



WORKING WELLNESS

Good Health is Good Business

MARCH
2015

LUNCH & LEARNS

is...



FLORIDA BLUE & MCBOCC will be hosting our First Lunch and Learns of 2015!

AMD/Low
Vision
Awareness
Month



LEARN ABOUT HEALTHY GROCERY SHOPPING ON A BUDGET WHILE ENJOYING A FREE HEALTHY LUNCH!

National
Children's
Dental Health
Month



WHEN & WHERE:

MARCH 31, 2015 @ 11:45 & 1:00pm

MURRAY E. NELSON GOV'T CENTER - KEY LARGO

APRIL 1, 2015 @ 11:45 & 1:00pm

HARVEY GOV'T CENTER - KEY WEST

APRIL 2, 2015 @ 11:45 & 1:00pm

MARATHON GOV'T CENTER - MARATHON



Heart
Month

With



TO REGISTER:

<https://pickatime.com/client?ven=11608057&event=267655>

Congenital
Heart Defect
Awareness
Week



*REGISTRATION DEADLINE IS FRIDAY MARCH 20th !

National
Donor Day

Give Kids A
Smile Day

My Body Concierge Club

My Body Concierge Club is a group health coaching program founded by Eric Elloie. His vision is for TBC group goes to be happier, more satisfied, more health conscious people. He wants to awaken a paradigm shift where people strive for better health rather than thinking of aches, pains and problems as a normal natural part of the aging process and THIS group will kick start the movement.

<http://eric-elloie.healthcoach.integrativenutrition.com/>

** Call for your **FREE** consultation 305-842-1320

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: MEDICAL INSURANCE FRAUD

As the sponsor of a medical plan, Monroe County is an “insurer” when it comes to the medical insurance plan offered to you and other eligible employees. You should understand that insurance fraud is a punishable crime under Florida Law. Fraud occurs when you or a provider intend to injure, defraud or deceive an insurer.



In addition to fraud being a crime, you should understand that fraudulent claims have an adverse impact on the costs of the County’s medical plan. Since the medical plan is funded by the County and its employees and retirees, false or fraudulent claims result in higher premium amounts for you and your co-workers, retirees, and the county.

The Florida Statute regarding False or Fraudulent Claims can be found at Florida Statutes 817.234. The Benefits Office will provide you with a copy of the statute upon written request at no charge.

HOW TO RESPOND TO IMPROPER CHARGES OR SUSPECTED FRAUD

- If you believe that there is an issue with the billing or an EOB (Explanation of Benefits), you should contact BCBSFL Customer Service at 1-800-664-5295.
- If you believe there has been an improper charge on your bill after you receive the EOB from BCBSFL and the EOB doesn’t show that the charge was corrected, you should contact the doctor to correct the issue first and if the issue isn’t resolved, you should contact the Employee Benefits Office at 305-292-4450.
- To report suspected insurance fraud or abuse, you should complete the form located on the BCBSFL website: <http://www3.bcbsfl.com/wps/portal/bcbsfl/aboutus/reportfraud> .



SPOTLIGHT OF THE MONTH: QUANTUM 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 !**

May 5th - KEY WEST
May 6th - MARATHON
May 7th – KEY LARGO



**** 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.



Anti-Fraud Reward Program

Workers' compensation fraud occurs when any person knowingly and with intent to injure, defraud or deceive any employer or employee, insurance carrier or self-insured program files false or misleading information. Workers' compensation fraud is a third-degree felony that can result in fines, civil liability and jail time. Rewards of up to \$25,000 may be paid to individuals who provide information that lead to the arrest and conviction of persons committing fraud. To report suspected workers' compensation fraud, call toll free 1-800-378-0445.

Happy 
St. Patrick's Day

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

Feeling older today than you did yesterday? According to the Bureau of Labor Statistics, almost a quarter of all 65-74 year olds are active in the workforce, representing the highest numbers in this age group since 1970. Living in Paradise presents its' own challenges, including a cost of living that requires many of us to continue working through our retirement years.

Unfortunately, aging presents many physical and mental challenges, no matter how well we take care of ourselves and prepare for the future. Some changes that occur as we age can include loss of former strength and muscular flexibility, decreased range of motion, loss of sense of balance, deterioration of vision, and slower reaction times. All of these things can have an impact on Safety in the Workplace. In the coming weeks we'll talk more about some of these issues and try to provide some tips to stay safe at home and work.

Strength and Flexibility:

As muscles lose mass they also lose strength, making them respond more slowly and tire more quickly. They take longer to respond to an action and fatigue faster as we age. As we get older, some tips to keep in mind are:

- *Avoid keeping the muscles in a fixed posture or performing only one kind of movement.*
- *Avoid twisting the torso while lifting, as it leads to back injuries.*
- *Keep work activity in the "neutral zone", the area from the thighs to the shoulders.*
- *Avoid prolonged bending, particularly below knee level.*
- *Use a mechanical aid or get help from coworker if the object is too heavy.*
- *Avoid extreme demands on the joints.*
- *Exercise at least 30 minutes a day to keep fit and flexible.*

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.