



WORKSITE WELLNESS NEWS!

City of Bryan Employee Health Newsletter

FEBRUARY 2023



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WELLNESS PROGRAM UPDATES



Wellness Walks occur monthly with a brisk one mile walk around historical Downtown Bryan. Walking helps employees use more than 200 muscles simultaneously, which releases stress, improves mood, reduces anxiety, and allows you to connect with nature and encourage a deeper state of mindfulness.

Walking is one of the easiest ways to get the exercise you need to stay healthy and keep your mental health stable. Bring your coworker and enjoy a mental reset with every step you take to move towards a better you! Attending Wellness Walks allows you to earn certification credit. Only one Wellness Walk credited per year (0.75hr). Please click [here](#) to register!

COB Creative Studios occurs quarterly and allows employees to engage their creative genes. Every quarter there will be a different activity to allow you to briefly disengage from your current workload. Learn to recognize how originality can be soothing and healing, even if there is little original expression. Develop confidence with skills that can go beyond the structured patterns and become a better you.



Bring your coworker and enjoy the disengaging connections! Please click [here](#) to register!

First Class: Wednesday, March 29th at 12:00pm

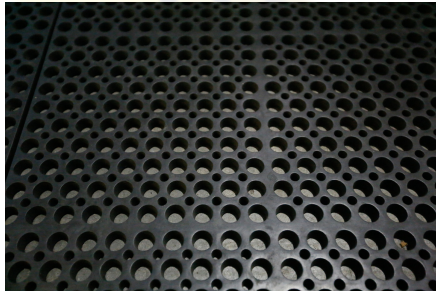


Housekeeping for a Safe Work Environment

Employees are injured every day because of poor housekeeping in and around work areas. Poor housekeeping increases the risk of many perils, including trip-and-fall accidents and fire danger. A shop, yard, vehicle, office area, or storage facility that is kept clean throughout the day reduces that risk. Regular workplace inspections can help with identifying and controlling housekeeping hazards that could cause injury to employees or facility visitors. Inspections should be well-documented, conducted regularly, and corrective action should be taken to eliminate or control any hazards identified. The following tips can also help keep workplaces clean and safe.

Prevent Slips and Falls:

- Clean up all spills and leaks, including oil, grease, and water.
- Replace worn or damaged flooring.
- Use mats, anti-slip flooring, or drip pans in appropriate areas.
- Keep aisles, stairways, and exits free from obstructions and clutter.
- Keep extension cords and cables out of walkways and organized under desks.
- Shut file cabinet drawers when not in use.
- Don't use workplace areas for storage.



Reduce Fire Hazards:

- Store combustible materials, such as oil-soaked rags, waste, and shavings in approved containers with lids.
- Store fuel and other flammable liquids in only approved containers and in appropriate storage areas.
- Store batteries in well-ventilated areas protected from sparks or open flames.
- Leave space around sprinklers, fire extinguishers, and sprinkler controls.
- Dispose of unused materials.
- Regularly empty trash.



Prevent Falling Objects:

- Store materials and supplies in an orderly manner.
- Store heavy objects on lower shelves.
- Do not stack too many boxes or other objects on top of one another.





**BlueCross BlueShield
of Texas**

How Preventive Exams Are Used to Detect Cervical Cancer in Women



An annual well-woman exam isn't on the list of favorite things to do. But, putting it off can put women at risk for cervical cancer. A simple Pap test can protect you from a life-threatening cancer. Three preventive services for women covered by health insurance are the **pap smear**, **pelvic exam** and the **human papillomavirus (HPV) test**. Each looks for abnormal cells before they turn into a serious condition like cervical cancer.

What is a Pap Smear?

The Pap smear is a routine outpatient cervical cancer screening that women have been getting for decades. It's recommended women start getting Pap smears at 21 years old. Pap is short for Papanicolaou - the last name of the doctor who studied changes in cervical cells in the 1900s.

The Pap test looks for changes in the cervix that may lead to cancer. Routine Pap smears are encouraged to find cancer early when it's easier to treat. During the short procedure, your doctor collects cells and mucus from your cervix and the surrounding areas. The samples are sent to a laboratory for review by a pathologist. An abnormal Pap smear doesn't mean you have cervical cancer. There are a number of reasons results can come back abnormal. Be sure to follow up with your doctor.

What is HPV?

For women 30 or older, the HPV test can be done at the same time as the Pap test. The human papilloma virus is one of the leading causes of cervical cancer cases in the United States. There are many types of HPV, and it's the most common sexually transmitted infection in the nation.

During an HPV test, your doctor checks the cervix for the HPV virus. The virus can cause abnormal cells, which could lead to cervical cancer. It's not likely that you'll know when cervix cells have changed. Having regular preventive exams can help your doctor identify abnormal cells before they develop into cancerous cells.

What is a Pelvic Exam?

Pelvic exams look for signs of disease in the pelvic area. Doctors use pelvic exams to check your:

- Cervix
- Fallopian Tubes
- Ovaries
- Rectum
- Uterus
- Vulva

Remember, Pap smears and pelvic exams check for different things. They can be done separately or at the same time by an OB/GYN.

What is Cervical Cancer?

Cervical cancer affects more than 14,000 women yearly in the United States. Cervical cancer starts in the cells lining the cervix, which is the lower, narrow end of a woman's uterus. It is a preventable disease if women have routine screenings and receive HPV vaccines. Tests like the Pap and HPV tests are proven methods that help doctors find abnormal cells.

Raspberry Yogurt Cereal Bowl

Ingredients

- 1 cup nonfat plain yogurt
- 1/2 cup mini shredded-wheat cereal
- 1/4 cup fresh raspberries
- 2 teaspoons mini chocolate chips
- 1 teaspoon pumpkin seeds
- 1/4 teaspoon ground cinnamon

Directions

1. Place yogurt in a bowl and top with shredded wheat, raspberries, chocolate chips, pumpkin seeds and cinnamon.



Source: www.eatingwell.com

HSA Bank hosts: HSAs for the Win!



Health Savings Accounts (HSAs) are the most robust savings vehicle to help pay for your health care expenses today and through retirement.

Join HSA Bank for a 45-minute educational webinar and learn how HSAs can financially prepare you for a lifetime. Throughout the webinar you'll learn about the basics of HSAs, how you can take full advantage of the tax benefits they offer, get a closer look at how to best manage your online account, and set yourself up for peace of mind in retirement.

Click on a webinar date listed to the right to register for a session!

Register for an upcoming session!

Tuesdays

9:00am CST

[February 7th](#)

[February 21st](#)

Wednesdays

9:00am CST

[February 1st](#)

[February 15th](#)

Thursdays

4:00pm CST

[February 9th](#)

[February 23rd](#)

Source: www.hsabank.com

Estate Planning: Planning for the Future

Have you taken the steps to plan for your future? In this session you will learn having an estate plan gives you the opportunity to decide who will receive your estate and when they can receive it, such as at specific times or ages. Estate planning refers to the creation of a written plan to manage your wealth and assets if you become incapacitated, as well as determine how those assets will be distributed after your death. You'll gain the understanding of an "estate" which refers to all assets of any value that you own, such as real estate, business interests, personal property (like cars, jewelry, and household items), investments, and insurance proceeds. You'll learn by having a clear plan, you can have peace of mind knowing someone else isn't controlling your personal family matters, but you are controlling your own destiny. Please click [here](#) to register!



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

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mstires@bryantx.gov

<https://wellness.bryantx.gov/>