



WORKING WELLNESS

Good Health is Good Business

NOVEMBER
2014

OPEN ENROLLMENT

is...

 **NOV 10TH – 26TH** 

National
Diabetes
Month

COPD
Awareness
Month

Lung Cancer
Awareness
Month

National
Alzheimer's
Disease
Awareness
Month

National
Stomach
Cancer
Awareness
Month

With

Get Smart
About
Antibiotics
Week

This is your **one chance** in the year when you can **make changes** to your insurance coverage. If anyone has not received their open enrollment packet by Monday November 10TH please call Mary Moeller at 292-4446.

We would like to introduce our new Supplemental Life insurance; **Minnesota Life** is offering a one time no health questions asked **supplemental life** up to \$150,000 (excluding MCSO).

United Concordia is now offering a **low and a high option**. Please be sure to mark your preference on your enrollment form.



Open Enrollment meetings will be held:

November 17th in Key West 9 a.m. – 3 p.m.

November 18th in Marathon 10 a.m. – 3 p.m.

November 21st in Key Largo 10 a.m. – 3 p.m.

**Special presentations by Plan Providers at
10 a.m.; Noon and 2 p.m.**

**Enrollment Forms can be submitted at any of the
meetings to the Benefits Staff.**

*** Livestream of the Nov. 17th meeting can be viewed @
10am on MCTV Live and then will be posted OnDemand.**

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>

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 tobacco products. 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/8048>

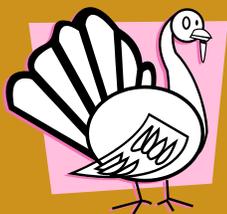


SPOTLIGHT OF THE MONTH: EAP

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.

Most of us use ladders either on the job or at home.

How many of these rules do you always follow?

Set the ladder on firm level ground;

Secure the ladder if possible;

Keep the **area** around the bottom of the ladder **clear**;

Stepladders must have all four legs on solid ground with the **spreaders** locked fully **open**;



Never use a stepladder **leaning** against a wall;

M a k e sure the rungs are **clean**;

Make sure your **body** stays **centered** between the side rails;

N e v e r **over reach** while on a ladder – if

you can't reach, climb down and move the ladder;



N e v e r **carry** anything while climbing - **a t t a c h** items to your tool belt or pull them up on a line afterwards;

A l w a y s

h a v e
t h r e e
p o i n t
c o n t a c t;

N e v e r **step** on the very **top** or the top step of a stepladder;



Extension ladders should extend **three feet above** the working level and should have the base **secured** or have non skid feet.

Don't **move** a ladder while you're on it;

Only have **one person** on a ladder at a time;

Never use a stepladder to support a work **platform**.

Never attach ladders together.

Only place ladders on the **ground or floor**.

Twice as many falls occur while climbing down than up!

The main cause of falls from straight ladders is from the ladder base sliding!

The main cause of falls from a stepladder is tipping sideways!



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

The Safety Corner will return next month. If you have any questions regarding your safety, please contact our Safety Officer Mark Gongre @ 305-292-4559.



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.