



# WORKING WELLNESS

Good Health is Good Business

MAY  
2015

is...

## Important Reminders from the Benefits Office

Melanoma/Skin  
Cancer  
Detection  
& Prevention  
Month

Healthy Vision  
Month

Arthritis  
Awareness  
Month

Hepatitis  
Awareness  
Month

Lupus  
Awareness  
Month

With

Air Quality  
Awareness  
Week

Hepatitis  
Testing Day

Heat Safety  
Awareness  
Day

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>

### • **Voluntary Changes -**

Changes to you or your dependents coverage can only be made if you or anyone of your dependents have a **Life's Event** ( i.e., insurance loss or gain, marriage, divorce, birth).

The Benefits Office must be **notified within 30 days** of the Special Enrollment Event otherwise the change in coverage will have to wait for the **Annual Open Enrollment**.

### • **Stay In-Network !**

You can search for in-network providers by clicking on the links below.  
Florida Blue (BlueOptions): <http://myportal.bcbsfl.com/wps/portal/opd>  
United Concordia (Alliance): <https://www.unitedconcordia.com/find-a-dentist/>  
VSP (No Network just put in the zip code): <https://www.vsp.com/>

### • **Change of Address or New Phone Number ?**

Give the Benefits Office a call anytime with your updated information so that all records can be updated.

### • **Lost your insurance cards ?**

Give the Benefits Office a call for replacements.

### • **Do you know who your beneficiary is for your life insurance ?**

Keep your Beneficiary Designation Form (BDF) updated at all times.  
Give the Benefits Office a call to receive a BDF card anytime you wish to make changes to your life insurance beneficiary.



Corner

Get registered today at Envision Rx Options! As a registered member, you'll gain easy access to many personalized benefits!

Click below to get directed to Envision's website:

<https://www.envisionrx.com/login.aspx>



## SPOTLIGHT OF THE MONTH: Healthiest Weight of FL Challenge

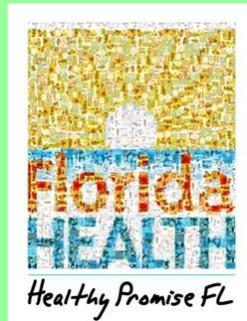
Did you know that May is Global Employee Health and Fitness Month? Here is a great link shared by Alison Morales from the Health Department that provides some great tools that you could use with your employees! Remember that you can also incorporate the Healthiest Weight Initiative into any activities that you are planning.

<http://www.healthandfitnessmonth.com/about>

<http://www.healthiestweightflorida.com/>



If you have any questions about the Healthiest Weight Florida Challenge please call Allison Morales @ 305-809-5607.



## 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\*\*.

**\*\* 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.



## **Driving Distracted? Think it doesn't matter? Think again !**

Eighty percent of American drivers believe hands-free devices are safer than using a handheld phone, but that is just not the case. More than 30 studies show hands-free devices are no safer, because the brain remains distracted by the conversation. (National Safety Council)

Using voice-to-text is more distracting than typing texts while driving. (Texas A&M Transportation Institute)  
Hands-free features in dashboards actually increase mental distraction. (AAA Foundation for Traffic Safety)

The number one source of driver inattention is use of a wireless device. (Virginia Tech, NHTSA)

Drivers who use cell phones are four times as likely to get into crashes serious enough to injure themselves. (NHTSA, Insurance Institute for Highway Safety)

Ten percent of drivers ages 16 to 24 years are on their cell phone at any one time. (Nationwide Mutual Insurance Co.)

Distraction from cell phone use while driving (hand held or hands free) impairs a driver's reaction time as much as having a blood alcohol concentration at the legal limit of .08 percent. (University of Utah)

Driving while using a cell phone reduces the amount of brain activity associated with driving by 37 percent. (Carnegie Mellon University).

Injured workers are also encouraged to visit the Division of Workers' Compensation website at [www.fldfs.com/wc](http://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*

### **Preventing Slips, Trips and Falls**

As most of you have heard, one of our Public Works employees, Felix Gaitan suffered a catastrophic, life altering injury on April 1<sup>st</sup>. The circumstance surrounding the injury did not involve the use of any heavy machinery or tools. Nor did it involve a vehicle or working at elevated heights. This incident simply occurred when Felix slipped on a few sheets of composite paneling that had been discarded on the side of the road.

Tragic accidents don't always involve "dangerous activities". In fact, most accidents occur when we least expect them and when we are performing tasks we've done dozens or even hundreds of times before in our lives.

Staying ever vigilant, ensuring scene safety and using the proper tools for the job all go a long way in keeping us safe at work and at home.

#### Work Areas:

Keep walkways, aisles and stairs free of tools , materials and other hazards.

Repair or report floor problems.

Keep cords, power cables and air hoses out of walkways.



#### Scene Safety:

Focus on where you're going, what you're doing and what lies ahead. Expect the unexpected.

Wipe your feet when you come in from outside.

Don't carry loads you can't see over.

Walk slowly on slippery surfaces – slide your feet and avoid sharp turns.

Be constantly alert for – and remove or go around- obstructions in your path.

#### Fall "Properly":

Roll with the fall.

Bend your elbows and knees and use your arms and legs to absorb the fall.

Get immediate medical attention after a fall.

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.