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# Fort Bend County Podcasts

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## Podcast Episode 3-Health & Wellness

June 6, 2024

**Gina:** Welcome to this week's Benefit Detective podcast. I'm Gina.

**Wendy:** And I'm Wendy. And our discussion today is gonna be Health and Wellness. And joining us is our special guest, Elexis Fellers, our Wellness Coordinator and Trainer with Fort Bend County.

**Gina:** Hi Elexis.

**Elexis:** Hey friends.

**Gina:** How's it going?

**Elexis:** It's going great. How are you all?

**Gina:** All is well. All is well. Hey, Elexis, I'm so glad that you're here today because since it is June, we are kicking off the month for on-site biometrics and HRAs. Is that right?

**Elexis:** We sure are.

**Gina:** Oh, joy. Joy. Joy. Joy. Alright. So with that being said, can you give us a little information about HRAs and biometrics?

**Elexis:** Sure thing. So the most important thing about these screenings is they are free. It's free to the employee who are currently on the medical plan. So you have to be a participant of the Fort Bend County medical plan to receive a free biometric assessment. So, the biometric assessment is a two part assessment. First is your biometric screening. This is a really easy test done by Next Level Urgent Care. What you'll do is they will prick your finger, they will get a small sample of blood and they are going to test for the following.

**Elexis:** They're going to measure your height, your weight, your blood pressure, your heart rate, your hgba1c which is your diabetes levels, low cholesterol, HDL, LDL, and last but not least, triglycerides. So this screening again is free and it takes approximately 15 minutes. Once you receive your numbers you will input these numbers into the health risk assessment. What is a health risk assessment? It's an easy screening that answers a series of questions about your overall health. And the purpose of this assessment is to know your numbers. How and what is actually going on inside of your body.

**Wendy:** Yeah, that is very important.



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**Elexis:** Speaking of the importance of the screenings, is unfortunately, we have detected numerous employees who have had borderline chronic diseases or actually had full blown chronic diseases and they didn't even know that they were living with them.

**Wendy:** Wow.

**Gina:** So gosh, that is so scary, but yet we are so proactive for that instead of being reactive. So that's always a plus.

**Wendy:** That is a plus.

**Elexis:** And we try to be proactive in this in this sense because that's the last thing that we want is for our employees to be sick and to call in sick for work. So the purpose of this screening is to really tackle your underlying conditions and to get to the bottom of it before it's too late.

**Gina:** Oh, that's so good to hear. That's really good.

**Wendy:** And another benefit of completing both those steps is you can get a discount on your medical plan, on your medical premiums.

**Gina:** Yeah.

**Wendy:** It's a \$120 savings for the year, which is \$5 off each pay period of your medical plan.

**Gina:** So keep in mind that if do a biometric screening, like say this year, it won't the discount will not be applied until To the next following year.

**Wendy:** For the next following plan year.

**Gina:** So always keep that in mind.

**Elexis:** And y'all forgot the best part of the biometric screening.

**Gina:** Oh gosh. What's that?

**Elexis:** Everyone's favorite, of course, is the risk management wireless t shirt.

**\*\*laughing\*\***

**Gina:** Well, that is true. That is true because we can design some things. Let me tell you.

**Wendy:** And everybody loves the t shirts.

**Elexis:** They're soft. They're comfortable. They're breathable. So they have become quite the attraction.

**Gina:** Yay! That's always positive. Always good. Always good.

**Gina:** Well, thank you Elexis for joining us today.



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**Elaxis:** Well, thank you guys for having me And don't forget, on sites will begin Tuesday, June 25th and will run through Friday, August 16th.

**Gina:** Awesome. Well, that's a wrap for this week's Benefit Detective Podcast. I'm Gina.

**Wendy:** And I'm Wendy. And stay tuned to next Thursday. We're gonna have a part 2 of our health and wellness.

**Elaxis:** As always, don't forget, Wellness is a Lifestyle.

**\*\*Laughing\*\***

**Gina:** You got it and don't forget, just a reminder, the Benefit Detectives are here to help.