



OCTOBER 2023

WORKSITE WELLNESS NEWS!

City of Bryan Employee Health Newsletter



ONSITE HEALTH SCREENINGS THIS MONTH!

Onsite screenings will be held on the following dates:

Tuesday, October 10th - MSC Training Room (6:30am - 8:30am)

Wednesday, October 11th - MSC Training Room (6:30am - 8:30am)

Wednesday, October 25th - MOB Basement (7:30am - 9:30am)

If you have not received your initial assessment packet and are interested in participating in the Healthy Lifestyles Program to receive the City's "Healthy Lifestyles" premium in 2024, please contact Risk Management at 979-209-5054 or email David Garcia at dgarcia@bryantx.gov. The deadline to complete the process is December 08, 2023. You may also have your screening completed through your own primary care physician or at the City of Bryan/BISD Employee Health Center (**by appointment only**). If you would like to schedule an appointment at the Employee Health Center, please call 979-821-7690. Walk-ins will not be accepted for initial screenings or follow-ups.



Exception for Police & Fire: You may utilize your 2023 Huffines results if you prefer. Click [here](#) to review details and the additional steps needed to qualify for the discounted health premiums.

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OPEN ENROLLMENT INFORMATION

The City's Annual Open Enrollment begins October 16, 2023 and ends November 17, 2023 at midnight. Any elections or changes will be done through Bentek and will be effective January 1, 2024. <https://www.mybentek.com/bryantx/>

No action is required if you are not making changes, with the exception of re-enrolling in the Flexible Spending Account (FSA), or Health Savings Account (HSA) for 2024.

If you miss open enrollment, you must have a qualifying life event in order to make changes in 2024.

How can you prepare for open enrollment?

- Make sure your mailing address is up to date.
- Make sure you have Life Insurance beneficiaries listed and updated in Bentek.
 - *Beneficiary designations are for Life Insurance only. For MissionSquare Retirement (formerly ICMA-RC) and TMRS beneficiary changes, please visit the TMRS and/or MissionSquare Retirement portal or contact Risk Management at 979-209-5055.*



COMING SOON



*We're pleased to announce we are partnering with HYKE to provide guidance on your benefits! Their easy-to-use platform, Decision Doc, shows you which benefits make sense for your needs and budget – all at no extra cost to you. Employees who use Decision Doc **save over \$1,300 a year** on average, so check out the details below and make use of this tool during Open Enrollment.*

What you need to know:

- Access Decision Doc here: www.myhyke.com/cityofbryan2024
 - *For the best experience, use the most updated version of Google Chrome on your browser!*
- *Be prepared to answer questions about your healthcare needs, finances and family.*
 - *You'll be able to save and edit your responses later, so take your best guess when going through the questionnaire!*
- *You'll receive an instant Protection Score that measures your health and financial needs, and tells you which benefits will help you stay protected.*
 - *When you're ready, navigate to Bentek to complete your enrollment for this year.*
- *The team at HYKE is looking forward to supporting you this Open Enrollment season! If you have any questions, don't hesitate to reach out to them at questions@letshyke.com.*

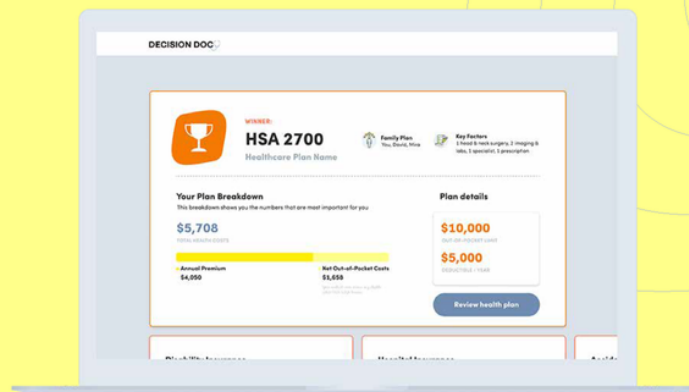


HYKE

Get help choosing your benefits!

Complete a free, confidential questionnaire showing which benefits will best protect you and your family.

Get started: www.myhyke.com/cityofbryan2024



Breast Cancer Awareness

THE CITY OF BRYAN IS GIVING CANCER THE BOOT!

Join us for a Breast Cancer Lunch n' Learn

Friday, October 6, 2023

12-1PM

MOB BASEMENT TRAINING ROOM

A light lunch will be served to registered attendees.



Speaker: Dr. Charis Durham

Employees can pick up a breast cancer awareness t-shirt to

KICK off the month of October by donating \$1 to the American Cancer Society.



The American Cancer Society's breast cancer estimates in the United States for 2023 are:

- About **297,790 new cases** of invasive breast cancer will be diagnosed in women.
- About **55,720 new cases** of **ductal carcinoma in situ (DCIS)** will be diagnosed.
- About **43,700** women will die from breast cancer. Breast cancer mainly occurs in middle-aged and older women. The median age at the time of breast cancer diagnosis is 62.

Breast cancer is the second leading cause of cancer death in women. Only lung cancer kills more women each year. The chance a woman will die from breast cancer is about 1 in 39 (about 2.5%). Breast cancer death rates have been decreasing steadily since 1989, for an overall decline of 43% through 2020. The decrease in death rates is believed to be the result of finding breast cancer earlier through screening and increased awareness, as well as better treatments. However, the decline has slowed slightly in recent years.

<https://www.cancer.org/content/dam/CRC/PDF/Public/8577.00.pdf>



Don't fall for diet trends

You can block out the diet noise, enjoy your favorite party foods, and still lose weight—at no cost to you.*

City of Bryan is offering you Wondr™ to help you learn science-based skills to build lasting weight loss habits today—the skills diet culture won't teach you. (Spoiler: It doesn't involve giving up your favorite party foods.)

Apply today.

Learn more at wondrhealth.com/Bryan

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



MENTAL HEALTH

MENTAL HEALTH FIRST AID LUNCH' N LEARN

Thu, Oct 12, 2023, 11:00 AM - 1:00 PM

Register in LMS by
Wed, Oct 11, 2023, 11:00 AM

Presenter:
Angie Bates, NAMI Brazos Valley
(National Alliance on Mental Illness)



Come increase your mental health literacy and learn resources that are available in our community to help others and yourself.

Location:
Municipal Office Building
(MOB) - Basement Training Room, City of Bryan

LEMON-ROSEMARY CHICKEN WITH ROASTED BROCCOLINI

Ingredients

- 2 tbsp. chopped fresh flat-leaf parsley
- 1 1/2 tbsp. chopped fresh rosemary
- 1 large garlic clove, chopped
- 2 tsp. Dijon mustard
- 3 tbsp. extra-virgin olive oil, divided
- Kosher salt
- Freshly ground black pepper
- 1 lemon, cut into thin slices, divided
- 4 small bone-in, skin-on chicken breasts
- 2 bunches Broccolini (about 1 lb.)
- 1 red onion, cut into 1/2" wedges
- 1/2 tsp. crushed red pepper, plus more for serving

Directions

Step 1

Preheat oven to 425 degrees F.

Step 2

Combine parsley, rosemary, garlic, Dijon, and 1 tablespoon oil in a bowl. Season with salt and black pepper. Place 8 lemon slices and half of rosemary mixture underneath skin of chicken, dividing evenly.

Rub remaining rosemary mixture over chicken, dividing evenly. Roast, on a rimmed baking sheet, 20 to 22 minutes.

Step 3

Meanwhile, toss Broccolini, onion, red pepper, remaining lemon slices, and remaining 2 tablespoons oil in a bowl. Season with salt and black pepper. Remove baking sheet from oven and arrange vegetables around chicken. Bake until an instant-read thermometer inserted in the thickest portion of the chicken reaches 165 degrees F, 12 to 14 minutes.

Step 4

Serve with red pepper for sprinkling.



<https://www.countryliving.com/food-drinks/recipes/a39830/lemon-rosemary-chicken-with-roasted-broccolini-recipe/>

HOTWORX

24 HOUR INFRARED FITNESS STUDIO

EXCLUSIVE MEMBER PRICING

FOR CITY OF BRYAN EMPLOYEES

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3387 UNIVERSITY DR. E STE 413

BRYAN, TX

15-MINUTE
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REGULARLY \$59/\$79 MEMBERSHIP
(prices not for public advertising*)

BOOK YOUR FIRST
WORKOUT APPOINTMENT
to get started >>



City of Bryan
HOTWORX Open House!

- HOTWORX of Bryan will have an open house for all City of Bryan employees who would like a tour of the facility and select a time to come in for your first FREE WORKOUT at HOTWORX. Please note that they are a 24 Hour Infrared Fitness Studio, but you must come in during staffed hours for your first free session on Oct. 12th from 6pm-8pm.
- Scan the QR code to reserve your spot or by clicking on the link below:

https://sailpos.hotworx.net/customerportal/TX0191/contact_information.php



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: sjmgcityofbryaned@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:

David Garcia

Risk Management Generalist

979-209-5054

dgarcia@bryantx.gov

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