



WORKING WELLNESS

Good Health is Good Business

OCTOBER
2013

OCTOBER IS BREAST CANCER AWARENESS MONTH



is...



Eye Injury
Prevention
Month



Health
Literacy
Month



Breast
Cancer
Awareness
Month



National
Down
Syndrome
Awareness
Month



With



Mental Illness
Awareness
Week



Child Health
Day

LADIES...

- Did you know that if you are 40+ you can get a mammogram every year covered at a 100%? And at 50+ every other year?
- Also, you can get your annual wellness visit at the gynecologist covered at no cost under preventive care.
- Keys AHEC offers free breast exams at all 3 of their locations throughout the keys.

Key West- 3425 N. Roosevelt Blvd. KW, FL 33040
Call 305-296-8868

Marathon- 5800 Overseas Hwy. Suite 38 Marathon, FL
33050 Call 305-743-7111 x206

Tavernier- Roth Building 50 High Point Rd. Tavernier, FL
33070 Call 305-852-9551

SPOTLIGHT OF THE MONTH: Walking Strides

Do you want to get involved in supporting the fight against breast cancer? Check out the link below to see what the Walking Strides: Fight Against Breast Cancer is all about. You can learn more about the research, read a survivor's story, make a donation, or find a walk to participate in near you.

Click below:

http://makingstrides.acsevents.org/site/PageServer?pagename=MSABC_CY13_FindAnEvent

For more information on these observances or future observances, go to U.S. Department of Health and Human Services at <http://healthfinder.gov/NHO/nho.aspx>



GREAT TURN OUT IN KEY WEST & KEY LARGO!

LAST CALL!

JOIN US FOR MARATHON'S HEALTH FAIR!

**OCTOBER 22nd from 9am- 1pm @ the
Marathon Gov't Center!**



If you missed out in Key West and Key Largo, its not too late. Join us in Marathon! Blue Cross will be administering the Health Assessment, AHEC will be there for breast, skin, and bone density screenings. Also, the Health Dept. will be giving out FREE FLU SHOTS and you can be a possible recipient of one of the great door prizes that were made available to us through the generosity of our insurance providers and local businesses!

To sign up: <https://pickatime.com/client?ven=11606590&event=246861>

SPOTLIGHT OF THE MONTH: EAP Webinars

If you are interested in any of these upcoming Webinars or have any questions; please see contact information below.



OCTOBER 10 @ 3pm- Finding Comfort Beyond Your Comfort Zone

OCTOBER 16 @ 3pm- Positive Thinking Packs A Punch

OCTOBER 23 @ 3pm- Are We Having Fun Yet? Putting Play Into Your Daily Life



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

Or

Register at: www.mylifevalues.com

Login: MCBOCC Password: MCBOCC





Don't pay more than you should— Shop, compare and save money.

You have choices when it comes to the cost of your health care.

- The quality and price of medical services can vary depending on where you go for office visits, imaging services, and surgery, including inpatient and outpatient care.
- Compare quality and cost before you go, and then decide what's best for your care.
- Cost estimates are based on your plan and where you stand with your deductible.¹ Your costs are lower after your deductible is met—pay only coinsurance or a copay for in-network services.
- To get cost estimates, simply log in at floridablue.com and select **Compare Medical Costs** under **Tools**.

Check doctor ratings.

- See ZAGAT® patient reviews on important factors like trust, communication, availability and environment.
- To read reviews, log in at floridablue.com. Once you find a doctor using the search tool, click **Details** under the name, then **See Patient Reviews**.

We're here to help:



Click

Log in at floridablue.com.



Call

a Care Consultant at **1-888-476-2227**.



Visit

us in person at a **Florida Blue Center** near you. Visit floridablue.com for locations.

Florida Blue

In the pursuit of health™

Surgery Cost Example*

Inpatient or Outpatient Select back, leg, pelvis & more!	Cost Range Your actual cost can be estimated by a Care Consultant
Health Care Facility A	\$21,710 - \$24,423
Health Care Facility B	\$17,752 - \$19,970
Health Care Facility C	\$13,197 - \$15,395

Imaging Cost Example*

MRI, Scan or X-ray Select ankle, back, foot & more!	Your cost Before your deductible is met
Imaging Facility A	\$797
Imaging Facility B	\$689
Imaging Facility C	\$1,569

Office Visit Cost Example*

Primary or Specialist Select allergy, cardiology, dermatology & more!	Your cost Before your deductible is met
Health Care Provider A	\$181
Health Care Provider B	\$326
Health Care Provider C	\$177

*On floridablue.com, you'll also see a detailed cost break down, plus the health care provider or facility name, phone number, address, credentials, quality programs, approvals if needed, and patient ratings when available.

¹Since surgery may involve multiple services and health care providers, you'll be able to compare cost ranges and then speak to our Care Consultants for actual cost estimates based on your plan.

HAPPY HALLOWEEN

COMP CORNER

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

**** Comp Corner will return next month, if you have any Worker's Compensation questions at all please contact Tammy Sweeting the Workers Comp Specialist @ 292-4507**



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

Receiving Suspicious Mail or Packages

Over the past several months, a couple of incidents have occurred locally and elsewhere involving Government employees receiving suspicious mail containing a powdery substance. Employees should be aware that, although the substance is probably harmless, precautions should be taken to prevent the spread of any potentially toxic contents. The United States Postal Service has issued a "Response Checklist" for Suspicious Mail and Unknown Powders or Substances. Please take a moment and review these simple procedures that should be adhered to if you receive a suspicious package or piece of mail:

Checklist of Actions to Take:

- ✓ Leave the piece of mail or substance where it was found. Do not disturb it. Do not try to clean up the substance.
- ✓ Clear all employees from the immediate area where the piece of mail or substance is located. Prevent others from entering the area.
- ✓ Instruct people in the immediate area to wash their hands and exposed skin with soap and water.
- ✓ Direct people to a designated area away from the substance to wait further instructions.
- ✓ List the names of each person in the immediate area of the piece of mail or substance.
- ✓ Cordon off the immediate area.
- ✓ Shut down all equipment in the immediate area.
- ✓ Shut down all heating, ventilating, and air conditioning (HVAC) systems.
- ✓ Contact your local Fire Rescue Service and advise them of exactly what you have.
- ✓ Advise employees in the immediate area to await instruction from Fire Rescue personnel before leaving the area- (locally, some employees left work and went to the local E.R., only to be turned away and told to go back to the scene to be evaluated by HazMat crews).
- ✓ Document as much about the mail as possible including description, postage, addresses etc..



One of the most important things to keep in mind during these incidents is **Containment**. Once the mail is opened and the substance enters the immediate environment, containment is key in limiting potential exposure.

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.