



WORKING WELLNESS

Good Health is Good Business

JULY 2011

is...

Cord Blood
Awareness Month

International
Group B Strep
Awareness Month

Juvenile Arthritis
Awareness Month

National Cleft &
Craniofacial
Awareness &
Prevention Month

UV Safety 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.

don't forget about your ★ ★ ★
Wellness Benefit!

Pap smears, pelvic exams, and breast exams should be done at least annually for women. These exams help to screen for potential reproductive health issues and breast cancer. The earlier a problem is identified the easier it is to treat or cure, and it will cause less damage to your body.

The Monroe County Group Health Plan is compliant with federal mandates that require insurance plans to cover certain wellness benefits. These benefits are not applicable to your deductible and do not require you to pay a co-pay. They are covered at 100% (FREE!) as long as the services are done by an in-network provider and are coded correctly to indicate the services as wellness. These benefits may include but are not limited to:

- Cervical Cancer Screening (pap smears)
- Screenings for specific STDs for women
- Screenings for specific STDs for pregnant women
- Breast Cancer Mammography Screenings every 1 to 2 years for women over 40
 - Blood Pressure Screening
- Cholesterol Screening for adults of certain ages or higher risk
 - Depression Screening for adults
- Type 2 Diabetes Screening for adults with high blood pressure
- Osteoporosis Screening for women over age 60 depending on risk factors

Much more is covered for men, women, and children and you can review that information as it applies to you by going to:

www.healthcare.gov/center/regulations/prevention/recommendations.html

Wells Fargo TPA can also answer any questions you may have about your wellness benefit. Contact them at 1-800-624-8605.

In addition, our staff is available Monday through Friday from 8:00 AM to 5:00 PM.

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The following information was provided by MedlinePlus a service of the US National Library of Medicine / NIH: National Institutes of Health: www.nlm.nih.gov/medlineplus/overthecountermedicines.html.

Over-the-Counter (OTC) Medicines

“Over-the-counter (OTC) medicines are drugs you can buy without a prescription. Some OTC medicines relieve aches, pains and itches. Some prevent or cure diseases, like tooth decay and athlete's foot. Others help manage recurring problems, like migraines.

In the United States, the Food and Drug Administration (FDA) decides whether a medicine is safe enough to sell over-the-counter. Taking OTC medicines still has risks. Some interact with other medicines, supplements, foods or drinks. Others cause problems for people with certain medical conditions. If you're pregnant, talk to your health care provider before taking any medicines.

It is important to take medicines correctly. More medicine does not necessarily mean better. You should never take OTC medicines longer or in higher doses than the label recommends. If your symptoms don't go away, it's a clear signal that it's time to see your healthcare provider.”



- Food and Drug Administration



The FDA also has a slew of information in regards OTC medicines. It is recommended that every consumer review their information and/or consult your doctor before using OTC medicines.

Their website contains information on understanding OTC medicines, how to choose the right one for you, how to safely use them, and what those labels on the bottle mean.

Go to: www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/UnderstandingOver-the-CounterMedicines/default.htm



Walgreens Health Initiatives can also help to guide you. Contact them at 1-800-207-2568.

Hobbies: Good Medicine for Mind and Body

“Learn about the mental and physical benefits of hobbies and how you can find the right hobby for you. “

July 21st at 3:00PM – 4:00PM

Register at: www.horizoncarelink.com

Login: MCBOCC / Password: MCBOCC

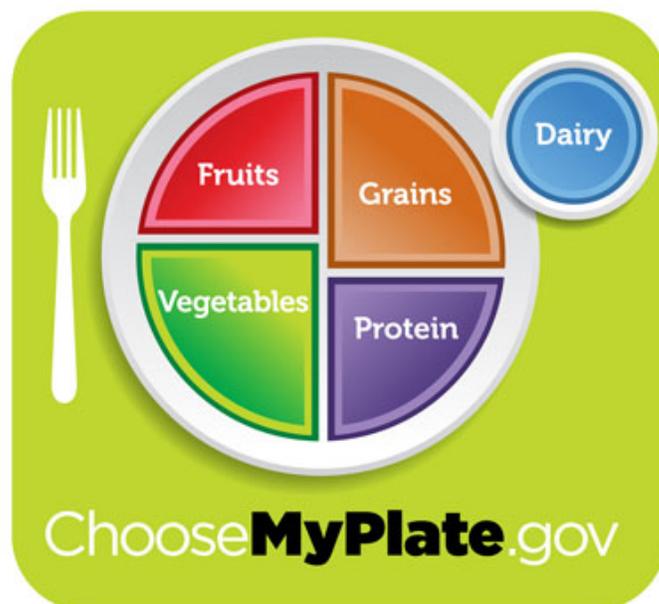
www.ChooseMyPlate.gov

The Food Pyramid Replaced By A Plate

That's right the food pyramid is gone! On June 1, 2011, it was announced that the United States Department of Agriculture would replace the food pyramid with a plate.

It was designed to help balance calories, and suggests foods that need to be increased or reduced in order to help us all eat healthier. As you can see fats, oils, and sweets has been completely eliminated.

The website itself contains information that can help you analyze your diet, learn about the food groups, and get healthy eating tips. Check it out!



COMP CORNER

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

This article appears courtesy of our workers' compensation company, Employers Mutual, Inc. (EMI), and was selected from their monthly newsletter, *Safety Matters*. The full newsletter provides a wealth of information related to employee safety. This newsletter, future newsletters, or archived newsletters can be viewed at: www.emi-tpa.com/services/safety-matters.html



Watch Where You're Going

It can happen when you're walking in the parking lot and your foot lands on a small rock or slips on a wet surface.

It usually happens because you're not watching where you're going.

You could be walking on something you shouldn't be walking on, stepping up or down, or you could trip while doing something else (cell phones?).

Most of us are very experienced walkers - after all, we've been walking almost all our lives.

So, **why is it** that simply putting one foot in front of the other results in so many injuries?



Most slips and falls have little to do with the work surface or the type of shoes we wear, but have everything to do with where our **mental focus** is at the moment of injury.

Even with a task as commonplace as walking, **we must stay externally focused and aware** of our surroundings.

Slips, trips and falls are major causes of injuries, both at work and away from work.

The major causes of falls are slipping and tripping over an obstacle.

Slips and trips cause **15%** of all

accidental deaths and **10%** of all injuries.

Because slips and falls are so common, they are often dismissed as **unpredictable** accidents.



They're not.

The right attitude means **looking out** for unsafe conditions and **paying attention** to our surroundings.



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.