

Benefiting You



IMPORTANT INFORMATION FOR OUR EMPLOYEES

December 2011

Preventive Care Corner

Lead Hazards in Some Holiday Toys

The holiday season is here, and that means many children will be given toys as gifts. While new toys are a holiday tradition, parents should be aware of potential lead hazards associated with toys, including toy jewelry. Review these important facts to keep your children safe this holiday season.

Lead is invisible to the naked eye and has no smell. Children may be exposed to it from consumer products through normal handling of the product. They often place toys and other objects, as well as their fingers that have touched these objects, in their mouth, which exposes them to lead paint or dust.

Lead may be used in two aspects of toy manufacturing.

- Paint
- Plastic

If jewelry containing lead is swallowed or put in a child's mouth, the child can be poisoned.

Recall Information

The CPSC asks parents to search for possible recalls of toys their children have and take the toys away immediately if they have been recalled. Parents should search their children's toys for metal jewelry and throw it away. Photos and descriptions of recalled toys and toy jewelry are available on the [CPSC](#) Web site. CPSC can be contacted also by telephone at 1-800-638-2772.

This information as well as information on other topics can be found at Centers for Disease Control and Prevention: <http://www.cdc.gov/>

For help in navigating your benefits when setting up your appointment with your healthcare provider contact the BCBS Care Consultants at 1-888-476-2227 Mon-Fri 8am to 9pm

Care Consultants can also help you understand your condition, plus help you explore your treatment options so you are able to make the choices that are best for you.

It's easier to find quality care and save money when you're informed before you go to the doctor, the hospital, or an imaging center. Care Consultants understand the big health care picture and can answer your questions about plan

benefits, treatment choices, cost saving options, community resources and more. They are available to make your health care decisions easier and ultimately, save you time and money.

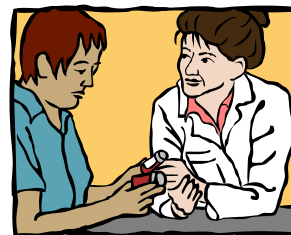
Don't forget our on-site BCBS Clinical Nurse is also here to help you with your questions. She is located in the main building of the District Office for face to face visits or she can be contacted at:

Katherine Davis, RN 863-519-8044 56665

katherine.davis@polk-fl.net

Medco

Take as directed—your prescription for better health



You trust your doctors to diagnose what's ailing you and to prescribe the right medication. But if you're like many people, you probably don't *always* take your medication exactly as directed.¹

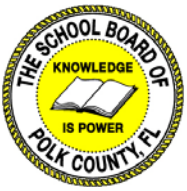
Whether you have a short-term ailment (such as bronchitis) or a chronic condition (such as high blood pressure or diabetes), taking your medicine as directed is one of the best ways to help get healthy and stay healthy.

Ask questions.

You can help protect your health by partnering with your doctor. Be sure to provide details about your health condition. In addition, whenever your doctor prescribes medication for you, make sure you understand the answers to these questions:

- ▶ Why do I need to take this medication?
- ▶ How long do I need to take it?
- ▶ How often should I take it?
- ▶ How does the medication work?
- ▶ Should I take the medication with food or a beverage?
- ▶ Are there any side effects that I should know about?
- ▶ If I experience a side effect, whom should I tell?
- ▶ Is there a generic version or a lower-cost alternative?

¹U.S. Food and Drug Administration, Statement of Consumer Health Information Corporation. Public Hearing. Development and Distribution of Patient Medication Information for Prescription Drugs <http://www.fda.gov/downloads/Drugs/NewsEvents/UCM229047.pdf>. Accessed January 19, 2011.



Benefiting You



IMPORTANT INFORMATION FOR OUR EMPLOYEES

December 2011

Fill your prescription.

Once you understand why and how you'll be taking a particular medication, be sure to fill your prescription. If you take prescription drugs on a long-term basis, you may want to use the **Medco Pharmacy**® mail-order service. Your medication will be delivered right to you and **standard shipping is free.**

Using mail order saves you from making monthly trips to the pharmacy—and that means saving on the high cost of gas, as well as the potential for significant prescription drug savings (depending on your specific plan).

Take your medication as directed.

Once you get your prescription filled, carefully read any dosing directions and drug information included with your medication.

If you have any questions, don't hesitate to talk to your doctor or call the number on the back of your prescription drug ID card.

Delta Dental

Does Your Dentist Know What's in Your Medicine Cabinet?

If you haven't talked to your dentist lately about what medications you're taking, you should.

From over-the-counter antihistamines to prescribed blood pressure regulators, many medications can cause side effects

that negatively affect oral health. Without proper attention, these side effects could lead to more serious conditions.



For this and further information, please visit:
http://demo.deltadentalinsco.com/oral_health/

Horizon Health EAP

The Polk County School Board offers you an Employee Assistance Program through Horizon Health.

The EAP is a free, confidential service that helps you and your family deal with personal problems that may affect your quality of life.

Experienced professionals are available to provide confidential counseling for a variety of life's challenges. Your EAP is available 24 hours a day, 365 days a year. You can, at any time of the day, talk to a qualified counselor by calling toll-free 1-800-272-7252.

Learn more about Horizon EAP on their website at:
www.horizoncarelink.com

Username: PCS
Password: PCS

There you will find links to helpful articles such as:

| |
|--|
| Sleeping Well During the Holidays more» |
| Beating the Holiday Blues more» |
| The Lion in Winter: Why Heart Attacks Peak During the Holidays more» |
| College more» |
| Is Valentine's Day Good for You? more» |
| The Importance of Family Rituals more» |
| Webinar Archives more» |
| Single Parenting more» |
| Lighten Up: Dealing with Seasonal Depression more» |
| Depression Top Links more» |
| Anorexia Top Links more» |