



WORKING WELLNESS

Good Health is Good Business

OCTOBER 2011

is...

Eye Injury
Prevention
Month

Health Literacy
Month

Home Eye Safety
Month

National Down
Syndrome
Awareness Month

with...

Mental Illness
Awareness Week

Child Health Day

World Mental
Health 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.

Blue Cross/Blue Shield of FL is coming!

**Effective
November 1st !**

Effective November 1, 2011, your group health plan administrator will be Blue Cross/Blue Shield of Florida (BCBS of Florida). Your new BCBS of Florida ID cards are being mailed to your home address.

***NOTE:** Beginning November 1, 2011 your Wells Fargo card will no longer be valid. Please present your new BCBS of Florida ID card to all medical providers (doctors, hospital, labs, etc.) so that your information may be updated in their systems for all services performed November 1, 2011 and after.

Should you have any questions about your benefits please call the BCBS of Florida Benefits Information Hotline at 1-800-967-8938. Their representatives are ready to answer your questions about your health insurance program. Benefits Information Hotline is open Monday – Thursday: 8 a.m. – 9 p.m., Eastern Time and Friday: 9 a.m. – 9 p.m., Eastern Time.

To get the most from your health plan, it's important that you understand its benefits and features. *Educational Workshops* have been scheduled for November 8th in Key West, November 9th in Key Largo and November 10th in Marathon. Details about the *Educational Workshops* will be distributed in the next few days.

If you don't receive your new BCBS of Florida card by November 1, 2011, please contact Megan Yarbrough at (305) 292-4446 for assistance.

***NOTE:** Claims prior to November 1, 2011 should be submitted to Wells Fargo for processing. Also for any issues with claims prior to November 1, 2011 please contact Wells Fargo at 1-800-332-4732. Thank you.

SPOTLIGHT OF THE MONTH: Wellness Website

www.MouthWiseFlorida.com

As advertised in the Key West Citizen on October 20, 2011:

The Florida Department of Health's Office of Communications and Public Health Dental Program are marking National Dental Hygiene Month with the launch of a new interactive web site.

The site offers basic information on dental hygiene and prevention tips in both English and Spanish. Messages target parents, youth, teens, and professionals and medical students. Visit www.mouthwiseflorida.com or call the Monroe County Health Department at (305) 293-7500 for more information on dental services available across the Florida Keys.



CORNER



Effective October 1, 2011, your prescription drug program began being administered by EnvisionRxOptions. Your new prescription drug cards were mailed to your home address. *NOTE: Beginning October 1, 2011 your Walgreens Health Initiatives (WHI) card will no longer be valid. Please present your new EnvisionRxOptions card to your pharmacy so that your information may be updated.

There will be no changes in your co-pay, the portion of the drug cost that you are responsible for. However, please note that if you purchase a brand name medication that has a generic equivalent, you will be responsible for 100% of the brand name drug cost unless your physician mandates you must fill the brand name drug.

Our benefit plan may have certain restrictions regarding refills. A Summary Benefit Plan containing more information will be distributed upon completion. Until receipt of this Summary, any questions should be posed to the EnvisionRxOptions Customer Services Help Desk at (800) 361-4542.

You can also access EnvisionRxOption's Pharmacy Locator by visiting www.EnvisionRx.com and use their services to perform searches for participating pharmacies and much more.



Added benefits – Prenatal vitamins will now be covered under your prescription plan. In addition certain over-the-counter (OTC) drugs such as Prevacid OTC, Prilosec OTC, Claritin OTC, and Allegra OTC will now be available to you at a lower cost with a prescription from your physician.

Grandfathering – Monroe County has decided to “grandfather” the most commonly used non-formulary medications until December 31, 2011. The grandfathering period will give you an opportunity to discuss with your doctor changing to one of the preferred formulary alternative drugs or to a generic, if available. If you elect to continue taking the non-formulary drug, then effective January 1, 2012 you will pay the higher, non-formulary copay. More information on the grandfathering and the affected medications will accompany your new prescription card.



If you haven't received your new prescription card, please contact our office at (305) 292-4446 for assistance.

OPEN ENROLLMENT

Open Enrollment
is almost here!

Open Enrollment will be here in
November. Be on the lookout for your
official notification!



CONGRATS!

The Benefits Office's Assistant,
Megan Yarbrough was named
the July 2011 Employee of the
Month.

WAY TO GO, MEGAN!

A word from Horizon Health, your Employee Assistance Program (EAP):

October is National Breast Cancer Awareness Month. The following information was provided by Horizon Health. As always, you should consult your physician if you are seeking treatment or service.



October 2011 Monthly Awareness

Breast Cancer Awareness

One of the most important aspects of breast cancer awareness is knowing what indicators to look for in your health and lifestyle. While scientific research is always changing, these are the most recent risk factors identified for women:¹

- **Diet and lifestyle** — Consuming more than two alcoholic drinks per day has been shown to increase risk. Additionally, high-fat diets and low activity are also contributing factors.
- **Family history** — Having a family member with cancer has been known to increase an individual's risk. For breast cancer in particular, a female relative, (such as a mother, sister or grandmother) with a history of breast cancer is an additional identified risk.

- **Reproductive history** — Having children at a late age or not reproducing at all may increase cancer risk. Taking birth control for more than 10 years and late menopause are also potential risk indicators.
- **Weight** — Being overweight or obese can lead to an increased risk of breast cancer. This factor may also make it more difficult to detect breast cancer once it has developed.²

For more information on breast cancer awareness and prevention, visit www.nationalbreastcancer.org.

¹www.nationalbreastcancer.org

²www.cancer.gov



All calls are confidential, except as required by law (i.e., when a person's emotional condition is a threat to himself/herself or others, or there is suspected abuse of a minor child, and in some areas, spousal or elder abuse).

Information is believed to be accurate as of the production date; however, it is subject to change.

44.00.910.1-Web (10/11)



He said, She said: Male and Female Conversation Styles

Learn the basic gender differences between male and female conversation styles and how they are played out in day-to-day life. Also, receive tips on how to understand the "other sex" better.

October 27th
3:00PM – 4:00PM

Register at: www.horizoncarelink.com

Login: MCBOCC
Password: MCBOCC

COMP CORNER

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

Protect Those Eyes



Some eye injury facts:

- About 2000 eye injuries occur everyday at work in the US.
- 90% of eye injuries are preventable by wearing the right eye protection.
- Even "minor" eye injuries can cause life-long vision problems and suffering—a simple scratch from dust, dirt, lawn debris, wood or metal shavings can cause corneal erosion that is recurrently painful.

What causes eye injuries?

- Hammering, grinding, cutting, and drilling work may produce particles.
- Handling chemicals may lead to splashes into eyes.
- Wet or powdered cement in the eye can cause a chemical burn.
- Dusty or windy conditions can lead to particles in the eye on any job.
- Eye injuries can result from simply passing

through an area where work is being performed.

- Coworkers around or above you may generate the hazard.

What can you do?

Wear proper eye protection for the job:

Safety glasses, safety goggles or full face shields.

Make sure they have

ANSI Z-87

marked somewhere on the frame or lens.

90 % of eye injuries are preventable

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

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.