



WORKING WELLNESS

Good Health is Good Business

JULY 2012

is...

Cord Blood
Awareness
Month

Juvenile
Arthritis
Awareness
Month

International
Group B
Strep
Awareness
Month

UV Safety
Month

with...

World
Hepatitis Day

And more!

For more
information
on these
observances
or future
observances,
go to U.S.
Department
of Health and
Human
Services at

www.healthfinder.gov/nho

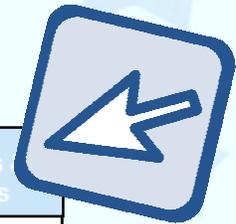


Living Healthy

When logging on to BCBSFL.com, you should check out the selection “Living Healthy” on the top menu. So much is offered, including wellness information. Check it out at BCBSFL.com!

If you have any questions about what is offered on the website or if you have any questions about your medical coverage, contact BCBS at 1-800-664-5295. They are here to help!

CHECK IT OUT!



Find a Doctor,
Costs & More

Living Healthy

Discounts
Rewards

My Health

- Personal Health Assessment from [WebMD](#)
- My Health Manager from [WebMD](#)
- Personal Health Record from [WebMD](#)
- Track My Health from [WebMD](#)



Get Healthy

- Lifestyle Improvement Programs from [WebMD](#)
- A-Z Health Topics from [WebMD](#)
- Symptom Checker from [WebMD](#)
- Health Calculators & Quizzes from [WebMD](#)
- Health Forums from [WebMD](#)
- Health Videos from [WebMD](#)



Stay Healthy

- Contact a Nurse 24 Hours a Day
- Personal Support for Your Health Needs
- Health Management Centers from [WebMD](#)
- Immunizations & Health Guides
- Wellness Programs
- Healthy Recipes from [WebMD](#)



Twenty Minutes to Relaxation: A Stress Reduction Experience

This time is for you! It's time to disconnect from the many distractions of the day. Let go of emails, IMs, texts and just be present to the moment. Sign up, call in, sit back and be prepared to let go. (This is not a presentation about relaxation. You're invited to actually release your tension and experience the benefits of relaxing.)

Register at:
www.horizoncarelink.com

July 17th
1:00PM – 2:00PM

Login: MCBOCC
Password: MCBOCC

A word from the Safety Officer...



Due to recent events the BOCC's Safety Officer, Mark Gongre, would like to reiterate the following:

Now that Summer is upon us (and the winds have finally backed down) many of our thoughts turn to getting out on the water as often as possible. This weeks' tip focuses on getting out – and more importantly – getting back safely.

Before you go:

- File a Float Plan - A Float Plan means to simply let someone know where you're going, what kind of vessel you're in, how many on board and most importantly – when you plan on returning. *It's hard to report you missing/overdue if no one knows you left.*
- Check Your Safety Gear:
 - A USCG approved life jacket (PFD) for everyone on board- that fits them.
 - Vessels over 16' – one throwable PFD
 - Kids under 6 (on boats less than 26') must wear a PFD while underway.
 - A charged Fire Extinguisher
 - A “sound producing device”- whistle, air horn etc..
 - 3 visual distress signals (6 for boats over 16')
 - VHF Radio (remember Ch.16 for emergencies) with a cell phone back-up.
- Check Your Fuel - Remember, you should only consume one third of your fuel getting to your destination – one third getting back – with one third left as reserve.

While Underway:

- Follow the “*rules of the road*” and yield to those who either don't know (*or don't care*) how to properly navigate.
- Don't consume alcohol to excess – as the Captain, your passengers' safety is your sole responsibility.

Florida Boating Factoids:

- In 2009, Florida led the Nation in two categories: Boating Accidents- 620 and Boating Fatalities- 68.
- In Florida, most boating accidents occur during the months of May, July and October – with most occurring between 4 and 7 p.m..
- The most common cause of Boating Fatalities in Florida?- Falling Overboard.

Rx Corner

SPOTLIGHT OF THE MONTH: Wellness Website

Coming Soon!

www.Drugs.com/Drug_Interactions.html

LiveHealthyAmerica.org

Dates and locations for the next Health Fair will be announced soon.

“The Drug Interaction Checker explains the mechanism of each drug interaction, the level of significance of the interaction (major, moderate or minor), and in certain cases, can provide the recommended course of action to manage the interaction. The Drug Interaction Checker will also display any interactions between your chosen drug(s) and food.”

Check there “customized wellness challenges” that “bring together teams of friends, families, employees and communities to create a lifestyle of healthy habits and physical activity that leads to improved nutrition and weight loss. “

We are not accepting appointments at this time, but **Stay Tuned** for more information!

COMP CORNER

Providing you with continuous general information on your Workers' Compensation benefits.

Don't Wait Until It Is Too Late

<p>When to Seek Shelter: Lightning can strike as far as ten miles from the area where it is raining.</p> <p>When you hear thunder, within 30 seconds of the lightning flash, seek shelter in a substantial building or in an enclosed metal-topped vehicle.</p> <p>Inside Safe Shelter: Stay off corded phones, computers, TVs and other electrical equipment that put you in direct contact with electricity.</p>	<p>Stay away from pools (indoor or outdoor), tubs, showers and other plumbing.</p> <p>Stay away from windows and off porches.</p> <p>Don't lay on concrete floors or lean against concrete walls.</p> <p>Stay sheltered for 30 minutes after the last clap of thunder.</p>	<p>If Caught Outside: Get off elevated areas or high ground;</p> <p>Never use a tree as shelter;</p> <p>Get away from lakes, ponds or other bodies of water;</p> <p>Stay away from power lines, fences or any other conductors of electricity.</p> <p>If Someone Is Struck: CALL 911</p>
--	--	--



“This corded phone was hit by a power surge from a lightning strike”

These articles appear courtesy of our workers' compensation company, Employers Mutual, Inc. (EMI), and were selected from their monthly newsletter, *Safety Matters*. The full newsletter provides a wealth of information related to employee safety. Future EMI newsletters, or some archived newsletters can be viewed at:

www.emi-tpa.com/services/safety-matters.html

Injured workers are also encouraged to visit the Division of Workers' Compensation website at www.fldfs.com/wc where you will find extensive information such as publications, a number of databases, rules, and forms that will give you a better understanding of workers' compensation.

Sources are referenced and available upon request. It is not our intention to diagnose or treat illness. For personal health problems or major changes in diet or exercise, please consult your physician. If you have any questions or concerns, please contact the Benefits Office at 305-292-4446 or extension 4446. Website links shown may be disabled.