



Fort Bend County Podcasts

Podcast Episode 62 – Numbers Don't Lie

May 28, 2026

****Disclaimer****-Please note, anything that is said in the podcast does not supersede actual plan or program languages, and anyone wishing for specific information in regard to coverage should go directly to the plan documents found under risk management on eConnect.

Gina: Welcome to this week's Benefit Detective Podcast. I'm Gina, and joining me this week is our Co Benefit Detective, Brenda Isenberg.

Brenda: Hey there. Thrilled to pitch in for the podcast this week, and a big welcome to the fabulous nurse practitioner, Christina Hayes.

Christina: Hello, everyone. Thanks for having me this week.

Gina: Alright, ladies. Gear up. It's the fabulous season again. Time to know your numbers.

Brenda: That's right. Christina, can you tell us what is meant by knowing your numbers and why it's important?

Christina: When we say know your numbers, we're really talking about staying aware of key health measurements through routine screenings. That includes things like your blood pressure, cholesterol levels, blood sugar, and your body mass index, otherwise known as BMI. These numbers give us a snapshot or a report card, like, of your overall health, and it can help us identify risk early, often before you feel any symptoms at all. It's very important to know these numbers because it helps you identify the risk for chronic conditions like heart disease, diabetes, and even obesity.

Christina: The earlier we catch these changes, the earlier we can intervene, and often that means simple lifestyle changes like improving nutrition, increasing physical activity, or managing stress, which then can make a huge difference. A lot of chronic conditions are considered silent at first, meaning people may feel completely fine while damage is slowly happening in the body. These routine screenings help us detect those very early, which are usually much easier to manage and treat.

Gina: Tell me, what can happen if someone doesn't watch their numbers?

Christina: So when people avoid or delay screening, conditions like high blood pressure, high cholesterol, diabetes, and obesity can go untreated for years. Over time, these things increase the risk for serious complications like heart attacks, strokes, kidney disease, or even organ damage. The longer these conditions go unmanaged, the harder they become to treat. Good news is that many people can improve their numbers significantly with the early intervention and healthy lifestyle changes, which greatly reduce their risk factor for the major health events. The nice thing is also all these things could easily be checked at one of the Fort Bend County biometric screening events that will begin in June.



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Brenda: Hungry for knowledge? Then don't miss our next Lunch and Learn, the importance of knowing your numbers, happening on June the 10. It's free for all employees and retirees. Treat yourself to a light lunch, take a breather, and give your well-being a boost. Keep your eyes on your inbox and join the Risk Management Facebook group to stay in the loop on all lunch and learns.

Gina: Exactly. And as Elexis puts it, wellness is a lifestyle. So buckle up because the biometrics and HRAs are kicking off on June 23. Keep your eyes peeled for the on-site locations coming your way later this month via email and on the Risk Management Facebook group page. Stay tuned.

Brenda: Thank you, Christina, for joining us today and shedding some light on the topic, know your numbers.

Christina: Thank you, guys, for having me, and I look forward to seeing everybody at the lunch and learn.

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

Brenda: And I'm Brenda. So hang tight for our next podcast venture.

Gina: And remember, the Benefit Detectives are here to help.