



# WORKING WELLNESS

*At home and at work, good health starts with you.*

MARCH 2010

*is...*

National Colorectal  
Cancer Awareness  
Month

National Endometriosis  
Awareness Month

National Nutrition  
Month

Save You Vision Month

Workplace Eye  
Wellness Month

*And has...*

National Patient Safety  
Awareness Week

National Sleep  
Awareness Week

Brain Awareness Week

World Kidney Day

American Diabetes Alert  
Day

World Tuberculosis Day

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

## EAP *The Employee Assistance Program*

The EAP is a short-term counseling program which provides *confidential, no cost* professional assistance to help employees and their families resolve problems that adversely affect their personal lives. If you would like to make an arrangement to speak to a counselor, you should contact Horizon Health at 1-800-272-7252.

The EAP website also offers links and information on topics, such as, family, health, and managing time. To visit the website, go to [www.horizoncarelink.com](http://www.horizoncarelink.com) and type in MCBOCC as your Login and Password. A link to their Legal and Financial Resource Center webpage is also provided.



## WorkLife Services *provided by Horizon Health*

WorkLife Services is one of the many free services provided by Horizon Health. When you contact Horizon Health, you speak with a counselor who intakes your information and applies WorkLife Services to determine your needs.

That counselor gets to work right away to locate resources or acceptable provider(s) available to best match those needs. Unless it is an emergency, the counselor will contact you back within 24-48 hours with referrals. Horizon Health will follow up with you in approximately 2-3 weeks to assess if your needs are being met through the referrals you received.

Here are some situations in which WorkLife Services can assist you: locating the types of resources available for a summer camp for children with special needs; services available at little or no cost to assist your mother with needs in the home; finding a child care provider or after school care for your child; sick child care or back-up care; affordable health care for your elderly parent who does not yet qualify for Medicare.

Horizon Health has these resources at their fingertips and is able to locate a resource that would normally take you a week or longer, in as little as 24-48 hours. The goal is to reduce your stress by having someone do the work for you!

To learn more about Worklife Services and view other EAP information go to (type the following into your internet browser's address bar):

[http://monroecofl.virtualltownhall.net/Pages/MonroeCoFL\\_Personnel/EAP](http://monroecofl.virtualltownhall.net/Pages/MonroeCoFL_Personnel/EAP)



# Plenty O' Information



The Benefits Office is dedicated to ensuring that employees have access to every available resource. See below for some of the ways you can access information on your insurance.

**http:  
www.gov  
.com  
.org**

Monroe County's webpages offer a wealth of information. Start at the following internet address to gain access to your medical, prescription, dental, and vision insurance information:  
[http://monroecofl.virtualtownhall.net/Pages/MonroeCoFL\\_Benefits/index](http://monroecofl.virtualtownhall.net/Pages/MonroeCoFL_Benefits/index).

Access to Workers' Compensation information is there too!



Information is sometimes distributed to the employer and/or Division Director via email. This newsletter for instance. Your employer and/or Division Director is charged with disseminating the information to their employees and ensuring that the information gets posted in all appropriate work areas.



If you register as a user on the medical, prescription, dental, and/or vision websites and supply your email address you're apt to be asked if you would like to receive updates from that company.



\* If you're a BOCC employee and have an email address, than most likely you have exclusive access to the same information provided on our webpages. Make sure your Microsoft Outlook application is linked to the BOCC 's "exchange" and open the following: Public Folders/All Public Folders/County Forms/Benefits Office. Voila! You're in the know!



Even though so much information is available through the computer, we don't like to lose contact with our employees. Our office is still here to assist you, please do not hesitate to call us at (305) 292-4446.

## COMP CORNER

### Working Together

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



Monroe County's Safety Officer, Ike Beal, works in connection with the Workers' Compensation Office to investigate accidents of workers' compensation claimants and recommend to their departments measures that need to be taken to assist in the prevention of a reoccurring accident.

In addition, Ike tests certain equipment to ensure that it is up to standards. Pictured is Ike, on the left, testing a SCBA mask.

The SCBA mask is used to provide breathable air in situations where there might be substances in the air that could cause an immediate danger to the life and health of a firefighter.



Later, Ike tested the N 95 mask he was wearing.

The N 95 mask is the equivalent of a surgical or procedure mask which is worn to catch the bacteria shed in liquid droplets and aerosols by the wearer's mouth and nose. The N 95 mask can also protect the wearer from being splashed in the mouth by bodily fluids.

Injured workers are 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.