



# WORKING WELLNESS

*Good Health is Good Business*

JULY 2010

is...

UV Safety Month

Juvenile Arthritis Awareness Month

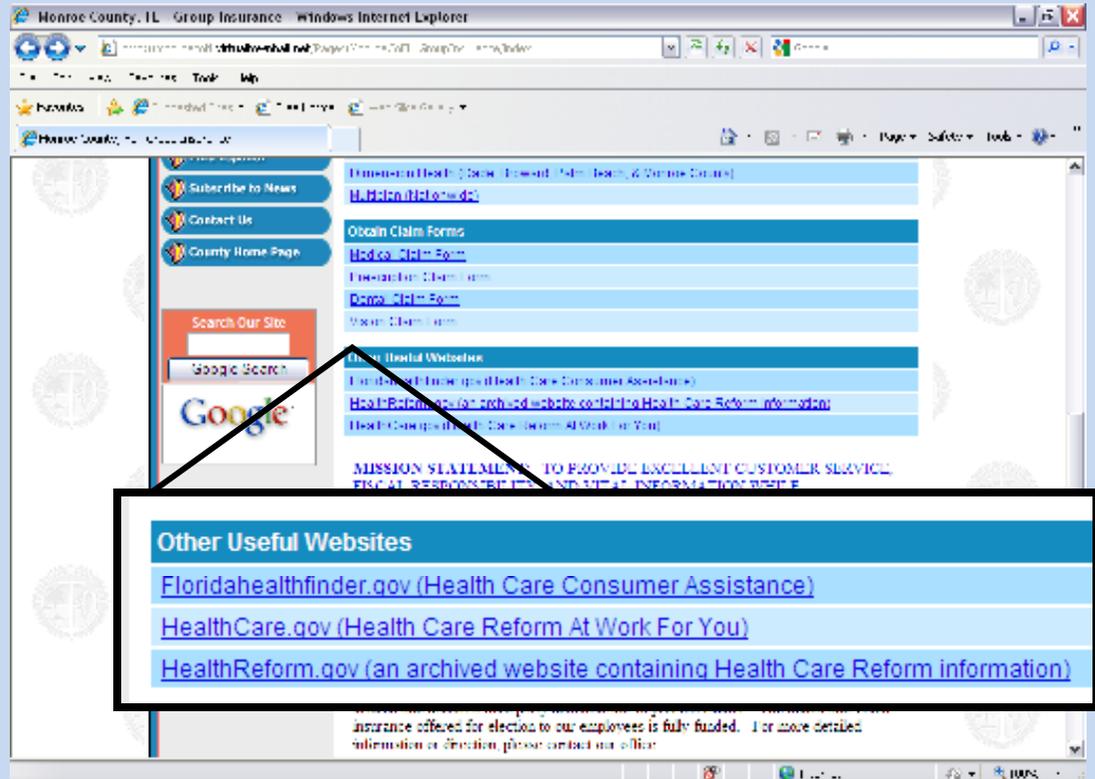
International Group B Strep Awareness Month

Cord Blood Awareness Month

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)



## More Info For You!



We have added some useful websites to Monroe County's Group Insurance webpage, [Monroecofl.virtualtownhall.net/Pages/MonroeCoFL\\_GroupInsurance/index](http://Monroecofl.virtualtownhall.net/Pages/MonroeCoFL_GroupInsurance/index).

[Floridahealthfinder.gov](http://Floridahealthfinder.gov)

*Floridahealthfinder.gov* is a website available to you, the health care consumer, courtesy of the Florida Agency for Health Care Administration.

The website can assist you in making informed decisions regarding your health care. It offers comparisons of hospitals and their pricing information, average length of stay, mortality rates, complication/infection rates, and other valuable information.

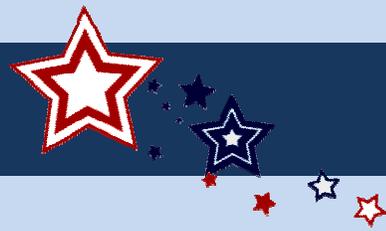
[HealthCare.gov](http://HealthCare.gov)

The newly created *HealthCare.gov* offers information that will help you "take health care into your own hands". Make selections like Lean About Prevention, Compare Care Quality, and Understand the New Law.

[HealthReform.gov](http://HealthReform.gov)

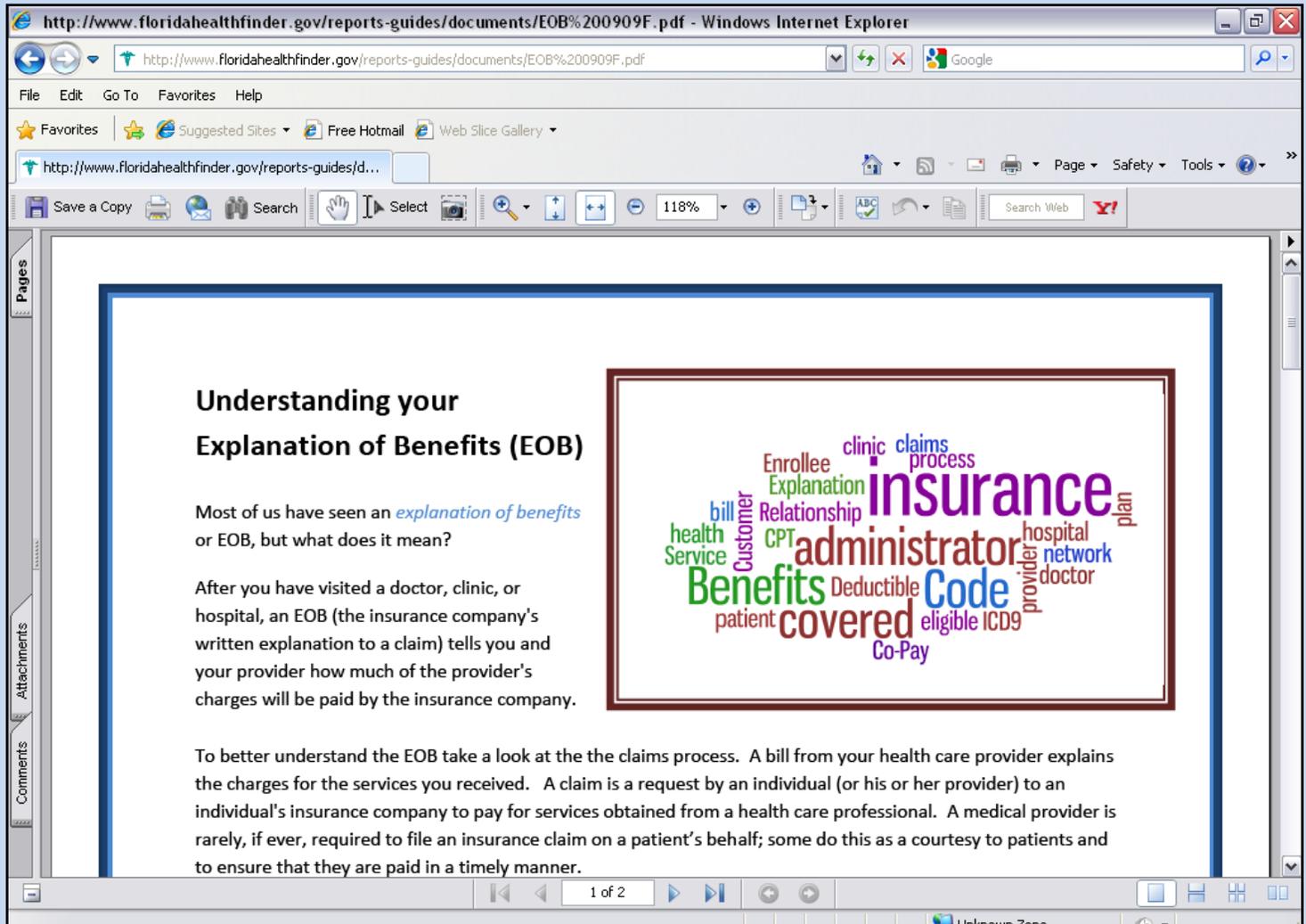
Blogs from government officials, Q & A's, and newsroom type of information is available on the Patient Protection & Affordable Care Act. Although *HealthReform.gov* is now archived to pave the way for the duly focused *HealthCare.gov*, it still contains a wealth of knowledge for those inquisitive about Health Care Reform.

# In addition...

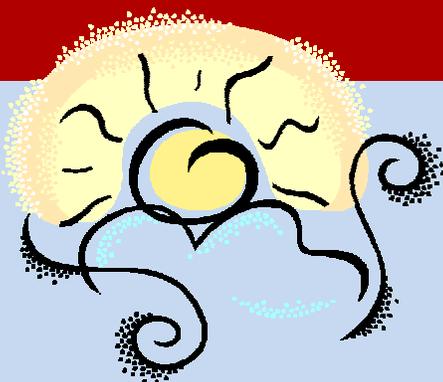


*Floridahealthfinder.gov* has a guide to Understanding your Explanation of Benefits (EOB). The guide offers details how to read almost any EOB and even gives a sample in a generic format. Visit the Brochures and Guides webpage of *Floridahealthfinder.gov* or go directly to (type the following into your internet browser's address bar):

<http://www.floridahealthfinder.gov/reports-guides/documents/EOB%200909F.pdf>



## HOT!!!



Being environmentally conscience and staying cool is no easy task for anyone. But Keys Energy Services has some suggestions as to how you can keep cool and save on that electric bill.

Go to (type the following into your internet browser's address bar) [www.KeysEnergy.com/tip.php](http://www.KeysEnergy.com/tip.php) to start learning more!

SPOTLIGHT OF THE MONTH  
Wellness Website



[www.LetsMove.gov](http://www.LetsMove.gov)

First Lady Michelle Obama has launched a campaign as “an ambitious national goal of solving the challenge of childhood obesity within a generation so that children born today will reach adulthood at a healthy weight”.

The campaign utilizes [www.LetsMove.gov](http://www.LetsMove.gov) as way to offer tips and tools on getting children active and eating healthy, in addition to President Barack Obama’s Task Force on Childhood Obesity.

So get busy and visit [www.LetsMove.gov](http://www.LetsMove.gov) to learn more!

SPOTLIGHT OF THE MONTH  
Horizon Health Webinar

Sleep for Success

“A good night’s sleep is critical to a good day and good health. Yet many people have difficulty getting the sleep they need.”  
Join Horizon Health on:

Thursday, July 29, 2010  
2:00 PM – 3:00 PM

Go to (type the following into your internet browser’s address bar):

[www.horizoncarelink.com](http://www.horizoncarelink.com)

Username: MCBOCC

Password: MCBOCC



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Visit [www.MyWHI.com](http://www.MyWHI.com) for product news. The selection can be found under the RESOURCES section on the left hand side. It offers the latest news on new brand name medications, new generic medications, and more!



RESOURCES

- [FAQ](#)
- [Drug information](#)
- [Product news](#)
- [Health information](#)

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

The Benefits Office would like to remind everyone that when reporting an injury or illness the appropriate paperwork must be completed.

All signatures and information should be obtained prior to the paperwork being submitted to the Benefits Office.

If you have questions about what paperwork needs to be completed or the information that needs to be obtained, please contact the Workers Compensation Specialist, Tammy Sweeting, at (305) 292-4507 or x4507. Tammy can also be reached at [Sweeting-Tammy@MonroeCounty-FL.Gov](mailto:Sweeting-Tammy@MonroeCounty-FL.Gov).

Injured workers are also 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.