



WORKING WELLNESS

Good Health is Good Business

**MAY
2016**

is...

LUNCH & LEARNS

Melanoma/Skin
Cancer
Detection
& Prevention
Month

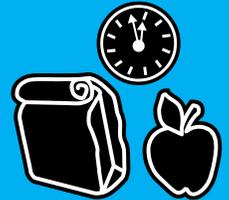
Florida Blue & Monroe County BOCC will be hosting
our 2nd Lunch and Learn of 2016!

Healthy Vision
Month

Boosting Brain Health from 11am – 12pm

AND

Deskercise from 1pm – 2pm



Arthritis
Awareness
Month

When & Where:

June 21, 2016 - Murray E. Nelson Gov't Center - Key Largo

June 22, 2016 - Harvey Gov't Center - Key West

June 23, 2016 - Marathon Gov't Center - Marathon

Hepatitis
Awareness
Month

***PICK-A-TIME LINK WILL BE SENT OUT SHORTLY**

REGISTRATION DEADLINE WILL BE FRIDAY, JUNE 10th

Lupus
Awareness
Month

With



Corner: Orchard Mail is now EnvisionMail



Hepatitis
Testing Day

Air Quality
Awareness
Week

GET YOUR PRESCRIPTION THROUGH THE MAIL

You can contact us directly at our offices:

EnvisionMail
7835 Freedom Ave NW
North Canton, OH 44720

CALL TO SAVE POSTAGE AND TIME

Have your physician e-prescribe, call or fax your next
90-day prescription:

844-293-4761 Call Center
711 TTY
866-909-5171 Fax

EASY-TO-USE WEBSITE

Manage your prescriptions in a few simple steps.

- Go to envisionpharmacies.com.
- Click Register Now.
- Create your Member Profile.
- Once registered you can:
 - Select your shipping preferences
 - Add a credit card to your account
 - Change your personal information
 - Order and track refills in your account
 - View your order history.



ENVISIONMAIL BENEFITS

- Highest level of service
- Affordable prices
- Easy & convenient
- Home or office delivery

For more
information on these
observances or
future observances,
go to U.S.
Department of
Health and Human
Services at
[http://healthfinder.gov
v/NHO/nho.aspx](http://healthfinder.gov/NHO/nho.aspx)

**Continued on
Page 2**

SPOTLIGHT OF THE MONTH: ENVISIONMAIL

WHAT IS A MAIL ORDER PHARMACY?

EnvisionMail is a fully licensed pharmacy staffed with licensed pharmacists and certified pharmacy technicians. EnvisionMail offers convenient and affordable mail delivery of prescription medications directly to your home, office or location of your choice. There are no shipping and handling fees.

Amount of Medication Dispensed per Order



Using a mail order pharmacy may reduce or eliminate your monthly pharmacy visits for maintenance medications taken on an ongoing basis.

WHAT ARE MAINTENANCE MEDICATIONS?

Maintenance medications are used to treat long-lasting or chronic conditions and are taken for extended periods of time. They include medications for blood pressure, arthritis, heart conditions, birth control, cholesterol, asthma and others. EnvisionMail is a convenient, dependable and less expensive way to obtain your maintenance medications.

HOW CAN MAIL ORDER HELP ME COMPLY WITH MY DOCTOR'S PRESCRIPTIONS?

Our Adherence Program will ease the burden of marking your calendar when your next refill is due and eliminate extra trips to the pharmacy. Once you are enrolled, our program automatically refills your prescriptions and charges your account when 70% of your current order has been consumed. This way you will never run out of your medication. Controlled substance and refrigerated medication prescriptions are excluded.

HOW DO I START USING THE MAIL ORDER PRESCRIPTION DELIVERY PROGRAM?

To obtain your mail order prescriptions from EnvisionMail, you will need to set up an account before ordering. Options for creating an account:

- Register online at envisionpharmacies.com
- Complete an enrollment form available from EnvisionMail or your benefit administrator and return in the self-addressed envelope.

HOW DO I ORDER NEW PRESCRIPTIONS?

Mail original new 90-day prescriptions to EnvisionMail or have your physician fax them directly to our office. EnvisionMail also accepts e-prescribing direct from your physician's office.

CONTACT US

- Call us toll-free at 844-293-4761 or 711 TTY to use our Interactive Voice Response (IVR) system 24 hours a day, seven days a week (select option "1" to access the automated refill center). During normal business hours, you can speak to an EnvisionMail Customer Service Representative, and request to be enrolled in the automatic refill option.
- Email us at refill@envisionpharmacies.com (please include your member name and ID number).
- Go online to envisionpharmacies.com.
- Fax us at 866-909-5171.
- Write to us at our physical address:

EnvisionMail
7835 Freedom Ave NW
North Canton, OH 44720



EAP (EMPLOYEE ASSISTANCE PROGRAM)

EAP WORKSHOPS COMING IN JULY!

July 12th - KEY LARGO

July 13th - MARATHON

July 14th - KEY WEST

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.

CHECK OUT QUANTUMS MONTHLY NEWSLETTER:

<http://www.accessqhs.com/#!balanced-living/c13v6>



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

Or

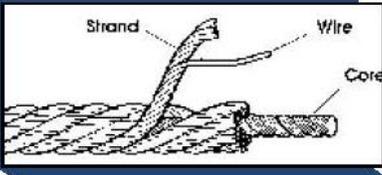
Check out their website

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



COMP CORNER

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



Check Those Wires

All slings, fastenings and attachments must be **inspected each day** before use for damage or defects.

During an inspection of slings and attachments, items to look for should include:

Broken wires;
Severe localized **abrasion or**

scraping;

Kinking, crushing, bird caging, or any other damage to the rope structure;

Evidence of **heat damage;**

Crushed, deformed, or worn end attachments;

Severe **corrosion** of the rope, end attachments or fittings;

Missing or illegible sling identifications; and

Any other conditions that cause doubt as to continual safe use of the sling.

Where any such defect or deterioration is present, **remove** the sling or attachment **from service** immediately.



If you need assistance with W/C please contact Meri-De Mercado @ (305) 292-4451.

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

Aerial Lifts Safety Tips

Make sure that workers who operate aerial lifts are **properly trained** in the safe use of the equipment.

Maintain and operate elevating work platforms according to the manufacturer's instructions.

Never override hydraulic, mechanical, or electrical safety devices.

Never move the equipment with workers in an elevated platform unless this is permitted by the manufacturer.

Do not allow workers to position themselves between overhead hazards, such as joists and beams, and the rails of the basket. Movement of the lift could crush the worker(s).

Maintain a **minimum** clearance of at least 10 feet, or 3 meters, away from the nearest energized overhead lines.

Always treat power lines, wires and other conductors as **energized**, even if they are down or appear to be insulated.

Use a **body harness or restraining belt** with a lanyard attached to the boom or basket to prevent the worker(s) from being ejected or pulled from the basket.

Set the **brakes and use wheel chocks** when on an incline.

Use **outriggers**, if provided.

Do not exceed the load limits of the equipment. **Allow for the combined weight** of the worker, tools and materials.

"The major causes of fatalities are falls, electrocutions, and collapses or tip overs"

