



# WORKING WELLNESS

*Good Health is Good Business*

SEPTEMBER 2011

*is...*

Childhood  
Cancer  
Awareness  
Month

Healthy Aging  
Month

Ovarian Cancer  
Awareness  
Month

*with...*

National Celiac  
Disease  
Awareness Day

*And more!*

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).

# Flu Season is Coming!

The Hospice of the Florida Keys, Inc. and the Visiting Nurse Association are giving flu shots this year. Please contact them at the numbers below for more information:

Key West & Lower Keys	(305) 294-8812
Upper Keys	(305) 852-7887

Wherever you decide to get your flu shot, you should call first to check on walk-in availability or to make sure appointments don't need to be scheduled.

Check on pricing information, as well. Most places will expect payment up front even though immunizations are covered by the Group Health Plan.



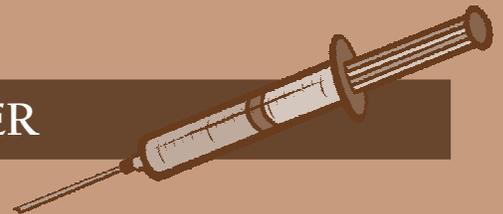
You can also contact Wells Fargo TPA at 1-800-624-8605 for more information regarding this benefit or information on how to obtain reimbursement for your immunization.

You can view your Group Health Plan Document and its Amendments at:

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



## CORNER



We have confirmed that every major grocery store with a pharmacy, every CVS, and every Walgreens in the Florida Keys are giving flu vaccinations this year.

## SPOTLIGHT OF THE MONTH: EAP Webinar

### The Perils of Perfectionism and Procrastination

Do you "put off tomorrow what you could do today"? Listen up procrastinators and perfectionists: now's the time to learn what your behavior is all about, and work on some changes that will make you less stressed, happier and more productive too!

September 22<sup>nd</sup>  
3:00PM – 4:00PM

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

Login: MCBOCC  
Password: MCBOCC

## SPOTLIGHT OF THE MONTH: Wellness Website

*Check it out! Below are some informative websites regarding vaccinations:*

[www.CDC.Gov/Vaccines](http://www.CDC.Gov/Vaccines)

[www.NVIC.Org](http://www.NVIC.Org)

[www.Vaccines.Org](http://www.Vaccines.Org)



## COMP CORNER

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

### Avoid Those Bumps & Thumps



**Take the time** to get a ladder or stool instead of climbing on the chair.

**Take the time** to get help if boxes are too heavy or stored where they are hard to safely reach.



**Take the time** to close the file drawer so it's not waiting for someone to hit it.



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. Future EMI newsletters, or some archived newsletters can be viewed at:

[www.emi-tpa.com/services/safety-matters.html](http://www.emi-tpa.com/services/safety-matters.html)

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.