



# WORKSITE WELLNESS NEWS!

City of Bryan Employee Health Newsletter

MAY 2023



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## Focus on Mom's Health this Mother's Day

A mom tends to focus her energy on the health and well-being of her family, often forgetting about her own health needs. This Mother's Day, let's focus on mom's health and women's health in general, as it is one of the most powerful things you can do for her!

### Most common health issues for women

According to WebMd, the top five health issues facing women in the U.S. today:

1. Heart Disease
2. Breast Cancer
3. Osteoporosis
4. Depression
5. Autoimmune diseases

According to the U.S. Department of Health and Human Services, there are five big things women can do to focus on and ultimately improve their health:

- Visit their doctor for routine screenings and checkups
- Become more physically active
- Eat healthier
- Nix unhealthy habits, like smoking
- Focus on mental health by managing stress and getting enough sleep

With all of this in mind, here's how you can plan a day full of healthy, and fun Mother's Day celebrations.

1. Prepare a healthy Mother's Day brunch-kick the day off by making mom a healthy and delicious brunch spread!
2. Get outside and get active with Mom-go on a walk or bike ride!
3. Help Mom help the family-Moms have a lot on their to-do lists, so she will appreciate a bit of extra help knocking a few things off her agenda!

# 5 Surprising Benefits of Walking

1. It counteracts the effects of weight-promoting genes: Harvard researchers looked at 32 obesity-promoting genes in over 12,000 people to determine how much these genes actually contribute to body weight. They discovered that among the study participants who walked briskly for about an hour a day, the effects of those genes were cut in half.
2. It helps tame a sweet tooth: A pair of studies from the University of Exeter found that a 15-minute walk can curb cravings for chocolate and even reduce the amount of chocolate you eat in stressful situations.
3. It reduces the risk of developing breast cancer: Researchers already know that any kind of physical activity lowers the risk of breast cancer. But, an American Cancer Society study that zeroed in on walking found that women who walked seven or more hours a week, had a 14% lower risk of breast cancer than those who walked three hours or fewer per week.
4. It eases joint pain: Several studies have found that walking reduces arthritis-related pain, and that walking five to six miles a week can prevent arthritis from forming in the first place.
5. It boosts immune function: Walking can help protect you during cold and flu season. A study of over 1,000 men and women found those who walked at least 20 minutes a day, at least five days a week, had 43% fewer sick days than those who exercised once a week or less.

Take a break with a Wellness Walk!

Wednesday, May 17th

10-11am

Meet in front of City Hall

Click [here](#) to register.



Source: <https://www.health.harvard.edu/>

## Save the Date! 2023 Health & Safety Expo

June 15, 2023 from 10am-2pm

@ the Brazos Center

HEALTH ASSESSMENTS - SAFETY DEMONSTRATIONS  
BACKHOE RODEO-SNACKS-FUN & PRIZES



# Knowing Where to Go for Health Care May Save you Time and Money

In an emergency, visiting the hospital emergency room (ER) is usually the right choice. But, what about when it's not an emergency? Knowing your options may make a big difference in cost and time. If it's not an emergency, here are some ways you can get help:

- Call the City of Bryan/BISD Employee Health Center for an appointment by calling 979-821-7690. In-person and televisits are available.
- Call the 24/7 BCBCTX Nurseline at the number on the back of your insurance ID card. A registered nurse can help you decide where to go.
- Contact your Primary Care Physician for an appointment, or visit an alternate care facility, such as a retail health clinic or urgent care center.

## Learn the Difference Between Urgent Care Centers and Freestanding ERs-It Can Save your Money

Urgent care centers and freestanding ERs may be hard to tell apart. Freestanding ERs' costs may be higher than if you went to the ER at a hospital. Here are some ways to know if you are at a freestanding ER.

### Freestanding ERs:

- Have 'Emergency' in their name
- Are not located at a hospital
- Can look like an urgent care center
- Are open 24 hours a day, seven days a week
- May charge the same copay as a hospital ER



*For serious, life-threatening conditions, you need emergency care. Go to the nearest treatment facility or call 911.*

## DESIGNATING A BENEFICIARY FOR YOUR HSA

Protect your assets. Protect your loved ones.

One of the most neglected areas of retirement planning is beneficiary designation. By having a designated beneficiary in place at the time of your death, the assets of your HSA can be distributed according to the designation.

- If you don't designate a beneficiary for your HSA before you pass away, the assets in your account will be distributed to your estate and will be included on your final income tax return.
- If your spouse is your designated beneficiary, your account remains an HSA, and your spouse will become the new owner. He or she can use the money tax-free for qualified healthcare expenses-even if not enrolled in a high-deductible health plan. Should your spouse be younger than 65, take a distribution of funds and use them for something other than medical expenses, he or she will pay a 20% penalty tax on the amount withdrawn plus income taxes.
- If someone other than your spouse is the designated beneficiary, your HSA will end on the date of your death. Your beneficiary will receive a distribution and the fair-market value becomes taxable income.

**Designating a beneficiary is easy: Log on to <https://www.hsabank.com/hsabank/homepage>**

- Click on Settings, next click on My Profile, finally click on Edit Profile
- You'll be asked to provide information about your beneficiary

**If you have already designated a beneficiary or log in and designate a beneficiary by June 30, 2023, you will be entered into a drawing for a \$10 Amazon Gift Card, courtesy of HSA Bank.**



# Baked Flounder with Fresh Lemon Pepper

For this baked flounder recipe, use fresh lemon, good olive oil, freshly ground peppercorns and garlic. You'll never look at lemon pepper the same again! Serve with steamed asparagus.

## Ingredients

- 2 tablespoons grated lemon rind (about 3 lemons)
- 1 tablespoon extra virgin olive oil
- 1 1/4 teaspoons black peppercorns, crushed
- 1/2 teaspoon salt
- 2 garlic cloves
- 4 (6-ounce) flounder fillets
- Cooking spray
- Lemon wedges (optional)



## Directions

### Step 1

Preheat oven to 425° F.

### Step 2

Combine grated lemon, olive oil, peppercorns, salt and garlic in a small bowl. Place fillets on a jelly roll pan coated with cooking spray. Rub garlic mixture evenly over fillets. Bake at 425°F for 8 minutes or until fish flakes easily when tested with a fork. Serve with lemon wedges, if desired

Source: [www.eatingwell.com](http://www.eatingwell.com)

## Curious about the Pre-Authorization Process?

Sometimes you may need to get approval from Blue Cross Blue Shield of Texas before they will cover certain inpatient, outpatient and home health care services or certain prescription drugs.

Join us for a webinar to learn about the pre-authorization process.

Thursday, May 4th

10am via Zoom

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: [CityofBryanHealthst-joseph.org](mailto: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](mailto:employeebenefits@bryantx.gov)