



WORKING WELLNESS

Good Health is Good Business

AUGUST
2014

is...

HEALTH FAIRS!

WHAT: HEALTH ASSESSMENT

- FREE: Personal health screenings for: Cholesterol (HDL & LDL), Triglycerides, Glucose Screening & Blood Pressure Check with immediate results!
- Experts on site to give tips on health related topics such as nutrition, diet & fitness.

Children's Eye
Health and Safety
Month

National
Immunization
Awareness Month



WHO: FLORIDA BLUE & MCBOCC

WHEN: SEPTEMBER 18th & 19th & OCT. 22nd
@ 10:00am - 2:00pm

With

WHERE: HARVEY GOVT. CENTER SEPT. 18TH
NELSON GOVT. CENTER SEPT. 19th
MARATHON GOVT. CENTER OCT. 22nd

World
Breastfeeding
Week

REGISTER TODAY AT: 
[https://pickatime.com/client?ven=11606590
&event=262685](https://pickatime.com/client?ven=11606590&event=262685)

GOODIE BAGS & DOOR PRIZES ON SITE!

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](http://healthfinder.gov/NHO/nho.aspx)

Come join us and immediately get a bag of goodies after signing in and you could also be a possible recipient of an awesome door prize that was made available to us through the generosity of our insurance providers and local businesses!
More details in next months newsletter!



SPOTLIGHT OF THE MONTH: Brain Sharks provided by Florida Blue

- **Stress Management**

Less Stress Please (23 minutes): Reviews the risk of excess stress and provides tips for how to reduce and manage stress.

<http://www.brainshark.com/bcbsf/vu?pi=zH9z10cRFyz23Mkz0>



- **Weight Management**

Healthy Weight, Healthy Life (23 minutes): Learn about the prevalence of overweight and obesity in America, the risks of high body mass index (BMI), and strategies for reaching and maintaining healthy weight.

<http://www.brainshark.com/bcbsf/vu?pi=zFzD4levzHJGz0>

- **Physical Activity**

Let's Get Physical (14 minutes): Explains the most recent physical activity guidelines for children, teens and adults. Provides practical suggestions on how to incorporate physical activity to improve health and where to find support.

<http://www.brainshark.com/bcbsf/vu?pi=zG0z111FRdz23Mkz0>

SPOTLIGHT OF THE MONTH: EAP

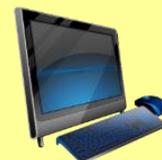
The **Quantum Employee Assistance Program** offers clients access to counseling for a wide range of emotional and behavioral issues. Their national team of professional counselors provide accessible, short-term counseling within comfortable and supportive environments. Quantum offers you a highly personalized, tailored approach to each situation**.

**** For employees that missed the orientation here is the link to access it:**

Go to their website <http://www.accessqhs.com/> and in the top right corner of the initial page you will see a red icon that says “employer support”. Click on that link and then you will need to login with the password QHSmanager (the login is case sensitive). You will see material for download and copy as needed . . . also an employee and supervisory video.



Available 24/7 @ 1-877-747-1200



Or

Check out their website

<http://www.accessqhs.com/>

COMP CORNER

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

Dashboard or Trashboard?



We've all heard many recent discussions about distracted driving.

With cell phones, Blue-tooth, GPS systems, CD players, DVD

players, satellite radio, in-dash cameras, etc., vehicles have become filled with distractions.

Another non-electronic hazard is the amount of clutter that ends up on the dashboard.

Sure, it's often the easiest place to put something, especially when you'll need it soon.

But, one item falling off the dashboard at the wrong time can result in your losing focus and causing an accident.

Keep all non-secured items off the dashboard.

Take just a few seconds to put things away so they don't become a hazard later.

If you need assistance with W/C please contact Tammy Sweeting @ (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



*Sometimes heroes show up in the most unlikely places. This is what happened on Tuesday, July 1st when Monroe County Public Works employee **Montillo "Scott" Desquotte** came to the aid of a frantic mother of a **12 day old baby girl**.*

*Scott was working near Harry Harris Park when he noticed a commotion in a nearby driveway. When he approached, the mother said that the baby had stopped breathing and she was taking her to the hospital. Scott informed the mother that the baby would not make the trip (she was already turning blue) and began **CPR**. EMS had been called, and when Rescue arrived, the baby was breathing. The parents of the baby girl have asked Scott to be her Godfather.*

*Scott is no stranger to stressful situations, having spent the last **20 years serving as a Volunteer Firefighter** with the Key Largo Volunteer Fire Department. This experience has reinforced the need to keep current on training for basic life-saving skills.*

*Over the last year and a half, the **Safety Office and Monroe County Fire Rescue** have been hosting **CPR/First Aid** classes for County employees – with over 100 employees certified to date. **Scott completed the class on December 20, 2013.***

*In the coming months, we will be offering **CPR/First Aid/AED Certification** classes up and down the Keys to County employees. Please take advantage of these potentially life-saving classes. **The next hero might be you!***