HEALTHY LIFESTYLES PROGRAM
CITY OF BRYAN

HEALTHY LIFESTYLES Onsite Screenings 2026

The City of Bryan's Healthy Lifestyle Program offers employees discounted health premiums for participating in an annual Biometric Screening.

On-site Screenings will be held:

Wednesday, September 23rd– BTU Distribution (7:00-9:00am)

Wednesday, October 7th-MSC (6:30-8:30am)
Thursday, October 8th-MSC (6:30-8:30am)

Wednesday, October 21st-MOB (7:30-9:30am)

To schedule an on-site screening, contact Risk Management at 209-5054 or e-mail employeebenefits@bryantx.gov

If you would like to have your assessment completed through your physician or at the City of Bryan Employee Health Center (821-7690), please call them directly for an appointment. You must have an appointment at the Employee Health Center-NO WALK-INS! Take your Wellness Packet to your appointment.

What will be assessed?

Blood Pressure, Total Cholesterol, LDL, A1C, CMP, PSA (Men 45+), Height and Weight

Labs completed between July 1, 2025 and after will be accepted.
Exception: Police & Fire-HUFFINES results must be from 2025

Questions? Contact Risk Management at 209-5054 or email employeebenefits@bryantx.gov