



WORKING WELLNESS

Good Health is Good Business

DECEMBER
2015

is...



Special Reminders from the Benefits Office

National
Diabetes
Month

COPD
Awareness
Month

Lung Cancer
Awareness
Month

National
Alzheimer's
Disease
Awareness
Month

National
Stomach
Cancer
Awareness
Month

With

Get Smart
About
Antibiotics
Week

- **Open enrollment changes will be effective January 1, 2016**
Please check your first paycheck in 2016 to make sure all deductions are correct! If you have any **questions** or concerns with your **insurance deductions** please contact the Benefits Office at 305 292-4446 **ASAP**.
- **Voluntary changes** to coverages can only be made if you or any of your eligible dependents has a **Special Enrollment 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 **2016 Annual Open Enrollment**.
- **Stay in Network ! Saves you and the Plan \$\$\$!** Search for in network providers with the links below:

Florida Blue (BlueOptions): <http://myportal.bcbsfl.com/wps/portal/opd>

Delta Dental (Low Option- Delta Dental PPO, High Option- Delta Dental Premier):
<https://www.deltadentalins.com/>

VSP (No network) <https://www.vsp.com/>
- **Change of address or new phone number ?** Give the Benefits Office a call anytime with your new 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 **Life Insurance Beneficiary** is? Has there been a birth, death or divorce in your life lately? Keep your Beneficiary Designation Form (BDF) updated at all times. Give the Benefits Office a call to receive a BDF anytime you wish to make changes to your life insurance beneficiary.

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>

ONLINE PHA : CLOSING 01/31/16

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 Court, Tax Collector & Supervisor of Elections).



SPOTLIGHT OF THE MONTH: BENEFITS WEBPAGE

Check out the Benefit's Webpage:

<http://fl-monroecounty.civicplus.com/index.aspx?NID=274>

You can find:

- Information about your Medical, Prescription, Dental, Vision & Life Insurance Coverages
- EAP (Employee Assistance Program) Information
- Blue Options Benefit Booklet & Supplement Benefit Booklet
- Benefit Summary
- Schedule of Benefits
- Preventive Care Guidelines
- Summary of Benefits & Coverage
- MHPA Notice
- Notice of Privacy Practices
- Important Notice about False or Fraudulent Insurance Claims
- Domestic Partnership Information
- Insurance Rates
- Claim Forms
- 2016-2017 Wellness Physician Form & the recorded Employee Wellness Workshop!



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/#lbalanced-living/c13v6>



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.



GO TO JAIL



REMEMBER INSURANCE FRAUD IS NO GAME

PLAY BY THE RULES. FRAUD COSTS EVERYONE.

TRY TO CHEAT THE WORKERS' COMPENSATION SYSTEM AND YOU WON'T BE SAVED BY A "GET OUT OF JAIL" CARD. IF YOU'RE PLAYING FAST AND LOOSE WITH THE TRUTH, IN ADDITION TO SPENDING AS MANY AS 5 YEARS IN JAIL YOU MAY HAVE TO PAY A FINE OF UP TO \$150,000 FOR FALSELY FILING A CLAIM. AND THAT'S NO GAME.

HELP KEEP THE SYSTEM HONEST

STATE
COMPENSATION
INSURANCE
FUND

REPORT ALL FRAUD 888-786-7372

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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

Surviving an Active Shooter Event

Survival in these situations, as with most emergencies, dictates the need for a plan – it doesn't have to be too detailed – just a general idea of the actions that you might take. Please take a few minutes and watch the video : <https://www.youtube.com/watch?v=5VcSwejU2D0&feature=plcp>

If you suspect an Active Shooter Event:

RUN !

Your best chance of survival is to flee, however, given a highly stressful episode your body's "fight or flight" mechanism should be preprogrammed to run, and run fast. Know the location of the closest TWO exits – whether you're at work or other public location. Recognize the threat – If others are fleeing, don't question why – just run. In many cases – shots being fired sounds just like firecrackers going off – don't question the source – just run.

HIDE!

If your exit is blocked or you are unable to get out – hide. Close and lock the door if possible, get behind or under a desk or other heavy object – anywhere to remain unseen/undetected.

FIGHT!

If your location is compromised and you are confronted by the gunman – fight. Use improvised weapons, attack as a group if possible and fight as though your life depends on it – because it does.

