



WORKING WELLNESS

Good Health is Good Business

**AUGUST
2015**

is...

Children's Eye
Health and Safety
Month

National
Immunization
Awareness Month

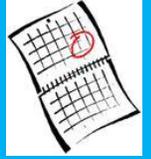
National Eye
Exam Month

Romance
Awareness Month

With

World
Breastfeeding
Week

SAVE THE DATE !



WHAT: HEALTH FAIR

- **FREE:** Personal health screenings for: Cholesterol (HDL & LDL), Triglycerides, Glucose Screening & Blood Pressure Check with immediate results!
- Experts on site to give tips on health related topics such as nutrition, diet & fitness.
- Vendors from our insurance providers and local businesses to answer all of your questions!

WHEN: SEPTEMBER 22nd, 23rd & 24th
9:00am - 2:00pm

WHERE: MURRAY NELSON GOVT. CENTER SEPT. 22nd
MARATHON GOVT. CENTER SEPT. 23rd
HARVEY GOVT. CENTER SEPT. 24th

WHY: FOR A HEALTHIER YOU



More details in next months newsletter!

VSP CORNER



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>

VSP® Vision Care puts our employees first by delivering the best value through Exclusive Member Extras.

For a limited time, you will receive **an extra \$40 to spend on top of your allowance** when you select a bebe®, Calvin Klein, Flexon®, or Nike frame*. The \$40 is automatically applied to your purchase at your VSP Network Provider – no hassle, just great choice and value. This offer is available for purchases made August 1 through December 31, 2015. **Get Coupon:** <https://cdn.shoutlet.com/file/11616/3512278.pdf>

Interested in seeing more promotions VSP has available? Visit: vspresources.com.

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/>



SPOTLIGHT OF THE MONTH: WELLNESS CORNER

Depending on where you decide to seek care, it could impact the member's out-of-pocket and plan spend. Know where to go, before you go.

Know Before You Go

Primary Care Physician (PCP)

- Non critical conditions
- Knows your history best
- Has access to your medial records
- Can refer to specialists
- Health coaching assistance

Illness Types:

- Colds, sore throats, flu, eye, ear and minor illness or injuries
- Managing your chronic conditions such as diabetes, hypertension,
- Eye and ear infection
- Health prevention-smoking cessation/weight management

Urgent Care Center

- When your PCP is not available
- Non-life threatening problem
- Extended hours available on a walk-in basis

Illness Types:

- Minor burns or bruises
- Minor fractures
- Rash or skin conditions
- Migraines
- Sprains/strains
- Fever or infections when your PCP is not available

Emergency Room

- Requires Immediate Care
- Severe or life threatening conditions
- Care that can result in significant harm without proper attention

Illness Types:

- Heart attack warning signs including chest pain
- Stroke symptoms
- Seizures and convulsions
- Severe bleeding or burns
- Trauma or injury to head/or body
- Major broken bones
- Maternity complications

Less Costly \$

More Costly \$\$\$\$

24 X 7 Nurse Advice: Toll free 877-789-2583
Help in deciding appropriate care

Download the Florida Blue app to locate urgent care centers in your area.

Florida Blue Book of Business Statistics

*Average allowance per visit for potentially divertible conditions:

*Professional Provider/Primary MD = approximately \$80

*Urgent Care Center = approximately \$108

*ER Facility = approximately \$814

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SAVE MONEY! \$\$\$

Shop around for the best deal on your medical test



Did you know that you can shop around to save money on your medical care?
 Shopping for non-emergency care can save you BIG dollars.
 Florida Blue provides a cost comparison feature.

Log onto <http://www3.bcbsfl.com/wps/portal/bcbsfl>
 Choose the 'Tools' tab and 'Compare Medical Cost'

For example, if I had been having severe headaches for a long time, my doctor might order a CT scan of my brain to be sure that I have one. My doctor would write a prescription for a CT Scan without contrast. Procedure code 70450.

CHECK OUT THE ESTIMATED DIFFERENCES FOR THESE IN-NETWORK PROVIDERS:

PROVIDER NAME:	ADVANCED URGENT CARE	LOWER KEYS MEDICAL CENTER	FISHERMEN'S HOSPITAL	MARINERS HOSPITAL – BAPTIST HEALTH	HOMESTEAD DIAGNOSTIC CENTER
ADDRESS:	1980 N. Roosevelt Blvd. Key West, FL 33040	5900 College Rd. KEY WEST, FL 33040	3301 Overseas Hwy Marathon, FL 33050	91500 Overseas Hwy, Tavernier, FL 33070	387 S. Homestead Blvd. Homestead, FL 33030
CONTACT INFO:	(305) 294-0011	(305) 294-5531	(305) 743-5533	(305) 434-3000	(305)246-5600
TYPICAL COST:	\$1191 \$25 Co-Pay + Allowable \$250	\$3,243.87 Allowable \$1784.13	\$1469 Allowable \$540.84	\$4522 Allowable \$2703	\$1200 Allowable \$190
Example: I already paid my \$400 deductible and have not reached my \$6,350 out of pocket max for the year.	\$87.50	\$446.03	\$135.21	 \$675.75	\$47.50

The bottom line is that it pays to shop for medical cost!

My out of pocket cost is 25% of the allowable.

The difference is more than \$500 out of my pocket.
 I could pay as much as \$675.75 or as little as \$47.50!
 Can you guess where I am going to go if I need a CT scan?

COMP CORNER

Providing you with continuous general information on your Workers' Compensation benefits.

Heat Stroke

Heat stroke is the most serious heat-related disorder. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. When heat stroke occurs, the body temperature can rise to 106 degrees Fahrenheit or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not given.

Symptoms of heat stroke include:

- Hot, dry skin or profuse sweating
- Hallucinations
- Chills
- Throbbing headache
- High body temperature
- Confusion/dizziness
- Slurred speech



First Aid

Take the following steps to treat a worker with heat stroke:

Call 911 and notify their supervisor.
Move the sick worker to a cool shaded area.

Cool the worker using methods such as:

- Soaking their clothes with water.
- Spraying, sponging, or showering them with water.
- Fanning their body.



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 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

Did you know that Monroe County experiences a spike in reported injuries and accidents during the month of July?

Believe it or not, when the average temperature rises above 85 degrees, people tend to get less sleep than normal and begin to suffer from symptoms associated with Sleep Deprivation.

The CDC has called the lack of sleep "an epidemic", linking it to motor vehicle crashes, industrial accidents, and occupational injuries. Additionally, studies have shown that employees who get less than 6 hours of sleep per day are nearly 30 percent more likely to be overweight and suffer a host of other health problems including hypertension, diabetes, depression and cancer.

In fact, showing up to work sleep deprived is the equivalent to showing up to work intoxicated. Employees who don't sleep well have poorer concentration, poorer decision making abilities and are less likely to cope with stressful situations.



Sleep Deprivation Factoids: (according to a 2013 study of 1,140 employees from three companies)

76% of employees feel tired most days of the week.

40% of employees doze off during the day once per month.

15% doze off during the day at least once per week to once per day.



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.