



DECEMBER 2023

WORKSITE WELLNESS NEWS!

City of Bryan Employee Health Newsletter



HEALTHY LIFESTYLES PROGRAM DEADLINE: DECEMBER 8TH

If you would like to participate in the City's annual voluntary biometric screening program, Healthy Lifestyles, the process must be completed by Friday, December 8, 2023. 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 screening, you may still call the Employee Health Center to schedule an appointment, or have the screening completed through your primary care provider. 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 8th to do so. Instructions on follow-up requirements (if applicable) will be enclosed in your result packet. You you must have your signed follow-up slip uploaded into Bentek by Friday, December 8th. See upload instructions on page 3 of this issue.

If you have any questions regarding your eligibility for the discounted health premiums beginning January 1, 2024, or other questions regarding the Healthy Lifestyles Program please contact David Garcia in Risk Management at 979-209-5054.

IN THIS ISSUE:

HEALTH LIFESTYLES DEADLINE QUICKLY APPROACHING

HEALTHY GUT, HEALTHY LIFE

BETTER SLEEP

BENTEK WELLNESS HUB

WONDR HEALTH

THE BRIDGE YOGA



Healthy Gut, Healthy Life.

You may have heard that your gut is your second brain. The saying gives a sense of how vital your digestive system is to the rest of your body.

But what does it mean? A network of hundreds of millions of nerve cells called neurons line the gut, or your gastrointestinal (GI) tract. The gut has the same kinds of neurons as the brain. And there's also crosstalk between the gut and the brain.

The gut doesn't just control things like our hunger and digestion. It's a huge part of our immune system. It even contributes to mental well-being, says Wu Tsai Neurosciences Institute at Stanford University. GI issues are also often linked to neurological health problems such as Parkinson's. And 60 percent of people with generalized anxiety also have irritable bowel syndrome.

How your gut is working has a big impact on your daily life. And millions of Americans have at least one digestive problem. So how can you keep your gut healthy? View the post by clicking [here](#).



Sources: [If you want to boost immunity, look to the gut](#), UCLA Health, 2021; [Your gut - the second brain?](#) Wu Tsai Neurosciences Institute at Stanford University, 2023; [Your Digestive System: 5 Ways to Support Gut Health](#), Johns Hopkins Medicine; [Six Tips to Enhance Immunity](#), Centers for Disease Control and Prevention, 2023

Routine for Better Sleep

Most Americans have some type of trouble with sleep. The Centers for Disease Control and Prevention (CDC) reports that 1 in 3 American adults say they're not getting enough sleep every day. And millions of Americans have chronic sleep disorders.

Despite there being a lot of advice out there on how to get more sleep, it isn't easy to do. People are different. So are their sleep needs and sleep challenges. But even though there isn't a one-size-fits-all fix, you can get help. The first step is to figure out what's behind your sleep issues. Then you may be able to change your routine to get the healthy sleep you need.

Why Do We Have So Much Trouble Sleeping?

Sleep is the backbone of good health. Getting the right amount is key to good mental and physical health. Long term lack of sleep and untreated sleep problems are linked to many health problems, such as heart disease, high blood pressure, stroke, diabetes, obesity and some cancers, says the National Blood, Heart and Lung Institute.



<https://www.sleepfoundation.org/sleep-deprivation>

Your sleep environment and habits can impact your ability to get enough sleep. What you consume, including medicines, food and drink, and when you have them can impact your sleep. Some other common causes of sleep disruptions include:

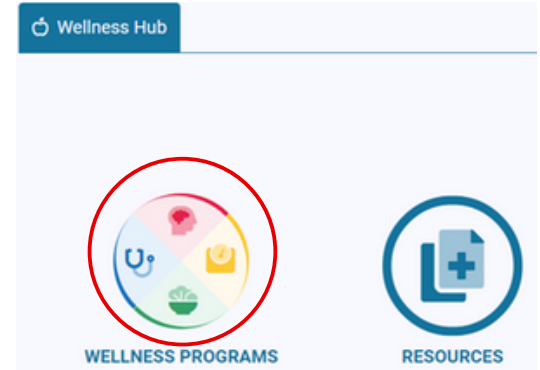
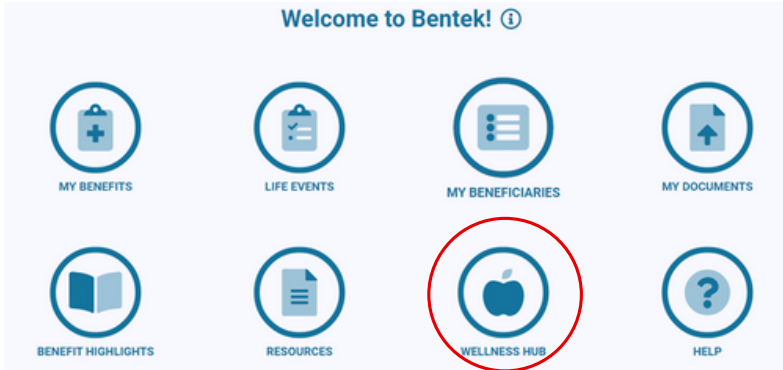
- Not making sleep a priority or getting to bed on time
- Getting up to use the bathroom at night
- Chronic pain
- Work obligations
- Too much light at night
- Sleep disorders or other medical conditions

To view more helpful techniques and resources for a better sleep routine click [here](#).

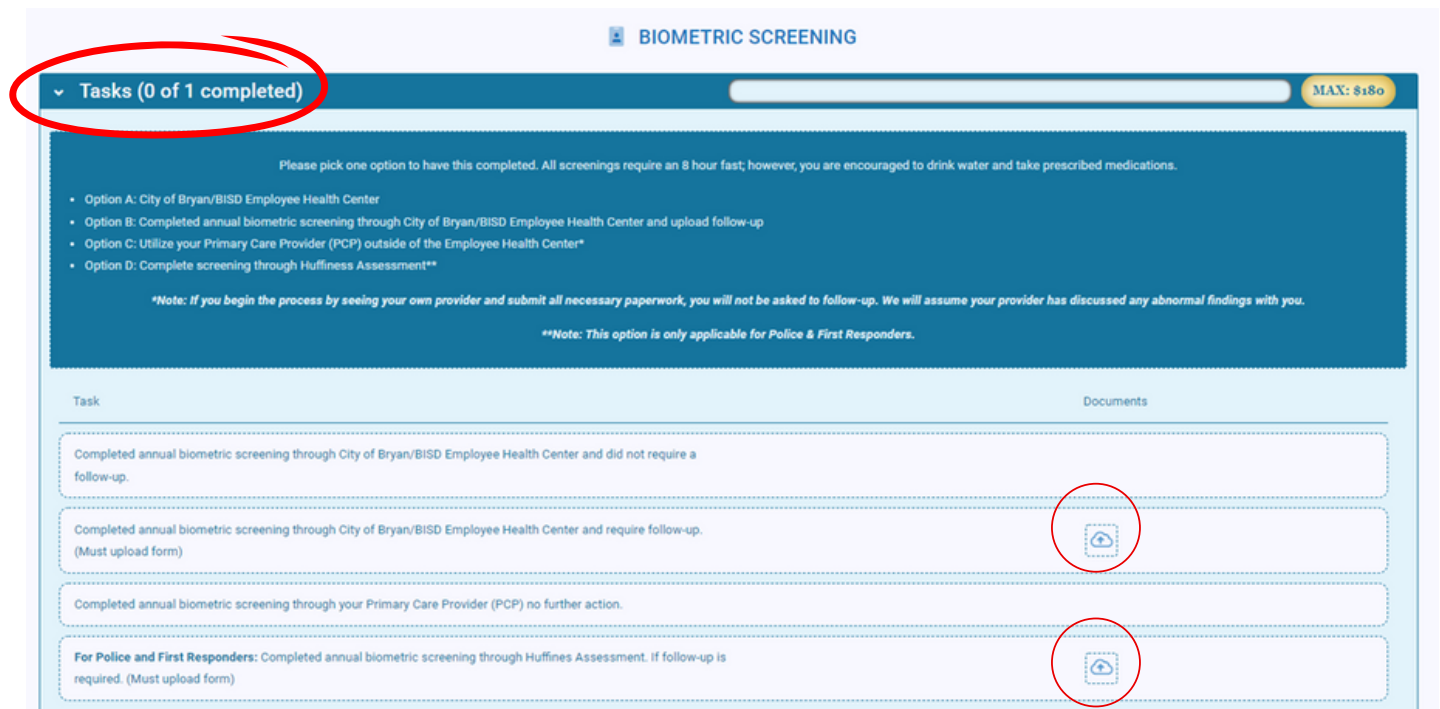
Bentek Wellness HUB

Uploading your Healthy Lifestyles follow up form (if required) is the last step to complete your eligibility to receive the Healthy Lifestyles premium credit for 2024. Here's how:

- 1.To access the City's online benefit portal, please log on to <https://www.mybentek.com/bryantx/>
- 2.Once logged in click on "Wellness Hub"
- 3.Find the icon labeled "Wellness Programs" and click on it to move forward.



4.Click on the "Tasks (0 of 1 completed)" drop down menu. Click on the cloud next to the option that applies to you. Make sure you are adding the slip under the Healthy Lifestyles 2024 tab.



5. Once your follow-up slip is uploaded, **Tasks (1 of 1 completed)** will populate upon approval by Risk Management. You will see a screen similar to the below image indicating you have completed the program!





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

City of Bryan is offering you access to Wondr™—a digital weight loss program—available at no cost to you.*

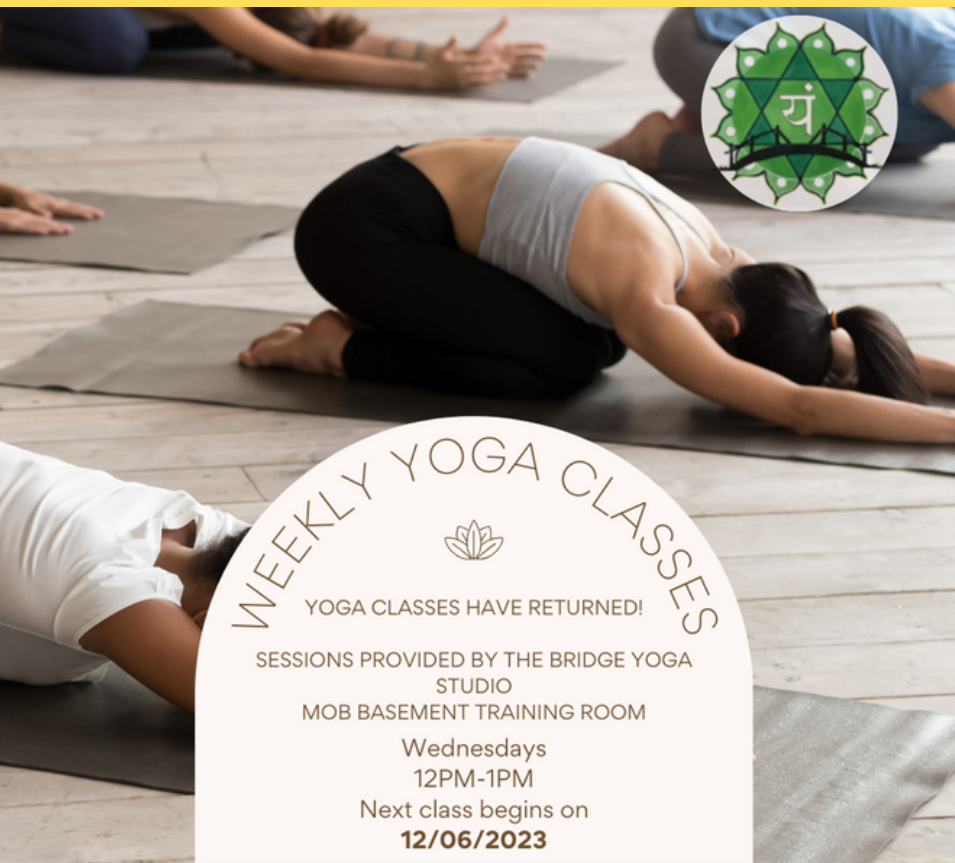
Wondr goes beyond diet fads to teach you science-based skills that will help you lose weight and improve your overall health—without giving up the foods you love. Jump-start your year with Wondr.

Employees and spouses enrolled in the medical plan are eligible to apply to the program.

wondrhealth.com/Bryan

APPLY TODAY.

LEARN MORE AT WONDRHEALTH.COM/BRYAN



WEEKLY YOGA CLASSES
YOGA CLASSES HAVE RETURNED!
SESSIONS PROVIDED BY THE BRIDGE YOGA STUDIO
MOB BASEMENT TRAINING ROOM
Wednesdays
12PM-1PM
Next class begins on
12/06/2023

Yoga Class Details:

- The class will begin for all levels. Then, tailored based on request/need.
- Classes will be 30-45 mins in length to give employees enough time to arrive/prep, etc.
- Please bring our own yoga mat, bag, towel.
- The class will be lead by Kelli Sammis, owner of The Bridge Yoga Studio in College Station.



REGISTER IN LMS TO RESERVE YOUR SPOT!



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: sjmgcityofbryanedl@st-joseph.org

Employee Health Center will be closed December 25-26 & January 1st.

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:

David Garcia

Risk Management Generalist

979-209-5054

dgarcia@bryantx.gov