



WORKING WELLNESS

Good Health is Good Business

JUNE 2013

is...

Cataract
Awareness
Month

National
Aphasia
Awareness
Month

National Safety
Month

with...

Men's Health
Week

National
Cancer
Survivor's Day

World Sickle
Cell 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

CHECK OUT THE MONTHLY BULLETIN BOARD FROM AETNA! RESOURCES FOR LIVING

Includes:

- Monthly Newsletter Downloads
- Extra Info on Webinars
- Calendar for Upcoming Events



Getting help:

For help with personal or workplace issues, call your access phone number or check your website. These confidential services are available 24/7 to you, your eligible household members and adult children under age 26, whether they live at home or not.

To view the Bulletin click the link below:

http://www.promoinfotools.com/Portals/12/Bulletin/June13/June13_bulletin-NB.html

** If you are interested in any of these upcoming Webinars; please register at the website listed below.

June- Taking Special Care Of You

NEW

June 5 @ 3 pm – Stop to smell the roses:
Finding joy in life

NEW

June 11 @ 3 pm - Tips for summer safety

NEW

June 19 @ 3 pm - Learning how to say “no” :
An important life skill

NEW

June 25 @ 3 pm - Retirement: What does it
mean to you?



Available 24/7 @ **1-800-272-7252**

Or

Register at: www.mylifevalues.com

Login: MCB OCC Password: MCB OCC



Better You From Florida Blue

DID YOU KNOW...

Florida Blue offers:

- ❖ **Access to Lifestyle Improvement Programs:** Web-based health and wellness programs and resources that can help with steps to better health. These Programs include:

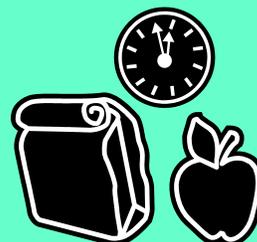
- Emotional Health
- Exercise
- Smoking Cessation
- Stress Management
- Weight Management



- ❖ **Access to Health Coaches, Registered Nurses, Dieticians, and Respiratory Therapists** (they can help you understand meds, jump start weight loss, etc.)

Available 24 hours per day, 7 days per week at: **1-877-789-2583**

FYI:
Save the date!
Florida Blue will be
hosting our First Annual
Lunch and Learn
July 23rd
in Key West!



VSP UPDATE!

Please Welcome:



Roger A. Otto, OD and Dedra N. Ling, OD of Key West Optical to our in-network providers for your vision insurance.

For more information or to make an appointment, Please call their office @ (305) 294-9711.

** To make sure you're going in network visit: <https://www.vsp.com/>
To search put in your zip code and then our network: VSP Choice.

COMP CORNER

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

Keep the Dust Down



Silica is a mineral that is found in stone, soil, and sand and also in concrete, brick, mortar and other construction materials.

Breathing in silica dust can cause **silicosis, a serious lung disease.**

Using a handheld masonry saw to cut concrete, stone brick and similar materials can expose workers to **hazardous levels** of airborne silica.

The small particles easily become suspended in the air and, when inhaled. Penetrate deep into workers lungs.

There are **two main methods** used to **control silica dust** while operating a handheld saw:

- **Wet Cutting**
- **Vacuum Dust Collection Systems.**

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

Fire Extinguisher Use - Remember P.A.S.S.

PULL – Pull the pin on the extinguisher

AIM - Aim the hose nozzle low at the base of the fire

SQUEEZE - Squeeze the handle to release the extinguishing agent.

SWEEP - Sweep the nozzle from side to side at the base of the flames until extinguished.

FIRE! What do I do?

Always sound the FIRE ALARM and **call 911** immediately, regardless of the size of the fire.

Notify your coworkers and evacuate the building.

Stay Out of the Elevators – and proceed to your meeting area.

Fighting a Small Fire with an Extinguisher

Before approaching the fire, determine an evacuation route safe of flames, excessive smoke and heat. DO NOT allow this route to become blocked.

Use the PASS technique for discharging the extinguisher and back away if the fire flares up again.

If the extinguisher is empty and the fire is not out, evacuate immediately.

EVACUATE:

If the fire is too large, is hidden behind a wall or ceiling, or cannot be reached from a standing position.

If the air is unsafe to breathe.

If potential evacuation paths are becoming impaired.



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.