



SEPTEMBER 2022

WORKSITE WELLNESS NEWS!

City of Bryan Employee Health Newsletter



Health Assessment Season In Full Swing!

In preparation for the City of Bryan's 2023 Insurance Plan Year, Risk Management has been meeting with City departments to discuss the annual health assessment process and to distribute packets. As a reminder, by participating in the annual health assessment program, you will be eligible to receive the "Healthy Lifestyles" health insurance premium. You may have your screening completed through your own medical provider, onsite, or at the City of Bryan/BISD Employee Health Center. If you wish to have your screening completed through the Employee Health Center, please call 979-821-7690 for an appointment (They do not accept walk-ins). If you have not received a packet, check with your supervisor to see when your department meeting was or contact Risk Management for a packet. We will also host a virtual webinar for those unable to attend a department meeting, and to sign up through the LMS website click [here](#). The deadline for completion of the program is December 9, 2022. If you have questions about the Healthy Lifestyles Program, please contact Risk Management at 209-5054.



Exception for Police & Fire: You may utilize your 2022 Huffines results if you prefer. Click [here](#) to review details and the additional steps needed to qualify for the discounted health premiums.

IN THIS ISSUE:

**HEALTH ASSESSMENT
SEASON IN FULL
SWING!**

**HIGH CHOLESTEROL
DOUBLES YOUR RISK
FOR HEART DISEASE**

**TMRS BENEFIT
COUNSELING SESSION**

**DOCASAP ONLINE
APPOINTMENT
SCHEDULING**

**BAKED SALMON WITH
LEMON-SHALLOT
HERB SAUCE**

**HEALTHY LIFESTYLES
ONSITE SCREENINGS**

High Cholesterol Doubles Your Risk for Heart Disease

Nearly 1 in every 3 Americans have high cholesterol, which can clog blood vessels and lead to heart disease. In fact, people with high total cholesterol have about **twice the risk** for heart disease as people with healthy levels.

Along with family history, unhealthy diet, weight gain and lack of exercise are contributing factors for most people with high cholesterol.

What Is Cholesterol?

Cholesterol is the fatty substance in your blood that is latched on to particles called lipoproteins, "Lipo" means "fat or "fatty."

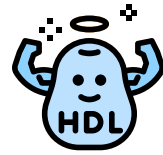
Doctors test the blood for three main types:

- High-density lipoprotein (HDL) - this is the "good" kind. HDL helps take cholesterol out of your body. It gives your arteries a better chance of being unaffected.
- Low-density lipoprotein (LDL) - this is the "bad" kind. LDL is the main type of harmful cholesterol. It can build up and block the arteries. Your risk for heart attack or stroke rises as your LDL level rises.
- Triglycerides - this is another bad fat. High levels are often found with other heart disease risk factors.

Your total cholesterol is a blend of the three. A higher total means a greater risk for heart disease. The aim of treatment is to boost HDL while lowering LDL and triglycerides.

Confused about what your cholesterol numbers mean? Experts often suggest those with average risk of heart disease should aim for these levels:

- HDL: 40 mg/dL or higher
- LDL: Less than 130 mg/dL
- Triglycerides: Less than 150 mg/dL
- Total cholesterol: Less than 200 mg/dL



However, targets for LDL (bad) cholesterol and total cholesterol vary from person to person, according to the American Heart Association. Your doctor can tell you what your ideal cholesterol numbers should be.

Keeping Your Cholesterol in Check

Here are some ways to help manage cholesterol:

- If you're overweight, shed excess pounds.
- Exercise for at least 30 minutes on most days of the week.
- Avoid saturated fat. It is found in meats, whole milk dairy products and some prepared foods.
- Limit alcohol intake. Men should have no more than two [drinks per day](#), and women should have no more than one.
- Quit smoking.



If you have high cholesterol, your doctor may recommend medicine along with these changes. You and your doctor will decide whether you need medicine by checking your test results and all your other risk factors.

If you do need medicine, be aware that not all brand name drugs are covered by your health plan. To try to keep your costs lower, ask if a generic version of a prescribed drug is available. It's also a good idea to check the drug list for your health plan to see what cholesterol drugs are covered and share that information with your doctor.

Getting your recommended screening is an important part of managing your cholesterol. Blue Cross and Blue Shield members can take advantage of important health screenings available at no cost when services are provided by a network provider.

Family History Can Be Critical

Some people have a family tie to a severe form of high cholesterol. The American Heart Association says this inherited condition affects 1 in 200 adults in the United States.

People with this condition have high cholesterol from birth but may have no symptoms until they have already developed serious heart problems.

Findings in this study and others show the value of knowing your family medical history and sharing it with your doctor.

TMRS Benefit Counseling Session



Schedule a Session Today!

You can schedule a counseling session with a TMRS representative to answer your questions about your TMRS benefit, estimate your monthly retirement benefit, or discuss your retirement options.

TMRS offer both in-person counseling in their office and online counseling from the privacy of your home or anywhere. For online counseling, all you need is a computer or mobile device. A webcam or phone camera is not required but will allow you to see your representative and any documentation they share with you.

Your family members and financial advisor are welcome to attend. Click [here](#) to schedule yours today!

Source: www.tmrs.com

DocAsap Online Appointment Scheduling Now Available



The City of Bryan/BISD Employee Health Center has a new feature allowing employees to schedule an appointment with a provider via an online portal. The Center is now utilizing DocAsap which gives you access to view each providers schedule and setup appointments for care. This new feature gives you full control of how you schedule your care without having to call the Center to setup an appointment.

To book an appointment and view the available times with a provider please see below:

- Mary Hutzler, N.P. please click [here](#)
- Haley Psencik, N.P. please click [here](#)



Baked Salmon with Lemon-Shallot Herb Sauce

Ingredients

- 1 pound salmon fillet
- 1/2 teaspoon smoked paprika
- 1/8 teaspoon salt plus 1/2 teaspoon, divided
- 1/8 teaspoon ground pepper
- 1 tablespoon extra-virgin olive oil plus 3/4 cup, divided

Total Cooking time: 30 minutes

- 1 small shallot, chopped
- 6 cloves garlic, chopped
- 1/2 cup fresh cilantro
- 1/4 cup fresh dill
- 1/4 cup fresh flat-leaf parsley
- 2 tablespoons fresh oregano
- 1 teaspoon finely grated lemon zest
- 1 tablespoon lemon juice



Directions

1. Preheat oven to 300 degrees Fahrenheit
2. Place salmon (skin-side down if using skin-on) on a large rimmed baking sheet. Sprinkle with paprika, 1/8 teaspoon salt and pepper and drizzle with 1 tablespoon of oil. Bake until the salmon is just opaque and easily flakes with a fork, about 20 minutes.
3. Combine the remaining 3/4 cup of oil, shallot, garlic, cilantro, dill, parsley, oregano, lemon zest, lemon juice and the remaining 1/2 teaspoon salt in a blender; blend until smooth. Serve 1/4 cup sauce over the salmon (reserve the remaining sauce for another use.)

To Make Ahead

Refrigerate the sauce (Step 3) in an airtight container for up to 1 week.

Source: www.eatingwell.com

HEALTHY LIFESTYLES Onsite Screenings

On-site Screenings will be held:

Wednesday, September 28th– BTU Distribution (7:00-9:00am)

Tuesday, October 11th-MSD (6:30-8:30am)

Wednesday, October 12th-MSD (6:30-8:30am)

Wednesday, October 26th-MOB (7:30-9:30am)

What will be assessed?

Blood Pressure, Total Cholesterol, LDL, A1C, CMP, PSA (Men 45+),
Height and Weight

Lab completed between July 1, 2022- December 09, 2022 will be accepted.

Exception: Police & Fire-HUFFINES results must be from 2022

If you would like to have your assessment completed through your physician or at the City of Bryan Employee Health Center (821-7690), please call them directly for an appointment. You must have an appointment at the Employee Health Center-NO WALK-INS! Take your Wellness Packet to your appointment.

**To schedule an on-site screening, contact Michael Stires
At 209-5054 or e-mail mstires@bryantx.gov**



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

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/>