

WORKSITE WELLNESS NEWS!

City of Bryan Employee Health Newsletter

JULY 2023



2023 HEALTH & SAFETY EXPO WRAP UP

JOIN US FOR A MONTHLY WELLNESS WALK!

DO YOU KNOW HOW TO FIND YOUR CLAIMS INFORMATION?

SHEET- PAN POBLANO & CORN CHICKEN FAJITAS

TMRS WEBINAR: COLA & USC

EXPERIENCE THE ANTI-DIET

Fireworks Safety Tips:

If You Choose to Use Legal Fireworks

The National Safety Council recommends leaving fireworks to the experts, but if you decide to celebrate using legal fireworks, follow these safety tips:

- Never allow young children to handle fireworks
- Older children should use them only under close adult supervision
- Never use fireworks while impaired by drugs or alcohol
- Anyone using fireworks or standing nearby should wear protective eyewear
- Never hold lighted fireworks in your hands
- Never light fireworks indoors or in an enclosed space
- Only use fireworks away from people, houses, and flammable material
- Never point or throw fireworks at another person
- Only light one device at a time and maintain a safe distance after lighting
- Never ignite devices in a container
- Do not try to re-light or handle malfunctioning fireworks
- Soak both spent and unused fireworks in water for a few hours before discarding
- Keep a bucket of water nearby to fully extinguish fireworks that don't go off or in case of fire
- Never use illegal fireworks.

In place of sparklers which can burn at about 2,000 degrees-hot enough to melt some metals, consider using safer alternatives such as glow sticks, confetti poppers, or colored streamers.

Health & Safety Expo Wrap-Up

City of Bryan employees, along with employees from the City of College Station and Brazos County recently attended the annual Health & Safety Expo held at the Brazos Center. Attendees were able to visit over fifty different booths offering literature, health screenings, and giveaways all focused on health and safety. Felix Conde (Water Services) won the grand prize—a folding wagon with table! This year, two outdoor events were also held in addition to the health fair. The popular Backhoe Rodeo featured four timed events. City of Bryan's Gabby Mattern (Risk Management) took 2nd place in the female category, and City of Bryan's Bobby Mitchell (Water Services) took 2nd place in the male category. Carlos Parra-De Jesus (Traffic Operations) won the bunker gear race hosted by the Bryan Fire Department. Thank you to those of you who attended!



JOIN US FOR A MONTHLY WELLNESS WALK

JULY 19 @ 10AM

MEET JUST INSIDE CITY HALL

WE WILL TAKE A ONE MILE WALK IN DOWNTOWN BRYAN



Do You Know How to Find Your Claims Information?

Looking for a way to manage your medical, dental and prescription claims? You can find all of your claims information in your secure Blue Access for Members (BAM) account. To get started, [log into your BAM account](#) and click on **Claims** in the top navigation. You are able to view claims from the past 18 months. You can also search and filter claims to help you find the information you need. Filter by member, claim type, claim status, and health service provider. You can also download or print claim information.

Want a quick guide to help you better understand your claims information? Each claim comes with an [Explanation of Benefits \(EOB\)](#). Your EOB will break down the services you received, the cost of the services, and what you might have to pay.



**BlueCross BlueShield
of Texas**

Sheet-Pan Poblano & Corn Chicken Fajitas

These sheet-pan poblano-and-corn chicken fajitas are seasoned with mild ancho chile powder, paprika, and cumin. The chicken and vegetables cook on a sheet pan under the broiler, so you can forget cooking over a hot stove or grill to get dinner on the table fast. Plus, with only one pan, cleanup is a breeze!



Ingredients:

- 3 tablespoons canola oil
- 1 tablespoon ancho chile powder
- 2 teaspoons ground cumin
- 2 teaspoons paprika
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1 pound boneless, skinless chicken breasts
- 3 large poblano peppers, seeded and sliced into 1/2-inch-thick strips
- 1 medium yellow onion, cut into 1/2-inch-thick slices
- 1 ear corn, shucked
- 8 (6-inch) fajita-size corn or flour tortillas, warmed
- 1 medium ripe avocado, pitted and sliced
- 1/4 cup sour cream
- 1/4 cup chopped fresh cilantro
- Lime wedges for serving

Directions:

1. Preheat oven to broil, with oven rack 7 to 8 inches from heat. Line a large rimmed baking sheet with foil.
2. Stir oil, chile powder, cumin, paprika, garlic powder, and salt together in a large bowl; set aside.
3. Cut chicken breasts in half horizontally (to make chicken cutlets), then cut crosswise into strips. Place the chicken in the bowl with the spice mixture and toss to coat. Arrange the chicken in an even layer on one side of the prepared baking sheet. Add poblanos and onion to the bowl and toss with any remaining spice mixture; arrange in an even layer on the baking sheet. Place corn on the baking sheet.
4. Broil until the chicken is lightly charred and cooked through, 7 to 8 minutes. Transfer the chicken to a plate and tent with foil to keep warm. Spread the poblanos and onion out on the baking sheet; turn the corn. Broil until the vegetables are charred and tender, about 5 more minutes.
5. Cut the kernels from the corn cob. Toss the corn kernels with poblanos and onion. Top tortillas with chicken, vegetables, avocado, sour cream, and cilantro. Serve with lime wedges if desired.

Webinar: TMRS COLA and Updated Service Credit

Want to know more about TMRS Cost of Living (COLA) Adjustments and Updated Service Credit (USC)? Register for this webinar to learn how these City of Bryan plan provisions affect your monthly retirement payment.

Wednesday, July 26

2:00-3:00 PM

Click [here](#) to register in the City's LMS



Experience the Anti-Diet.

No points, counting calories, or restrictions.

The City of Bryan is offering you a digital weight loss program where you don't have to give up the foods you love. In fact, Wondr (formerly Naturally Slim) encourages you to enjoy Every.Single.Bite. This digital program is based in behavioral science at **no cost** and will teach you the science of eating the foods you love while still losing weight. Plus, you'll have more energy, sleep better, and feel stronger, all while reducing your risk of diabetes and heart disease. All City of Bryan employees and spouses enrolled in the City's BCBSTX medical plan are eligible to apply to the program. Previously the City offered this once a year, but now you can sign up anytime throughout the year. You do not have to wait for a group to start. Visit wondrhealth.com/Bryan today to get registered!



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: CityofBryanHealthst-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:
Risk Management
employeebenefits@bryantx.gov