



WORKING WELLNESS

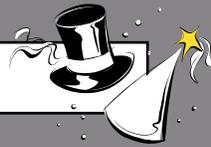
Good Health is Good Business

JANUARY
2016

is...



ONLINE PERSONAL HEALTH ASSESSMENT



The online PHA will close at midnight on 01/31/16

National Radon
Action Month

Thyroid
Awareness
Month

Cervical Health
Awareness
Month

National Glaucoma
Awareness Month

With

National
Folic Acid
Awareness Week

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>

If you were not able to attend one of our 2015 Health & Wellness Fairs; we would still like to have you complete the Online Personal Health Assessment to help us with the future development of our Wellness Program. **Also, earn 4 hours PTO! (Excluding MCSO, Clerk of the Court, Tax Collector & Supervisor of Elections).**

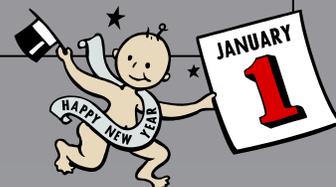
1. Please have your most recent biometric results available (blood pressure; total cholesterol; HDL cholesterol; LDL cholesterol; triglycerides, and blood sugar) and ready to enter (**that you have obtained between October 1, 2014 to December 31, 2015**).

2. Type into the internet browser: <https://bcbsfl.traleexplorer.com/companylogin.aspx> and log-on using-
GROUP NAME: **MONROEBOCC** GROUP NUMBER: **B0611-2015/2016**

3. Select "continue" and complete the New User Setup screen as follows:

- Create a **NEW** username (one that you have not used in the past) and password.
- Add your first and last name to be eligible for any incentive(s) offered by your employer.
- Add your e-mail address (if you have one) for support/password assistance.
- Select your gender and enter your date of birth.
- Select **yes** if you are currently enrolled in your employer's Florida Blue insurance plan and enter the **8 digit portion** of your contract number (listed as Member # on your insurance card). Use only the 8 numbers after the letters on your card.
- If you do not have Florida Blue insurance through your employer, select **no** and leave the contract field blank.

*NOTE: You can be confident that the information obtained from your PHA will be stored securely. Florida Blue only uses your information as allowed by law, and only uses aggregate data to report to your employer group. No individual data is ever shared with your employer. This allows your employer to improve overall employee health by offering specific programs. Your assessment and screening information may be used to offer you voluntary programs that may fit your health needs, and you may be contracted about these programs.



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 (up to 8 sessions depending on each situation) within comfortable and supportive environments. Quantum offers you a highly personalized, tailored approach to each situation**.

**** For employees that missed the EAP Workshop:** 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.

CHECK OUT QUANTUMS MONTHLY NEWSLETTER: <http://www.accessqhs.com/#!/balanced-living/c13v6>



Available 24/7 @ 1-877-747-1200

Or

Check out their website

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



Quantum wanted to share a few thoughts of how to give special meaning to the New Year:

- Make a task list that is manageable and gives you purpose. Fill it with aspirations for yourself and people you love. Consider focusing on three ideas at a time and work from there.
- Consider your social network in those who are your peers, your mentors and those you can mentor. Divide your time to maintain a social balance.
- Read books to enliven your imagination and restore your belief in holiday magic.
- Forgive someone to refresh your soul. Spend some serious time thinking about the situation that created strife, including your own role.
- Take a "nature" walk to discover the little miracles in our environment.
- Write a love letter, a serious handwritten love letter, even if it takes a full week to complete. It can be to a spouse, a partner, a child, a parent.
- Plan time to listen to those in your life who may need you, create uninterrupted alone times to share with them.
- Take a first step towards making a dream or aspiration come true.
- Start a gratitude book even if you can only think of one happy moment per day.
- **Practice acts of kindness.**
- For an enlightened New Year, instead of the usual resolutions, search for serenity and ways to refresh your spirit.

Wishing you a New Year filled with love and gratitude, good health and joy!



COMP CORNER

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

Another Three-Minder



No matter what you are climbing; a ladder, a tree, scaffolding, a high vehicle, EQUIPMENT or an APPARATUS, you must always use the **THREE-POINT CLIMB** method.

This means that **three points of contact** must be maintained **AT ALL TIMES**.

Either **TWO HANDS** and **ONE FOOT** or **ONE HAND** and **TWO FEET** are in contact at all times.

When **THREE POINT** contact is maintained, you have maximum support and stability.

This reduces the possibility of slipping and falling.

This means you **cannot climb** with anything **in your hands**.

You should also **always face the object** your are climbing.

Be sure to **check the ground** for any uneven surface.

Don't let go until you are sure you have good footing.

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

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Tragic Tip-Overs



Easy to happen,
Simple to prevent

Every 24 minutes a child in the U.S. is injured as a result of a TV or furniture tip-over incident.

The Anchor It! campaign is the U.S. Consumer Product Safety Commission's (CPSC) call to action to educate parents and caregivers about these dangers in the home and to urge simple, low-cost action to prevent these tragedies.

Here are some tips to keep your home safe for you and your children:

- Assess the stability of the TVs and furniture in your home.
- Mount flat-panel TVs to the wall to prevent them from toppling off stands.
- If you have a heavier, box-style cathode ray tube (CRT) TV, place it on a low, stable piece of furniture that is appropriate for the TV's size and weight.
- If you no longer use your CRT TV, consider recycling

it. To find a location to safely and easily recycle unwanted TVs, go to www.GreenerGadgets.org.

- Use brackets, braces or wall straps to secure unstable or top-heavy furniture to the wall.



HAPPY NEW YEAR!!

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.