



WORKING WELLNESS

Good Health is Good Business

FEBRUARY
2015

TRYING TO KEEP YOUR NEW YEARS RESOLUTIONS?

is...

AMD/Low
Vision
Awareness
Month



National
Children's
Dental Health
Month



Heart
Month



With

Congenital
Heart Defect
Awareness
Week



National
Donor Day



Give Kids A
Smile Day



Check out the different websites in the Florida Keys that offer fun healthy physical activities over the weekend. You can sign up for 5ks, tennis tournaments or other events that allow you to exercise and have a good time! You will be able to support a special cause and help support yourself to get into shape:

- <http://www.southernmostrunners.com/>
- <http://www.themeruns.com/>
- <https://www.facebook.com/pages/Island-City-Tennis/57020846199>
- <http://www.paradisetenniskeywest.com/>
- <http://web.keywestchamber.org/events>
- <http://www.roadracerunner.com/Races/RunningCalendar.aspx?state=fl>

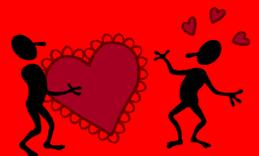
****Don't forget Resolution 369-2011 allows you to get reimbursed up to \$100 (lifetime max) for races done in the FL Keys! Remember you will need proof of registration, payment and completion.**

Call Mary Jo Moeller x4446 at the Benefits Office if you have any questions about how to get reimbursed.

BREAKING NEWS !

LUNCH AND LEARNS PLANNED FOR APRIL. MORE INFO NEXT MONTH !

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 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**.

**** Workshops coming in MAY!**

**** 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.



Fraud Comes With A Reward

In **claimant fraud**, an employee may receive wage replacement payments and benefits under false pretenses.

The dishonest claimant may **lie** about the **injury** occurring on the job, or the injury itself.

In addition, the dishonest worker may **overstate** the extent and seriousness of the

injury or receive money from other sources while **lying** to the insurance company about such income.

Dishonest **doctors** can be paid for excessive or even nonexistent treatments and **attorneys** can also be involved in scams.

Anyone who suspects insur-

ance fraud should **report** it.

You could even be eligible for a reward of up to **\$25,000**.

Call the DFS Fraud Hotline at:

1-800-378-0445

or visit the **web site** at:

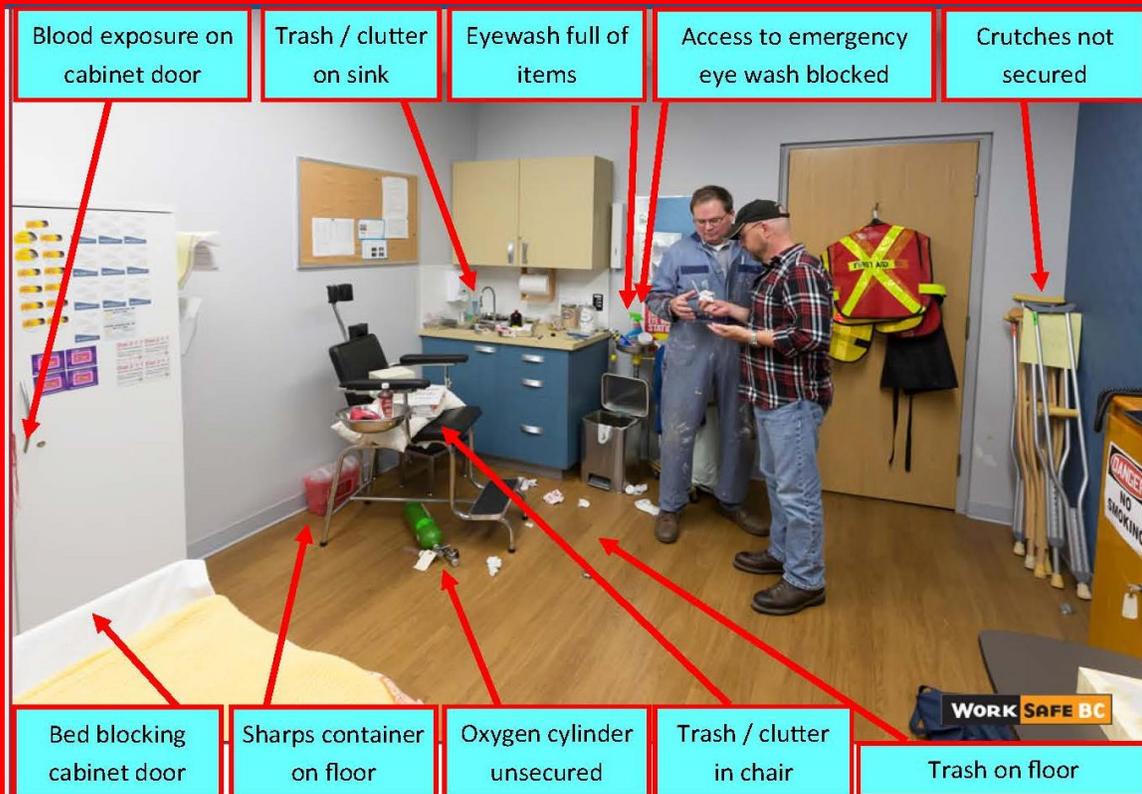
www.MyFloridaCFO.com/fraud.

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



WHAT'S WRONG WITH THIS PICTURE ?



**** DO YOU HAVE ANY SAFETY CONCERNS?
CALL MARK GONGRE OUR SAFETY OFFICER @ 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.