



WORKING WELLNESS

Good Health is Good Business

SEPTEMBER
2014

is...

Childhood
Cancer
Awareness
Month

Prostate
Awareness
Month

National
Childhood
Obesity
Awareness
Month

National
Cholesterol
Education
Month

Leukemia &
Lymphoma
Awareness
Month

MARATHON HEALTH FAIR LAST ONE FOR 2014!

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.

WHO: FLORIDA BLUE & MCBOCC



WHEN: OCT. 22nd @ 10am - 2pm

WHERE: MARATHON GOVT. CENTER OCT. 22nd

REGISTER TODAY AT:



<https://pickatime.com/client?ven=11606590&event=262685>

ONLINE PERSONAL HEALTH ASSESSMENT

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>

The online Personal Health Assessment (PHA) will be opened on October 23rd for employees that were unable to attend one of the health fairs to earn 4 HOURS OF PAID TIME OFF.

More information in October's newsletter.

SPOTLIGHT OF THE MONTH: NO TOBACCO USE EFF. 01/01/15

On or after January 1, 2015, all individuals enrolling in the County's Health Plan will be subject to a surcharge if he/she certifies to using or has used tobacco products five or more times in the previous three months. Failure to certify or certifying incorrectly will also subject the employee to a surcharge and penalty for each enrollee who fails to certify. Tobacco products are defined as cigarettes, cigars, pipe tobacco, chewing tobacco, snuff, dip, electronic or e-cigarettes that contain nicotine or any other product that contains tobacco or nicotine. Nicotine replacement products such as gum and patches are also considered tobacco products.

Link to Q&A: <http://fl-monroecounty.civicplus.com/DocumentCenter/View/8159>



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.

Choose comfortable and sensible footwear for the school or office.



Protect Those Feet

There are two categories of work-related foot injuries.

The first category includes foot injuries from punctures, crushing, sprains, and lacerations.

They account for 10 percent of all reported disabling injuries.

The second group of injuries includes those resulting from

slips, trips and falls.

They account for 15 percent of all reported disabling injuries.

Among teachers and workers in clerical occupations, foot injuries account for from 15 percent to more than 20 percent of all disabling injuries.

Wearing improper shoes in

workplaces like schools or offices can play a role in foot injuries.

Choose comfortable and sensible footwear for the school or office.

It should enable stability and also afford some protection from other injury.

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



In this week's tip we'll discuss Escaping from a Submerged Vehicle. As we're all aware, traveling anywhere in the Keys means driving past or over bodies of water. Preparation for having the ability to survive a vehicle crash where your car becomes submerged is the same as every other Emergency Situation we've discussed in the past : Get Trained, Practice and Act. The typical car will float only for about 30 seconds to 3 minutes before sinking, therefore having a plan is essential for survival.

In the event you are in a vehicle that becomes submerged, there are 4 Simple Steps to Remember:

Seatbelts - Take it off immediately after you hit the water.

Windows - Open them or break them ASAP. Most vehicles have power windows that would likely short out under water. Having a "Life Hammer" or spring loaded window punch within reach would enable you to get out quicker. If the windows short out and you can't break the window, you'll probably have to wait until water fills the car (pressure equalizes) to open the door – even then, it may be extremely difficult (this is NOT TV).

Children – Get the kids out first after breaking a window or opening a door. Push larger kids out of the exit and carry small kids in your arms. Be aware that the force of rushing water will be intense no matter how you exit. Have a plan and practice it with your kids!

Go – Get out and swim away from the vehicle towards shore.

Check out this video of Submerged Vehicle Escape Techniques:

http://www.youtube.com/watch?feature=player_detailpage&v=BYw4hsnD1fw

