



Fort Bend County Podcasts

Podcast Episode 42- Biometric Talk with YEP Mariam

July 10, 2025

Gina: Welcome to this week's Benefit Detective Podcast! I'm Gina.

Wendy: And I'm Wendy and joining us today is our YEP student, Mariam. Welcome, Mariam.

Mariam: Hello. Thank you.

Wendy: So, Mariam, did you have any idea of what Risk Management does before you started with us?

Mariam: Well, before working here, I did search it up on the department website, and I read a brief description. But I wasn't really sure, like, how deep you guys go into things.

Gina: Yeah. So, when you started to now work with us, because you've been here with us for the summer, is it anything of what you expected?

Mariam: Not really because at first, I was working a lot with the benefits.

Wendy: Uh-huh.

Mariam: But now I'm slowly getting into the different structures or branches of the department.

Gina: So, yeah. What do you think so far?

Mariam: I really like it, and I really enjoy the risk side a little bit more than the benefit side.

Gina: Yeah. Benefits can be a little bit boring at times, but it can be interesting. Well, Mariam, you have perfect timing in joining us here at Risk Management because we are in full swing with biometrics and HRAs.

Mariam: Yeah. I heard. I can't wait to experience my first session and see biometrics in full action. I know we also have another session tomorrow.

Wendy: And where and what time is that one?

Mariam: That will be at the North Annex in Katy from nine to 11AM.

Wendy: Gina, this is our third week of biometrics. How do you feel like it's going?

Gina: Honestly, I think it's going pretty well for our third week. I know when I attend the biometrics each year, I usually run into employees or retirees, you know, that tell me how much they have changed their lifestyle and eating habits because they've noticed their numbers increasing every year.



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Gina: So, with that being said, I think that is very good for our biometrics, and that's a really good sign that we are promoting, and people are understanding the importance of their health and knowing their numbers.

Wendy: And the biometrics is not just a discount.

Gina: No.

Wendy: It's a wakeup call for your health.

Gina: Exactly. Exactly. We all want to be there for our kids, our grandkids, you know, like, you're young, Mariam. Compared to me, you're young. So yeah. For biometrics, what are your thoughts? Is it like a do you think it's beneficial?

Mariam: I think it is beneficial because it's always good to know the numbers. And when you do, you can take proactive steps into your health. So, I think biometrics is the first start to taking that first step in your health journey.

Gina: Absolutely.

Wendy: Well said.

Gina: That is well said. Yes. Thank you, Mariam. Well, that's a wrap for this week's Benefit Detective podcast. I'm Gina.

Wendy: And I'm Wendy.

Mariam: And I'm Mariam. And if you haven't done your Biometric screening, please come on Friday to North Annex in Katy from nine to eleven and say hi to me and Gina.

Gina: That's right. And remember, the benefit detectives are here to help.