



WORKING WELLNESS

Good Health is Good Business

AUGUST 2012

2012 EMPLOYEE HEALTH SCREENINGS



FREE HEALTH SCREENINGS FOR CHOLESTEROL, DIABETES, BLOOD PRESSURE AND MORE WITH IMMEDIATE RESULTS!

VALUABLE INFORMATION FOR FLORIDA BLUE MEMBERS TO MAXIMIZE YOUR HEALTH BENEFITS;

HEALTH COACHES ON-SITE TO ANSWER HEALTH QUESTIONS;

CONFIDENTIAL HEALTH RISK ASSESSMENT THAT WILL PROVIDE YOU WITH A PERSONAL WELLNESS REPORT;

PLEASE JOIN US FOR THE 2012 EMPLOYEE HEALTH SCREENINGS! THIS EVENT, OPEN TO ALL EMPLOYEES AND THEIR COVERED DEPENDENTS 18 AND OLDER, OFFERS YOU THE OPPORTUNITY TO LEARN ABOUT MANY OF THE GREAT SERVICES OFFERED BY FLORIDA BLUE REGARDING YOUR HEALTH AND BENEFITS, AS WELL AS THE OPPORTUNITY TO WIN PRIZES.

SCHEDULE YOUR APPOINTMENT TODAY!

1) GO TO: [HTTPS://PICKATIME.COM/CLIENT?VEN=11606590](https://pickatime.com/client?ven=11606590)

THE EVENT DATES ARE:

KEY WEST - SEPTEMBER 5TH

KEY LARGO - SEPTEMBER 6TH

MARATHON - SEPTEMBER 12TH

2) ENTER YOUR EMAIL ADDRESS AND CREATE A PASSWORD (WRITE DOWN PASSWORD).

3) SELECT AN APPOINTMENT TIME AND ENTER YOUR WORK TELEPHONE / EXTENSION NUMBER.

4) YOU WILL RECEIVE A CONFIRMATION E-MAIL WITH THE DATE, TIME, AND LOCATION OF THE EVENT.

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT THE BENEFITS OFFICE AT (305) 292-4446 OR X4446 AND SPEAK WITH MEGAN YARBROUGH.

FOR EMPLOYEES WHO ARE UNABLE TO MAKE THEIR OWN APPOINTMENTS WE ASK THAT SUPERVISORS CONTACT US WITH A LIST OF THOSE EMPLOYEES WHO WISH TO ATTEND. INDIVIDUAL CALLERS WILL BE REFERRED BACK TO THEIR SUPERVISORS FOR SCHEDULING. WE APPRECIATE YOUR ASSISTANCE.

DOOR PRIZE GIVEAWAYS!

- "CAN-DO" PEDAL EXERCISERS – PROVIDED BY FLORIDA BLUE
- (3) \$50 GIFT CARDS – PROVIDED BY ENVISION
- FITNESS PACKAGES
- GIFT CERTIFICATES FOR WATERSPORTS ACTIVITIES (KAYAK RENTALS, PADDLEBOARD RENTALS, FISHING, AND SCUBA)
- AND MORE!



FLORIDA BLUE MOBILE



Florida Blue Mobile gives members more control and better access to health information on the go --wherever they are, whenever they need it. Just type in floridablue.com from your Smartphone or download the Florida Blue app for iPhone and Android.

Member Features

- Get Benefit details
- Check your claims on the go
- View your Member ID Card on the same day as enrollment
- Find a doctor, get provider information and map the location with GPS
- Compare drug prices and find a nearby pharmacy
- Click to call a Care Consultant and access other member services
- New Enhancement: Fax or email your ID card right from your phone

Keep an eye out in October for price office visit and medical procedures.



Bonus Features for Everyone

Take care of yourself and your family at every age with “Health Check”. Just enter your age and gender to receive a list of recommended screenings, routine checkups and immunizations.

Read daily health news articles, discover new recipes, and get answers to common questions from a professional health coach

Keep up with the latest on health care reform and how it's affecting you. Click on “Health Care Reform” to get the facts, find out when new regulations take affect and watch videos.

Go here to view this web video, it's all about Florida Blue Mobile: <http://www.brainshark.com/bcbsf/vu?pi=zG UzGari5zQrOz0&intk=68517067>

SPOTLIGHT OF THE MONTH: Wellness Website

Health & Wellness Resource Center

<http://galenet.galegroup.com/servlet/HWRC/>

Health & Wellness Resource Center from Gale is a comprehensive resource for libraries, schools, and hospitals that provides integrated access to medical, statistical, health, and related information. The *Health & Wellness Resource Center* features a fully updated, intuitive interface—providing multiple pathways to key information. Its browser-style format lets you read the latest news, review a set of subject areas, select a particular resource, or search across the entire database.

This website is:

Brought to you by the Florida Department of State, Division of Library and Information Services, and funded under the provisions of the Library Services and Technology Act in partnership with your local library.



Emotional Eating

“When you feel angry, upset, lonely, anxious, frustrated, stressed, bored - sometimes even happy - food may be the way you comfort yourself. If this sounds like you, join us for the emotional eating webinar. You’ll learn other ways to soothe those emotions, as well as:

- How to define emotional eating
- Factors that trigger emotional eating
- Ways to identify your triggers
- How to distinguish between physical and emotional hunger
- Create a new skill set “

August 28th
1:00PM – 2:00PM

Register at:
www.horizoncarelink.com

Login: MCBOCC
Password: MCBOCC

COMP CORNER

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



Keeping Flammables Safe



Most flammable storage cabinets are metal and are made with the following specifications:

- The bottom, top, door, and sides of the cabinet shall be at least No. 18 gauge sheet iron;
- The cabinet must be double walled with a 1-½ inch air space all around;

- All joints shall be riveted, welded or made tight by some equally effective means;
- The door shall be provided with a three-point lock; and
- The doorsill shall be raised at least 2 inches above the bottom of the cabinet to retain liquid.

These **cabinets** are not designed to contain fire inside, but to **prevent** a fire outside the cabinet from **igniting** what is stored **inside**.

All flammable liquids, opened and unopened, should be stored in approved storage cabinets.

You should **only remove what will be needed** for the day or shift.

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.fdfs.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.