



NOVEMBER 2022

# WORKSITE WELLNESS NEWS!

*City of Bryan Employee Health Newsletter*



## HEALTHY LIFESTYLES PROGRAM DEADLINE: DEC. 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!

If you have not yet completed your initial screening, you may still call the City of Bryan/BISD Employee Health Center to schedule an appointment or have the screening completed through your primary care physician. If you have completed your initial screening and were asked to follow-up due to one or more of your values falling outside the established parameters, you have until December 9th to get this completed. Police and Fire are eligible to utilize Huffines results from 2022 to qualify. Instructions on follow-up requirements (if applicable) will be enclosed in your results packet. If you have any questions regarding the health assessment program or need special accommodations for the screening, please contact Risk Management by calling 979-209-5054 or email [mstires@bryantx.gov](mailto:mstires@bryantx.gov). Don't miss out on your chance to participate for Plan Year 2023!

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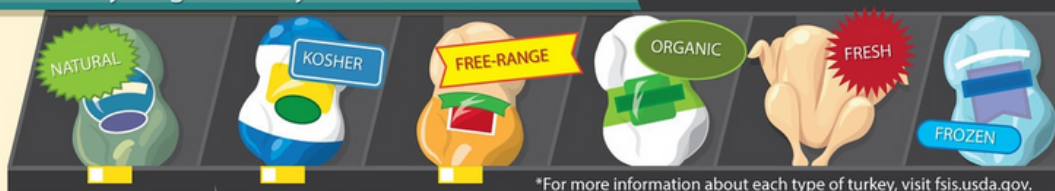




# LET'S TALK TURKEY

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:



\*For more information about each type of turkey, visit [fsis.usda.gov](http://fsis.usda.gov).

## 3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:



### Refrigerator:

Safe to store the turkey for another 1 – 2 days in the refrigerator.

This is the USDA recommended thawing method.

### How to thaw:

Allow approximately 24 hrs. for every 4-5lbs of bird.

### Cold water:

Cook immediately after thawing.

### How to thaw:

Submerge the bird in cold water & change every 30 mins.



### Microwave:

Cook immediately after thawing.



### How to thaw:

Use defrost function based on weight

For more information on safe thawing methods, visit [fsis.usda.gov](http://fsis.usda.gov)

## DID YOU KNOW?

It's safe to cook a frozen turkey though cooking time will be 50% longer!



## Clean



Wash your hands for 20 seconds with soap and warm water.



Utensils  
Plates  
Countertops  
Cutting boards

SHOULD ALSO BE WASHED



Bacteria, which can be present inside and outside a turkey, can't be washed off the bird! Cooking is the only way to destroy this potentially dangerous bacteria.

**SO DON'T WASH YOUR TURKEY!!**

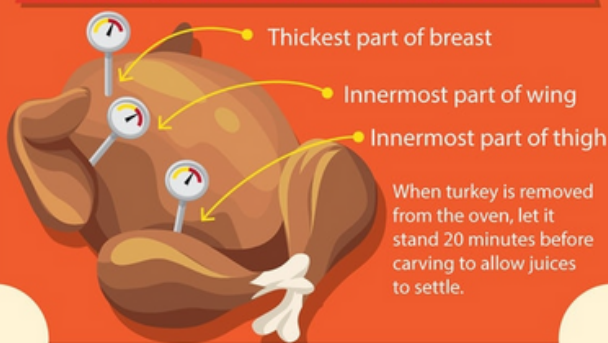
## COOK



Your bird is not safe until it reaches 165 °F — you cannot tell by the color.

Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!

Use three places to check the temperature.



Thickest part of breast

Innermost part of wing

Innermost part of thigh

When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

## SEPARATE



Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.



Keep dishes that touch raw food separate, too!

Wash items that touch raw meat with soap and warm water.



## CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours!



Safe in fridge 3-4 days

Safe frozen, but use within 2-6 months for best quality.



Last day Thanksgiving leftovers are safe from the fridge.



Leftover turkey should be cut into smaller pieces, and store items separately in smaller containers.



Be sure to pack leftovers in a cooler if traveling.



Reheat thoroughly to a temperature of 165 °F.

Remember, bacteria that cause foodborne illnesses can't be smelled or tasted!

FOR MORE INFORMATION:

Visit [foodsafety.gov](http://foodsafety.gov)

If you have a specific question, call the USDA Meat and Poultry Hotline at 1-888-MPHOTLINE or visit [AskKaren.gov](http://AskKaren.gov). Visit [PregunteleKaren.gov](http://PregunteleKaren.gov) for questions in Spanish.





# OPEN ENROLLMENT INFORMATION

The City's Annual Benefits Open Enrollment began October 10, 2022 and ends November 13, 2022 at midnight. Any elections or changes must be done through Bentek and will be effective January 1, 2023.

If you miss open enrollment, you must have a qualifying life event in order to make changes in 2023.

## ACTION ITEMS!

- Elections must be made using Bentek, our benefits online tool. Log on to: **www.mybentek.com/bryantx**.
- If you participate in the Flexible Spending Account (FSA) or contribute to your Health Savings Account (HSA), **YOU MUST RE-ENROLL IN THIS BENEFIT EACH YEAR IN BENTEK.**
- If you enroll in the Short Term Disability (STD) plan for the first time, and you are not a new hire within your first 31-days of employment, **YOU must complete an Evidence of Insurability (EOI) form located in Bentek.** The carrier will then review and approve or deny your application. If approved, Risk Management will update your election.

## Is Your Contact Information Up-to-Date?



Open Enrollment is a good time to make sure your contact information is up to date with the City of Bryan (Risk Management & Human Resources), Texas Municipal Retirement System (TMRS) and MissionSquare Retirement. Click [here](#) to access the Personal Information Update form. If your information has changed, you will also need to contact payroll to update the information on your W-4 form.

## Sheet-Pan Steak & Potatoes

### Ingredients

- 1 pound potatoes, cut into 1/2-inch wedges
- 2 tablespoons extra-virgin olive oil
- 3/4 teaspoon salt, divided
- 3/4 teaspoon ground pepper, divided

### Directions

1. Preheat oven to 425 degrees F.
2. Toss potatoes with 1 tablespoon oil and 1/4 teaspoon each salt and pepper in a large bowl. Spread evenly on a rimmed baking sheet. Roast for 15 minutes.
3. Toss asparagus with the remaining 1 tablespoon oil and 1/4 teaspoon each salt and pepper in the bowl. Stir into the potatoes on the baking sheet.
4. Sprinkle steak with garlic powder, rosemary and the remaining 1/4 teaspoon each salt and pepper. Place on top of the vegetables. Roast until the steak is cooked and the vegetables are tender, 10 to 15 minutes more.
5. Transfer the steak to a serving platter. Stir blue cheese into the vegetables and serve with the steak.

### Total Cooking time: 35 minutes

- 4 cups chopped asparagus
- 1 1/4 pounds skirt steak, trimmed
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried rosemary
- 3 tablespoons crumbled blue cheese







# Don't Get Caught! Get The Shot!

## Flu Shots Still Available at the EHC



Don't let the flu catch you this year, get the shot! Your best defense against the flu is to get an annual flu vaccine. If you or your covered dependent were unable to attend one of the on-site flu shot clinics held in October, you may still go to the City of Bryan/BISD Employee Health Center to have your vaccine administered. Call the Health Center at 979-821-7690 to schedule an appointment with the nurse today! The vaccine is free for all City of Bryan employees as well as dependents (ages 5 and up) enrolled in the City's

health insurance plan. Click [here](#) for the required consent form. Please take your completed form with you to your appointment. If you're still on the fence about the vaccine and need to do more research, please click [here](#) for more information about the 2022-2023 Flu Vaccine to see how it can help you during this flu season.

## St. Joseph Health Express Care



If you or a family member is experiencing a mild illness or minor injuries, an express care clinic can treat you. With two convenient locations and same-day appointments, we are here to help.

For shorter wait times, appointments are preferred. Walk-ins are welcome but may experience longer wait time due to limited capacity. To schedule an appointment, call our patient navigator at **(979) 731-5200**. The navigator will schedule your appointment at either location based on availability and patient preference.

### Services

- Laboratory services
- Diagnostic imaging
- Staffed by St. Joseph Health Medical Group Providers
- Weekend hours

### Illnesses and Injuries Treated

- Minor cuts, sprains, burns and rashes
- Fever, flu or COVID symptoms
- Headaches
- Minor respiratory symptoms
- Urinary Tract Infections
- Lower back pain
- Joint pain



**College Station**  
4421 Hwy 6 South  
College Station, TX 77845  
P (979) 731-5200

**Bryan**  
2010 E Villa Maria Road  
Bryan, TX 77802  
P (979) 731-5200

**Hours**  
Monday-Friday: 8 am-8 pm  
Saturday: 8:30 am-4:30 pm  
Sunday: 10 am-5 pm



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](mailto: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](mailto:mstires@bryantx.gov)  
<https://wellness.bryantx.gov/>