



DECEMBER 2022

WORKSITE WELLNESS NEWS!

City of Bryan Employee Health Newsletter



HEALTHY LIFESTYLES PROGRAM DUE DECEMBER 9TH

If you would like to participate in the City's voluntary annual health assessment, Healthy Lifestyles, the process must be completed by Friday, December 9, 2022. As a reminder, by participating and completing all the steps of the program, you will receive the Healthy Lifestyles premium, which saves you \$180 per month!

By this time, all employees who participated in the Healthy Lifestyles Screening Process should have received your result packet from the Employee Health Center. If the results packet indicated you needed to follow-up with a primary care physician, you must have the follow-up slip (included in your results packet) uploaded into Bentek by **Friday, December 9th**. If you have any questions regarding your eligibility for the discounted health premiums beginning January 1, 2023, or other questions regarding the Healthy Lifestyles Program, please contact Risk Management at 979-209-5054

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DRIVING FATIGUE PREVENTION

Driver fatigue mimics alcohol impairment and compromises drivers' alertness, decision making, and reaction times, making driving while drowsy a dangerous risk on the road. According to the National Institute for Occupational Safety and Health, 37% of U.S. workers get less than the recommended minimum of seven hours of sleep. Workers whose job involves long hours of driving, shiftwork, or a long commute, are at increased risk of driving fatigue.



Factors

Factors in driving fatigue include:

- lack of sleep due to long or irregular shift work hours;
- poor sleep quality;
- driving during normal sleeping hours (midnight to 6am);
- driving on rural roads and highways; and
- consuming alcohol or taking medications that can cause drowsiness.



Symptoms

Signs and symptoms of driver fatigue include:

- burning or a heavy sensation in the eyes, an inability to focus, or frequent blinking;
- muscle twitching;
- back tension;
- yawning;
- wandering or disconnected thoughts, including difficulty remembering the past few miles driven;
- missing an exit, drifting in a lane, crossing roadway lines, or hitting a rumble strip on the side of the road;
- heavy, tingly, or a numb sensation in limbs; and
- shallow breathing.



Prevention

Driving requires motorists to be alert, especially on long road trips. Take these steps to prevent driver fatigue and its harmful effects:

- get enough sleep. Most adults need seven to eight hours per night;
- start trips as early in the day as possible;
- avoid long nighttime drives;
- avoid driving during normal sleeping hours;
- avoid driving alone if possible;
- take public transit or use ride-sharing companies if possible;
- keep trips to reasonable distances;
- watch for road and traffic signs;
- before driving, eat light rather than heavy meals;
- stop to eat snacks or light meals;
- limit coffee to one or two cups. The effects of coffee or energy drinks last only a short time;
- take breaks every two hours or 100 miles;
- on a break, get out of the vehicle and walk, jog, or stretch; and
- sing or listen to the radio to keep alert.



NEW HSA ACCOUNTHOLDER BANKING EXPERIENCE

STARTING TUESDAY, DECEMBER 6TH:

There will be a New Member Portal Log In Experience For HSA Accountholders!

What will the enhancements look like:

- **More Security** – Two-factor authentication will be another layer of account security beyond username and password. You'll use a unique code sent to your mobile phone or email address to set up the two-factor authentication.
- **More To Experience** – A new app will complement the new online account experience. Accountholders who invest will now be able to access investments on the mobile app. Accountholders will get a notice in the existing app when the new app is available for download.



ARE YOU WASHING YOUR HANDS THE RIGHT WAY?



1. Wet your hands with clean, running water, and apply soap.
2. Lather your hands by rubbing them together with the soap.
3. Scrub your hands for at least 20 seconds.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them, and turn off the water with a towel.

Source: www.cdc.gov

Boot Tracks

Ingredients

- 1/2 cup salted butter
- 2/3 cup granulated sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 1 cup whole-wheat pastry flour

Directions

1. Preheat a nonstick (not Belgian) waffle iron
2. Cream butter and sugar in a medium bowl. Beat in eggs and vanilla. Add flour, cocoa powder, oil and espresso powder (if using). Beat until thoroughly combined.
3. Drop the batter by rounded teaspoonfuls about 1 inch apart onto the preheated ungreased waffle iron. Close and cook until the cookies are puffed and cooked through, 1 to 1 1/2 minutes. Waffle irons vary, so watch closely and don't let the cookies get too dark. Transfer to a wire rack to cool until just warm. Dust the cookies with confectioners' sugar while still slightly warm.
4. Variations: Instead of confectioners' sugar, drizzle cooled cookies with melted bittersweet and/or white chocolate.

Total Cooking Time: 30 minutes

- 6 tablespoons cocoa powder
- 2 tablespoons canola oil
- 1/2 teaspoon espresso powder (optional)
- Confectioners' sugar, for dusting



Source: www.eatingwell.com

It's Not Too Late to Vaccinate!

National Influenza Vaccination Week: December 5 - 9, 2022

With flu activity increasing and family and friends planning on gathering for the holidays, now is a great time to get a flu vaccine if you have not gotten vaccinated yet. A flu vaccine can protect you and your loved ones. Everyone 6 months of age and older should get a flu vaccine every season.



While seasonal flu activity varies, flu activity usually peaks between December and February, though activity can last as late as May. As long as flu activity is ongoing, it's not too late to get vaccinated, even in January or later. An annual flu vaccine is the best way to protect against this potentially serious disease. As an employee of the City of Bryan, you can receive your flu vaccine through the Employee Health Center free of charge. Family members on the City's health plan (age 5 and over) can receive the vaccine as well. You must have an appointment. Please call 979-821-7690 to schedule today!

Wondr if you're ready for a change?



City of Bryan is offering you access to Wondr in 2023! Wondr is a digital weight loss program available at no cost to you. Wondr goes beyond diet fads to teach you science-based skills that will help you lose weight and improve your overall health without giving up the foods you love. Look for more information and the application to be released in early January.



*The City of Bryan/BISD Employee Health Center will be closed
December 23-26 & January 2nd
Happy Holidays!*



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.)
(Saturday Clinic open September - April during peak season)
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/>