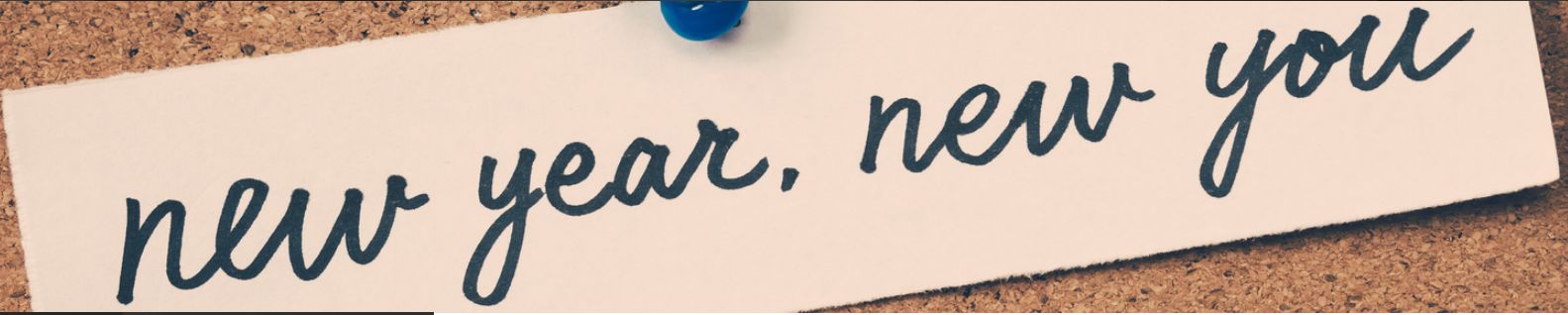




WORKSITE WELLNESS NEWS!

City of Bryan Employee Health Newsletter

JANUARY 2023



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SHEET-PAN CHICKEN FAJITAS

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EMPLOYEE HEALTH CENTER - NEW SERVICES AVAILABLE



New Year, new services available through the Employee Health Center! St. Joseph Health System has partnered with Texas A&M University Health Science Center to provide members access to behavioral health services and personnel. Members of the City's health plan will be able to be referred to a psychologist, psychiatrist and other behavioral health providers for issues you may be facing. The City of Bryan will offer employees and dependents six sessions per calendar year at no cost to you. If the behavioral health provider determines you need additional sessions, those additional sessions will be subject to the employee's health plan. If you have any questions or need more information please reach out to the Employee Health Center at 979-821-7690.



Hazards

Recognize the risks

Watch out, as hazards often lead to these top five causes of preventable workplace injuries:

1

Overexertion & bodily reaction

Most frequently back injuries

- Avoid bending, reaching and twisting when lifting
- Take frequent short breaks

- Nationwide: 275,590 injuries
- City of Bryan: 45 injuries

2

Falls, slips, trips

Most frequently sprains, strains and tears

- Place the base of ladders on a solid, even surface
- Always wear a harness or other appropriate equipment when working over 6 feet off the ground

- Nationwide: 244,000 injuries
- City of Bryan: 33 injuries

3

Contact with objects

Most frequently cuts, lacerations and punctures

- Store heavy objects close to the floor
- Be aware of moving equipment/objects in your work area

- Nationwide: 229,410 injuries
- City of Bryan: 28 injuries

4

Transportation incidents

Most frequently fractures

- Always wear a seat belt
- Follow all posted speed limits and avoid distractions

- Nationwide: 49,430 injuries
- City of Bryan: 3 injuries

5

Violence and other injuries by persons or animals

- If you feel your safety or that of a coworker could be at risk, report it to a supervisor, manager or Human Resources immediately
- If workplace violence does occur, stay calm and notify authorities as soon as possible

- Nationwide: 44,480 injuries
- City of Bryan: 13 injuries

Visit nsc.org for more resources.

GET TO KNOW YOUR EMPLOYEE ASSISTANCE PROGRAM



supportlinc

EMPLOYEE ASSISTANCE



Emotional wellbeing and work-life balance resources to keep you at your best! SupportLinc offers expert guidance to help you and your family address and resolve everyday issues.



In-the-moment support

Reach a licensed clinician by phone 24/7/365 for immediate assistance.



Financial expertise

Consultation and planning with a financial counselor.



Legal consultation

By phone or in-person with a local attorney.



Short-term counseling

Access up to six (6) no-cost counseling sessions, in-person or via video, to resolve stress, depression, anxiety, work-related pressures, relationship issues or substance abuse.



Convenience resources

Referrals for child and elder care, home repair, housing needs, education, pet care and so much more.



Confidentiality

Strict confidentiality standards ensure no one will know you have accessed the program without your written permission except as required by law.

Register in LMS to learn more about SupportLinc via Zoom

Thursday, January 5th

10:00 - 10:30am

[Click here](#)

Wednesday, January 11th

3:00 - 3:30pm

[Click here](#)

Thursday, January 12th

1:30 - 2:00pm

[Click here](#)

(Supervisors & Managers Only)



Start with Navigator

Take the guesswork out of your emotional fitness! Visit your web portal or mobile app to complete the short Mental Health Navigator survey. You'll immediately receive personalized guidance to access support and resources.



Download the mobile app today!



1-888-881-5462



supportlinc.com
group code:
cityofbryan

Sheet-Pan Chicken Fajitas

Ingredients

- 1 pound boneless, skinless chicken breasts
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 teaspoon garlic powder
- 3/4 teaspoon salt

Directions

1. Preheat oven to 400 degrees F. Coat a large rimmed baking sheet with cooking spray.
2. Cut chicken breasts in half horizontally, then slice crosswise into strips. Combine oil, chili powder, cumin, garlic powder and salt in a large bowl. Add the chicken and stir to coat with the spice mixture. Add bell peppers and onion and stir to combine. Transfer the chicken and vegetables to the prepared baking sheet and spread in an even layer.
3. Roast on the middle rack for 15 minutes. Leave the pan there and turn the broiler to high. Broil until the chicken is cooked through and the vegetables are browning in spots, about 5 minutes more. Remove from oven. Stir in lime juice.
4. Serve the chicken and vegetables in warmed tortillas accompanied by lime wedges and topped with cilantro, sour cream, avocado and/or pico de gallo, if desired.

Total Cooking Time: 40 minutes

- 1 large red bell pepper, sliced
- 1 large yellow bell pepper, sliced
- 2 cups sliced red or yellow onion (about 1 large)
- 1 tablespoon lime juice
- 8 corn tortillas warmed
- Lime wedges, cilantro, sour cream, avocado and/or pico de gallo



Source: www.eatingwell.com



This year, say yes to you.

Ditch New Year's resolutions and make a lasting change with Wondr—a digital weight loss program tailored to you.



Jan G.
Wondr PARTICIPANT

The City of Bryan is offering Wondr Health (formerly Naturally Slim) - a digital weight loss program that teaches the science of health and nutrition, so you can enjoy the foods you love. No counting calories. No restrictions. No guilt. So, go ahead, eat the cheeseburger and savor Every. Last. Bite. You must be enrolled in the City's health plan in order to participate in the program and must have your Blue Cross Blue Shield card on hand when you apply. There is no

out-of-pocket cost to participate. Restrictions and eligibility can be found at wondrhealth.com/Bryan.

Learn more at wondrhealth.com/Bryan

Apply between 01/16/2023 - 01/29/2023

The program begins on 02/13/2023

Space is limited



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-telehealth 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/>