



WORKING WELLNESS

Good Health is Good Business

JANUARY
2014

is...



New Changes for the New Year 2014 !



National Radon
Action Month

Thyroid
Awareness
Month

Cervical Health
Awareness
Month

National Glaucoma
Awareness Month

With

National
Folic Acid
Awareness Week

- 2014 Deductibles: \$400 per person & \$800 per family
- Out of pocket: \$6,350 per person & \$12,700 per family
- Per ER Visit Deductible: \$100
- Per Admission Deductible: \$150
- Physician Office Visit: \$25 co-pay
- Preferred Brand Prescriptions: \$35 co-pay

Check out the Benefit's webpage:

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

Find:

- Information about your Medical, Prescription, Dental and Vision Coverage
- Life Insurance Information
- Claim Forms
- And other useful resources such as the Blue Options Benefit Booklet, 2014 Preventive Guidelines, Privacy Notices, Summary of Benefits and Coverage, Domestic Partnership Information and the Active Rates for 2014.



CORNER

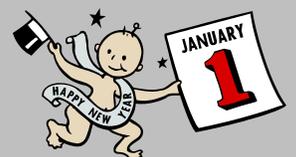
For more
information on these
observances or
future observances,
go to U.S.

Department of
Health and Human
Services at

<http://healthfinder.gov/NHO/nho.aspx>

To gain easy access to personalized benefits check out our prescription companies website and register. The registration process is easy and takes minutes!

<https://www.envisionrx.com/login.aspx>



SPOTLIGHT OF THE MONTH: NEW CLINIC IN KW

Check out the new alternative medicine clinic in Key West

- **The Clinic of Alternative Medicine will be leading a free health food grocery shopping tour on **Saturday January 18th**. 1 tour will be at 9:30am and 1 will be at 4pm. They will meet on the corner of Simonton and Olivia.**
- **They will also be hosting a free film screening of a movie called **Hungry for Change on Thursday, January 30th** at Impact Community Church (1316 5th Street) and will be giving a talk about health coaching after the film is over.**

www.HungryForChange.TV



For more information, contact Clinic of Alternative Medicine- Dr. Ashley Hoyt, A.P. at 305-296-5358, or drop by at 3420 Duck Avenue Key West, FL 33040.

SPOTLIGHT OF THE MONTH: EAP Webinars

Make your new year a healthy one and check out the EAP monthly newsletter. Aetna can assist with quality of health, plans & benefits, healthier living, financial well-being, and intelligent solutions. Check out their monthly newsletter below!

http://www.promoinfotools.com/Communications/Newsletters/Mbr/2014/Jan14/Jan14_bulletin-NB.html

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



JANUARY 23 @ 3pm- Supporting a loved one through the job search process

JANUARY 29 @ 3pm- Pennywise: Everyday Budgeting and saving

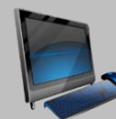


Available 24/7 @ 1-800-272-7252

Or

Register at: www.mylifevalues.com

Login: MCBOCC Password: MCBOCC



CONSUMER CORNER



Paradise Health and Fitness **Monroe County BOCC SPECIAL**



Gym Membership Discounted to \$40.00 a month !!!!

Personal Trainers Available!



Special for the New Year !

\$100.00 for 3-1hr sessions

Or \$100.00 for 6- 30 minute sessions

Call (305) 294-4120 for more details or check us out
online @ www.paradisehealthandfitness.com

Or stop by @
1706 N. Roosevelt Blvd.
Key West, Florida 33040

Short term Prices tx inc.

- DAILY - \$15.00
- Single class- \$10.00
- WEEKLY - \$45.00
- 1 MONTH - \$85.00
- 2 MONTH - \$165.00
- 3 MONTH - \$195.00
- SENIOR (65)- \$60.00

Long Term W/local ID tx inc

- ❖ Weight room only \$55.00
- ❖ Class & clinic's only \$65.00
- ❖ Full Access \$75.00
- ❖ Senior (65+) \$54.00
- ❖ Student/local ID \$43.00
- ❖ **12 Month paid in full \$645.00**
- ❖ **Prices effective June 1, 2010**
- ❖ **Group rates available**

For more information about the Consumer Corner please contact
Meri-De Mercado @ mercado-meride@monroecounty-fl.gov or
(305) 292-4450.

**A HAPPY
NEW YEAR**

COMP CORNER

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

Comp Corner will return next month. If you have any questions or concerns about Workers Compensation please contact Tammy Sweeting @ sweeting-tammy@monroecounty-fl.gov or (305) 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

The Whens and Hows



Being in the midst of flu season employees need to be extra sanitary!

When should you wash your hands?

Before eating food
Before and after caring for someone who is sick
Before and after treating a cut or wound
After using the toilet
After changing diapers or cleaning up a child who has used the toilet.
After blowing your nose, coughing or sneezing
After touching an animal or animal waste
After handling pet food or pet treats
After touching garbage

What is the right way to wash your hands?

Wet your hands with clean, running water (warm or cold) and apply soap.
Rub your hands together to make a lather and scrub them well, be sure to scrub the back of your hands, between your fingers, and under your nails.
Continue rubbing your hands for at least 20 seconds. **Need a timer?** Hum the "Happy Birthday" song from the beginning to the end twice!
Rinse your hands well under running water.
Dry your hands using a clean towel or air dry them.
Use the paper towel to turn off the water and open the door.

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.