



WORKSITE WELLNESS NEWS!

City of Bryan Employee Health Newsletter

SEPTEMBER 2023



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CHILAQUILES CASSEROLE

MASTER OF MEMORY

Health Screening Season Has Kicked-Off!

In preparation for the City of Bryan's 2024 Insurance Plan Year, Risk Management has been meeting with City departments to discuss the annual health assessment process and to distribute packets. As a reminder, by participating in the annual health assessment program, you will be eligible to receive the "Healthy Lifestyles" health insurance premium. You may have your screening completed through your own medical provider, onsite, or at the City of Bryan/BISD Employee Health Center. If you wish to have your screening completed through the Employee Health Center, please call 979-821-7690 for an appointment (no walk-ins accepted). If you have not received a health assessment packet, check with your supervisor to see when your department meeting will be, or contact Risk Management for a packet. The deadline for completion of the program is December 8, 2023. If you have questions about the Healthy Lifestyles Program, or would like to schedule an onsite appointment, please contact Risk Management at 209-5054.

Onsite Dates:

- Wednesday, September 27th - BTU Distribution (7:00-9:00am)
- Tuesday, October 10th- MSC (6:30-8:30am)
- Wednesday, October 11th-MSC (6:30-8:30am)
- Wednesday, October 25th-MOB (7:30-9:30am)

What will be assessed?

Blood pressure, Height, Weight, Total Cholesterol, LDL, Hemoglobin A1C (or Fasting Glucose), CMP, PSA (men 45+)

Lab completed between July 1, 2023 and after will be accepted.
Exception: Police & Fire-HUFFINES results must be from 2023.



NATIONAL SUICIDE PREVENTION AWARENESS MONTH

September is National Suicide Prevention Month. According to a recent Center for Disease Control (CDC) study, nearly 1.7 million American adults attempt suicide each year and 2.3 million seriously consider it. This month is a time to focus on raising awareness while learning to recognize the concerns that can contribute to a high suicide rate.

While suicide is a difficult topic to discuss, prevention starts with awareness. Whether you are struggling, know someone who is having difficulty, or have lost someone to suicide, National Suicide Prevention Awareness Month provides the opportunity for acknowledgment and discussion about this public health concern.

According to the International Association for Suicide Prevention, one in every 100 deaths worldwide results from suicide. Every suicide is devastating and has a profound impact on loved ones and friends. The City's Employee Assistance Program, SupportLinc, offers a variety of resources, including in-the-moment support, coaching, counseling, online courses, videos, and tip sheets.

Start with the resources listed below:



- Videos, articles and tip sheets on your web portal at supportlinc.com
- Mental Health First Aid toolkit at www.mhfirstaid.tools

Licensed clinicians available 24/7/365 for support by calling 1-888-881-LINC (5462)

If you or someone you know needs immediate assistance, dial 988 to reach the National Suicide Prevention Lifeline or call 1-800-273-8255.

***if you are on the City's Health Plan, check with the employee health center to see if services are available to you through TAMU behavioral health.*

Register in the LMS for a Mental Health First Aid Lunch' n Learn

October 12, 2023

11:00 AM-1 PM in the MOB Basement

Presenter: Angie Bates, NAMI Brazos Valley

Come increase your mental health literacy and learn about resources that are available in our community to help others and you. We will learn about:

- Major mental health disorders, signs and symptoms
- Breaking stigma
- Coping strategies
- Suicide prevention
- Community resources

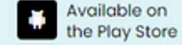
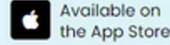


Access EHC lab results with Healow™

HealthCare Support Portal facilitates better communication with the Employee Health Center by providing convenient 24 x 7 access from the comfort and privacy of your own home or office.

healow™ is free and available on the Apple app store and Google Play store.

Download the Free healow app



Set up the healow smartphone app in four easy steps!

1

Download the healow™ app from App Store (iPhone) or Google Play (Android Phone).

2

Search our practice by entering practice code

Practice Code
AIHHAA

3

Enter your portal username and password to login.

4

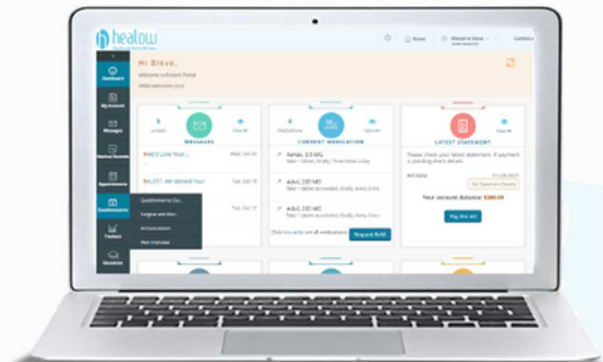
Set up your PIN to securely access your health records.

View your health record

Patient Portal is a secure, convenient, and easy way to access your health information

Here's what you can do with our portal -

- ✔ Communicate with your provider. Get reminders
- ✔ Manage your appointments
- ✔ Access your test results
- ✔ View your medications and request refills



New to Practice?

Pre-register for hassle-free appointment booking and easy check-in for your first visit.

Pre Register

Pre Registration Help the EHC serve you better!

Important: This is for new and prospective patients to enroll in the EHC's portal. Please do not fill the pre-registration if you are already a patient at the EHC. If you need access to the web-portal or if you are having trouble logging in, please contact the EHC @ 979-821-7690.

Chilaquiles Casserole

Ingredients

- 1 TABLESPOON CANOLA OIL
- 1 MEDIUM ONION, DICED
- 1 MEDIUM ZUCCHINI, GRATED
- (1) 19-OUNCE CAN BLACK BEANS, RINSED
- (1) 14-OUNCE CAN DICED TOMATOES, DRAINED
- 1 1/2 CUPS CORN, FROZEN (THAWED) OR FRESH

Total Time:45mins

- 1 TEASPOON GROUND CUMIN
- ½ TEASPOON SALT
- 12 CORN TORTILLAS, QUARTERED
- (1) 19-OUNCE CAN MILD RED OR GREEN ENCHILADA SAUCE
- 1 ¼ CUPS SHREDDED REDUCED-FAT CHEDDAR CHEESE



Directions

Preheat oven to 400 degrees F. Lightly coat a 9-by-13-inch baking pan with cooking spray.

Heat oil in a large nonstick skillet over medium-high heat. Add onion and cook, stirring often, until starting to brown, about 5 minutes. Stir in zucchini, beans, tomatoes, corn, cumin and salt and cook, stirring occasionally, until the vegetables are heated through, about 3 minutes.

Scatter half the tortilla pieces in the pan. Top with half the vegetable mixture, half the enchilada sauce and half the cheese. Repeat with one more layer of tortillas, vegetables, sauce and cheese. Cover with foil.

Bake the casserole for 15 minutes. Remove the foil and continue baking until the casserole is bubbling around the edges and the cheese is melted, about 10 minutes more.

source:www.eatingwell.com/recipe/249179/chilaquiles-casserole/

MASTER OF MEMORY

SEPTEMBER 7TH: MASTER OF MEMORY @ 9:30 - 10:30 A.M
MOB BASEMENT



Join us as we welcome Flora Williams, from Texas A&M Agrilife Extension. We will discuss the Master of Memory program which aims to improve participants' memory function. Master of Memory encourages participants to recognize they can impact their memory function, evaluate their own memory function, identify factors that may enhance or detract from their memory function, and find ways that may help address some of those factors.



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: CityofBryanHealthest-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