



WORKING WELLNESS

Good Health is Good Business

JANUARY
2015



WRAPPING UP 2014

is...

National Radon
Action Month

Thyroid
Awareness
Month

Cervical Health
Awareness
Month

National Glaucoma
Awareness Month

With

National
Folic Acid
Awareness Week



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>

Please be sure to  your paycheck!

If you have any **questions** or concerns with your **insurance deductions** please contact the Benefits Office **ASAP**. We had hundreds of **Open Enrollment changes** and we want to make sure we have captured them all.

Don't forget: The Online PHA closes February 1st, 2015. Last chance to get your **4 hours Paid Time Off** (excluding Monroe County Sheriffs Office & Supervisor of Elections).

Check out the Benefit's Webpage:

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

You can 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, Preventive Guidelines, Privacy Notices, Summary of Benefits and Coverage, Domestic Partnership Information and the Active Rates for 2015.



CORNER: DID YOU KNOW?

EnvisionRxOptions has a program available to members that allows them to **receive a FREE glucometer**. Call **1-866-224-8892** for an Abbott Diabetes Care Glucometer (FreeStyle and the Precision Xtra[®] Blood Glucose & Ketone Monitoring Systems) or **1-877-229-3777** for a Bayer HealthCare, Diabetes Care Glucometer (Ascensia[®] CONTOUR[®] and Ascensia[®] BREEZE[®]). **Please identify EnvisionRxOptions as your pharmacy benefits administrator**, and Abbott or Bayer will take care of the rest. There is a limit of one glucometer per member.

SPOTLIGHT OF THE MONTH: NO SMOKING EFF 1/1/15

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.



FYI: It is the employees responsibility to return the non-tobacco use attestation certification form with their benefits paperwork. Failure to do so will result in a \$50 surcharge and a \$50 penalty (\$100 total per month).

Link to Q&A: <http://fl-monroecounty.civicplus.com/DocumentCenter/View/8048>

Is your New Year's resolution to quit using Tobacco?

Here are some resources to help you keep your resolution:

• AHEC (Area Health Education Center) www.ahectobacco.com

www.aheceducation.com Online CME/CE Courses

www.fkahec.org Keys AHEC Webpage

AHEC: 877-848-6696

Facebook: www.facebook.com/keys.ahec

• 1-87-QuitNow-6

www.smokefree.gov

• American Cancer Society (1-800-ACS-2345)

www.tobaccofreeflorida.com offers online, phone counseling and free nicotine replacement therapy.

• Monroe County's Prescription Provider: 1-800-361-4542 for more information

• If you are a former tobacco user and want us to **showcase your testimonial** describing your journey to beat tobacco, let us know! We want to hear about your success to increase the confidence of employees considering quitting. Contact the Benefits office @ 292-4446!



SPOTLIGHT OF THE MONTH: NEW 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.



"Just because it isn't a power tool doesn't mean it doesn't have the power to hurt you"

Hand Tools Can Hurt Too

Hammers, screwdrivers, pliers and other hand tools do have the power to do serious injury if not used properly.

Remember these rules:

Don't use broken or damaged tools;

Make sure grip and footing are secure;

Use the right tool for the job;

Use a tool belt or hoist to get tools up a ladder;

Secure tools from falling when working at heights;

Always cut items in a direction away from you;

Keep tools clean and in good working condition;

Never toss a tool to another person or location.

Following simple safety guidelines and taking just a few seconds to do it the right way may save you the time and trouble of a trip to the E.R.

An estimated **8%** of all injuries are associated with hand tools.

And, as always:

WEAR PPE

PPE – Personal Protection Equipment

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.