednesdays

7pm CST

[August 10, 2022](#)

[August 31, 2022](#)

Thursdays

4pm CST

[August 04, 2022](#)

[August 25, 2022](#)

Egg, Hash Brown & Bacon Breakfast Skillet

Ingredients

- 3 slices center-cut bacon, chopped
- 2 tablespoons canola oil, divided
- 16 ounces frozen southern-style diced hash browns (4 cups)
- 4 large eggs
- 1/4 teaspoon kosher salt

Total Cooking time: 30 minutes

- 1/4 teaspoon black pepper
- 1 1/2 ounces sharp Cheddar cheese, shredded (about 1/3 cup)
- 1/4 cup chopped scallions (from 2 scallions)
- 1 teaspoon Mexican-style hot sauce (such as Cholula)



Directions

1. Cook bacon in a large (12-inch) cast-iron skillet over medium-low, stirring occasionally, until crisp, 8 to 10 minutes. Transfer bacon to a paper towel-lined plate using a slotted spoon; reserve drippings in skillet.
2. Add 1 tablespoon of the canola oil to drippings in skillet; increase heat to medium-high. Add potatoes in a single layer; cook, covered, undisturbed, until potatoes are crisp on bottom, about 7 minutes. Uncover; stir potatoes, and stir in remaining 1 tablespoon canola oil. Cook, covered, until potatoes are well browned, about 5 minutes.
3. Uncover skillet; create 4 wells in potatoes using back of a spoon. Crack 1 egg into each well. Sprinkle entire skillet with salt and pepper. Sprinkle potatoes with cheese, being careful not to cover eggs with cheese. Cook over medium-high, covered, until cheese is melted and egg whites are set but yolks are still mostly runny, about 3 minutes. Remove from heat; let stand 2 minutes. Sprinkle skillet with scallions and cooked bacon; drizzle with hot sauce.

Source: www.eatingwell.com

City of Bryan Healthy Lifestyles Program

NEW IN 2023!

2023 is fast approaching and the Risk Management Department is rolling out changes to the Healthy Lifestyles Program. These changes will expand the Biometric Screening to include additional testing to potentially detect other chronic illnesses or health issues early and while more likely to be treated or managed. These additional screenings include:

- **Hemoglobin A1C (HbA1c):** Is a simple blood test that measures your average blood sugar levels over the past 3 months. When sugar enters your blood stream, it attaches to hemoglobin, a protein in your red blood cells. Everybody has some amount of sugar attached to their hemoglobin, but people with higher blood sugar levels have more. The A1C test measures the percentage of your red blood cells that have sugar-coated hemoglobin.
- **Comprehensive Metabolic Panel (CMP):** Is a test that measures 14 different substances in your blood. It provides important information about your body's chemical balance and metabolism. Metabolism is the process of how the body uses food and energy. The CMP is used to check several body functions and processes, including: liver and kidney health, blood sugar levels, blood protein levels, acid and base balance, fluid and electrolyte balance and metabolism. This screening is informational only and abnormalities in these tests will not preclude you from receiving the Healthy Lifestyles Premium.
- **Prostate-Specific Antigen (PSA) for Men over ages 45:** Is used primarily to screen for prostate cancer. The test measures the amount of prostate-specific antigen is in your bloods circulation. This screening is informational only and abnormalities in these tests will not preclude you from receiving the Healthy Lifestyles Premium.

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



Open Monday-Thursday 7:30 am-5:30 pm (closed Noon-1 pm)
Friday 7:30 am-3:00pm (open Noon-1pm)
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:

Michael Stires
Risk Management Generalist
979-209-5054
mstires@bryantx.gov
<https://wellness.bryantx.gov/>