



WORKING WELLNESS

Change begins with you

MARCH 2013

is...

National
Nutrition Month



Workplace
Eye Wellness
Month



National
Colorectal
Cancer
Awareness
Month



with...



Brain
Awareness
Week



National Sleep
Awareness
Week



American
Diabetes Alert
Day



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



www.healthfinder.gov/nho



MONROE COUNTY'S BENEFITS WEBPAGE HAS BEEN UPDATED!

Visit the Benefits Webpage at:

<http://fl-monroecounty.civicplus.com/index.aspx?NID=274>

For Information on:

- Medical
- Prescription
- Life Insurance
- EAP
- Dental
- Vision
- Claim forms
- Resources



Expanded Coverage for Wellness Medications

Effective January 1st, 2013 the Monroe County prescription drug benefit plan began to include coverage on select Wellness Medications at a *zero dollar* copayment.

For more information refer to link [Envision Rx Expanded Coverage for Wellness Medications](#) on the Benefits webpage.

Call Toll-free: 1-800-361-4542

or

Visit their website at www.envisionrx.com

SPOTLIGHT OF THE MONTH: Wellness Website

COLORECTAL CANCER AWARENESS MONTH

Below is a website that has information about colon cancer, programs, prevention, screening, treatment and other resources to help you understand the importance of getting checked.

<http://www.coloncancerfoundation.org/index.html>

Did you know you can get a colorectal cancer screening (age restrictions apply) with the new preventive care program for a \$0 copay?



Refer to link [2013 Preventive Care Guidelines \(Age 19+\)](#) located on the Benefits Webpage for colorectal cancer screenings and other wellness guidelines.

SPOTLIGHT OF THE MONTH: EAP Webinar

Horizon Health is now Aetna

Aetna provides “real solutions for real life” 24 hours a day, 7 days a week, 365 days a year. The services are confidential and free of charge to you and members of your household.

If you are interested in any of these upcoming Webinars please visit the website listed below.



March 6- Til debt do us part

March 13- Taking your zzzzz's seriously

March 20- Stop to smell the roses:
finding joy in life

March 26- Overcoming the fear of
failure



Register at: www.mylifevalues.com

Login: MCBOCC
Password: MCBOCC

COMP CORNER

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

Working on The Chain Gang

Make an inspection of chains and attachments before each use. Items to look for include:

- Wear or elongation
- Defective welds
- Nicks, cracks, breaks, gouges, stretch, bends, discoloration due to excessive heat
- Excessive pitting or corrosion
- Throat opening of hooks
- Other conditions that cause doubt as to continued safe use of the chain



Where any defect or deterioration is present, remove the chain or attachment from service immediately. For overhead lifting applications, only grade 80 or 100 Alloy Chain should be used. Carbon Steel chain should not be used for overhead lifting. Chains designated for transport or securing loads should NEVER be used for lifting.

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.

A word from the Safety Officer

The Safety Office would like to take this opportunity to announce that, starting in March, we will begin having a Safety Trivia Contest. The contest will be held on the first Tuesday of the month and will consist of a single question sent to All Users. The question will be safety related and will come from either the previous months' Safety Tips, Monroe County Safety Policies or the "7 Minute Safety Trainer" program.

Here are some hints and ground rules for *Safety Trivia*:

- ❖ There will be one winner per contest. The first correct answer that is received via email as a response to the question wins.
- ❖ Questions regarding the validity of an answer will be decided by the Safety Officer and EEO Officer.
- ❖ Contestants are limited to one win in a three month period.
- ❖ A prize will be awarded to the first place winner.
- ❖ Monroe County Safety Policies are viewable on the County website – Division/Employee Services/Safety/Safety Policies.
- ❖ All previous Safety Tips and *7 Minute Safety Trainer* materials are available- from Outlook- go to Public Folders/County Forms/Safety.



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.