



# WORKING WELLNESS

Good Health is Good Business

JULY 2015   
is...



National Immunization Month



Cord Blood Awareness Month



Juvenile Arthritis Awareness Month



International Group B Strep Awareness Month



UV Safety Month

With



World Hepatitis Day

## SPECIAL DENTAL OPEN ENROLLMENT

Effective September 1<sup>st</sup> 2015  
Delta Dental will be our new Dental Carrier !

A **Special Open Enrollment** will be held from **July 13<sup>th</sup>** through **July 31<sup>st</sup>** to allow Employees and Retirees to enroll with the new carrier or make voluntary changes to their existing Dental coverage (**ONLY**) as well as their Eligible Dependents. **Changes will become effective September 1, 2015.**

### Open Enrollment Workshops

**KEY LARGO** - Tuesday July 14<sup>th</sup> - Murray Nelson Center from Noon-3p.m.  
**MARATHON** - Wednesday July 15<sup>th</sup> - Marathon Govt. Center from 10:00a.m.-2p.m.  
**KEY WEST** - Friday July 17<sup>th</sup> - Harvey Govt. Center from 10:00a.m.-3pm.

Overview of Both Dental Plans will be presented at : 10:15, 11:15, 12:15, 1:15, 2:15 and 3:15. See times of Workshops above.

**WE STRONGLY ENCOURAGE ALL PARTICIPANTS TO ATTEND ONE OF THE WORKSHOPS TO ENSURE YOU HAVE THE INFORMATION NEEDED TO ELECT THE DENTAL COVERAGE THAT BEST SUITS YOUR NEEDS!**

Questions?? Call the Benefits Office at 305-292-4446, Monday through Friday, 8a.m. until 5p.m.

## Don't Wait for the Storm

Hurricane season is approaching. Are you prepared? Make sure you have all of your home supplies and other necessities together and you are ready for anything!

- Food
- Tools and Supplies
- Special Needs Items (stock up on necessary medication)
- Clothing and Bedding
- Sanitation
- Secure Important Family Documents
- Have your Financials Situated
- Disaster and First Aid Kits



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: WELLNESS CORNER

### For Your Benefit

(Taken from the workforce.com magazine)

**Wellness apps** can be very useful for behavior change because they offer you ease of access and privacy. No one has to know you are using it, and it can provide useful data to identify patterns and triggers in your behavior.

**We asked our experts for their favorite wellness apps:**

**Fooducate:** This nutrition app, which rates food on an A-D scale and helps users track their diet and make better choices, is a favorite of R. Ray Wang of Constellation Research. "I love the grading system on getting healthy food," he said.

**Kurbo:** This app, which promotes itself as "your child's personal health champion," helps kids track their diet and receive coaching so they can develop healthier eating habits. "Its less of a diet or calorie counting [tool] and more about nutrition literacy through the use of red, yellow, green designation of foods," said Kristine Mullan of Humana.



## 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 EAP Workshop in June:** The Employee Assistance Program Workshop and Communication in the Workplace Training videos are now available via the Monroe County Intranet Portal and are located under the training video heading. The workshop featured a session designed especially for those in supervisory positions and a separate session designed for all employees. In addition, the power point presentations that go along with the workshops are also available to you by contacting the employee benefits office.

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/>





## Work In The Sun?



Sunlight contains ultraviolet (UV) radiation, which causes premature aging of the skin, wrinkles, cataracts, and skin cancer.

There are no safe UV rays or safe suntans.

Be especially careful in the sun if you burn easily, spend a lot of time outdoors, or have any of the following physical features: numerous, irregular, or large moles; freckles; fair skin; or blond, red, or light brown hair.

Here's how to block those harmful rays:

Cover up. Wear loose-fitting, long-sleeved shirts and long pants.

Use sunscreen with a sun protection factor (SPF) of at least 30.

Be sure to follow application directions on the bottle or tube.

Wear a hat - a wide brim hat, not a baseball cap, works best because it protects the neck, ears, eyes, fore-

head, nose, and scalp.

Wear UV-absorbent sunglasses (eye protection).

Sunglasses don't have to be expensive, but they should block 99 to 100 percent of UVA and UVB radiation.

Before you buy sunglasses, read the product tag or label.

Limit exposure.

UV rays are most intense between 10 a.m. and 4 p.m.

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](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



### Fire Safety Facts

#### Fire Facts:

**Fire is Dark:** Fire produces gases that make you feel disoriented and drowsy. Instead of being awakened by a fire, you may fall into a deeper sleep. Asphyxiation is the leading cause of fire deaths, exceeding burns by a three-to one ratio.

**Fire is Hot:** Heat and smoke from fire can be more dangerous than the flames. Inhaling the super-hot air can sear your lungs.

#### Smoke Alarms:

Decreases your chances of dying in a fire by half.

Place at every level of the residence including outside of every sleeping area and in the vicinity of the kitchen.

Test and clean smoke alarms once a month and replace the batteries at least once a year. Replace detectors every 10 years.

#### Fire Extinguishers:

Call 911 immediately before attempting to extinguish a fire yourself.

Have at least two working Fire Extinguishers in the home and ensure everyone knows how to use them.

Remember PASS – Pull, Aim Squeeze and Sweep.

Check the gauge monthly on the extinguishers.

#### Escaping a Fire:

Have an escape plan and PRACTICE IT!

Make sure windows are not nailed or painted shut.

Teach family members to stay low to the floor when escaping a fire.

If your home has only one exit, you MUST have an alternate means of escape (windows, rope/safety ladder etc.)

Before exiting a closed door, feel it with the back of your hand to determine the heat level on the other side.

Once you're out – STAY OUT! Material possessions can all be replaced.

#### Fire Factoids:

83% of all civilian fire deaths occur in residences.

Direct losses due to fires is estimated at \$8.6 billion annually.

Intentionally set structure fires cause an estimated \$664 million worth of damages yearly.

