

COMPLETE YOUR HUFFINES SCREENING and FOLLOW-UP (if applicable) BY DECEMBER 04, 2026.



Annual Healthy Lifestyle Program Huffines Participants (Fire/Police)

FAQS

(all City of Bryan employees enrolled in the City's health plan are eligible to participate)

How do I participate in the program?

Each year the Healthy Lifestyle program is offered prior to the City's Open Enrollment period. If you would like to receive the "Healthy Lifestyle" health insurance premium, you must complete the screening annually. Healthy Lifestyle participants currently pay \$180 less per month in premiums than a non-participant. In order to receive the lower premium rate, you must complete the following below:

Biometric Screening

What if I would like to utilize my Huffines results to satisfy the screening portion?

As long as your Huffines screening was done in 2026, you are eligible to utilize the results to satisfy the screening portion. When you receive your result packet in the mail from TAMU, it will indicate if your numbers meet the parameters listed above or if you need to follow-up with a medical provider in order to qualify for the lower premium.

- If one or more of your numbers are abnormal, your packet will include a document that will need to be signed by your medical provider and returned to Risk Management once you have discussed a treatment plan. The next step is to complete the follow-up for your biometric screening (only if applicable). Instructions for this are listed below.
- If your numbers are normal, Risk Management will be notified by Huffines that you have satisfied the requirements.

Complete Follow-up on Biometric Screening (only if applicable)

If you are required to follow-up due to one or more of your values falling outside the established parameters, the deadline to do so is **Friday, December 04, 2026**. Your result packet will have clear instructions on what you need to do in order to receive the discounted premium. Please check your packet when it is returned to you at your home address (approximately 2 weeks after you complete your screening). Failure to follow-up in a timely manner will result in you having to pay standard premiums. Follow-up is required if your:

- Hemoglobin A1C level is 5.7mg/dL or higher
- Total cholesterol is 239mg/dL or higher
- LDL level is 140mg/dL or higher
- Blood pressure is greater than or equal to 140mmHg and/or greater than or equal to 90mmHg

If you have any questions about the biometric screening process, please call

David Garcia at 979-209-5054 or email dgarcia@bryantx.gov