



WORKING WELLNESS

Good Health is Good Business

MAY
2014

is...



Special Reminders from the Benefits Office



Healthy Vision
Month



Arthritis
Awareness
Month



Hepatitis
Awareness
Month



Lupus
Awareness
Month

With



Air Quality
Awareness
Week



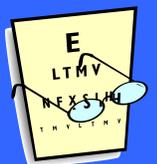
Hepatitis
Testing Day

Heat Safety
Awareness
Day

- **Voluntary changes** to you or your dependents coverage can only be made if you or anyone of your dependents have a **Life's Event** (i.e., insurance loss or gain, marriage, divorce, birth). The Benefits Office must be **notified within 30 days** of the Special Enrollment Event otherwise the change in coverage will have to wait for the **Annual Open Enrollment**.
- **Stay in Network !** You can search for in network providers by:
Florida Blue (BlueOptions):
<http://myportal.bcbsfl.com/wps/portal/opd>
United Concordia (Advantage Plus):
<https://www.unitedconcordia.com/find-a-dentist/>
VSP (VSP Choice)
<https://www.vsp.com/>
- **Change of address or new phone number ?** Give the Benefits Office a call anytime with your updated information so that all records can be updated.
- **Lost your insurance cards ?** Give the Benefits Office a call for replacements.
- Do you know who your **life insurance beneficiary** is ? Keep your Beneficiary Designation Form (BDF) updated at all times. Give the Benefits Office a call to receive a BDF anytime you wish to make changes to your life insurance beneficiary.

UPDATE on VSP

We would like to let everyone know that the doctor at Sears in Key West is an in network provider however, Sears Optical is not.



In other words, if you go for an exam it will be \$10 but if you try and buy lenses they will be considered out of network.



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>

CONSUMER CORNER

Need to know what your next doctor visit will cost?
Need an MRI, CT scan or surgery?

Find out about the Florida Blue personal support and online tools that can help you compare quality and costs for doctors, testing, procedures and prescriptions. Turn to Florida Blue to get all of your questions answered one-on-one so you can make the best choices for you and your budget. Call 1-888-476-2227 before you go.

Also, check out Florida Blue on You Tube:

http://www.youtube.com/watch?v=ElpILgzt_lc&feature=youtu.be

Any questions, comments or concerns please contact Meri-De Mercado, Sr. Benefits Coordinator @ mercado-meride@monroecounty-fl.gov or (305) 292-4450.



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.



MAY 7 @ 3pm- Intuition: Hearing & Trusting your Inner Voice

MAY 14 @ 3pm- Kids & their Techno-toys: Parenting in the age of Technology

MAY 20 @ 3pm- Being your Best Self: Self-esteem for Adults

MAY 29 @ 3pm- Hobbies: Good Medicine for Mind & Body

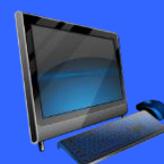


Available 24/7 @ 1-800-272-7252



Or

Register at: www.mylifevalues.com



Login: MCBOCC Password: MCBOCC

COMP CORNER

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

MOVE OVER

The **Move Over Law** protects law enforcement officers, emergency workers and tow truck drivers stopped along roadways. It requires motorists to move over when a **patrol car, emergency vehicle or tow truck/wrecker** is stopped on the side of the road **with light flashing**. The law was enacted because many emergency responders were being killed or injured on the side of the road. **Motorists are required to:**
Approach the emergency vehicle with caution;

Change Lanes away from the emergency vehicle IF traveling on a multi-lane roadway AND be able to move over safely;
OR

Slow down while maintaining a safe speed of **20 mph below** the posted speed limit being careful NOT to impede or block the flow of traffic unless otherwise directed by a law enforcement officer.



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

★ Work Zone Awareness ★

Work Zone Driving Tips:

- **Slow down;**
- Keep a safe distance between you and the car ahead of you;
- Pay attention to the signs;
- **Ignore the phone, CD player etc.;**
- Obey road crew flaggers
- **Schedule enough time** – check radio, TV and Web sites for traffic information.

Do you know what the solid white line means when you are in a **Work Zone area**?

A solid white line marks the separate lanes of traffic moving in the same direction. **You** may travel in the same direction on both sides of this line.

You should not cross the solid white line unless necessary to avoid a hazard.

Stay in your lane.

