

STEP INTO WELLNESS



Diocese of Palm Beach 2019 Healthiest Employers Award Honoree



2019 Healthiest Employer Award

The Diocese of Palm Beach was recognized once again as one of the 2019 Healthiest Employers in South Florida presented by Florida Blue and the Florida Business Journal.

More than 200 people attended the *Business Journal's* 2019 Healthiest Employers Awards luncheon.

Participants attended a health fair featuring vendors offering health and wellness resources, healthy food and drinks, fitness tips and screenings for heart disease factors.

Twenty-five companies were honored for wellness programs that help keep employees fit, while keeping their health care costs down.

The businesses competed in four categories: small, medium and large companies and nonprofits. They each submitted surveys to Healthiest Employers LLP, which weighed the companies' health and wellness best practices, analytics, outreach, etc. to choose the winners and finalists. The awards were backed by presenting sponsor Florida Blue, associate sponsor Sapoznik Insurance and powered by Healthiest Employers.

This is the third year that the Step Into Wellness Program has been a recipient of this award.

The award was accepted by Carol Waring, Wellness Coordinator and accompanied by Cathy Holland, Cardinal Newman High School and Meghan Dougherty, St. Joan of Arc School.

Thank you to all of the Co-Captains and Wellness Champions who encourage their coworkers to stay engaged in wellness and good health! A very big **THANK YOU** goes out to all of our employees who participate each year! We couldn't do it without you!!!!



Financial Well-being: SCAMS

There has been the "one ring" phone scam, the fake IRS phone calls, the scam that tricks you into thinking that your Social Security number has been connected to some car in Texas that was involved with running drugs across the border.

And now there is the "Can you do me a favor?" scam. But this one has a new twist.

"Usually, it starts with an email," said Amy Nofziger, AARP fraud expert. The email could look like it's from your boss, maybe your minister or pastor, perhaps the principal of your school.

A woman who had just started a job in April didn't think twice when she got an email from her boss asking for help. Her job often involves handling different projects for her boss.

So she wasn't taken aback when he sent an email and asked her to buy four \$500 gift cards to be used as prizes for employees. She received other emails supposedly from her boss during the process. She later googled scams and discovered a warning about crooks sending fake emails pretending to be your boss.

Consumers are warned that these sorts of scams can start innocently enough. The message in the initial email might be something like: "Could you please email me back? I need a favor." Or "Are you available at the moment? I need you to handle a project. Very busy- can't talk. Just send an email when you receive this. Thanks." The phishing email is crafted to appear legitimate, often signed by someone we know. So, sure, we want to help. The email address is even similar to your supervisor's email, too. So many of us don't think twice.

(cont'd pg.2)



June 2019

In this issue:

- 2019 Healthiest Employer Award
- SCAMS
- 2019 Health Expo Dates
- June Happenings
- 2nd Quarter Webinar - 2019
- UV Safety Month
- Know Your Benefits - Preventative Screenings
- Health Expo Info

2019 Health EXPO Dates

The Employee Health and Wellness Expos are coming soon!

July 25 at Cathedral of St. Ignatius Loyola Parish Hall from 9:30 AM - 1:30 PM

August 6 at All Saints School cafeteria from 9:30 AM - 1:30 PM.

August 7 at St. Joan of Arc Sports Arena from 11:30 PM - 4:00 PM.

August 12 at St. Anastasia Parish Hall from 11:30 AM - 3:30 PM

October 4 at St. Helen School gym from 1:00 PM - 3:00 PM

October 16 at Cardinal Newman High School cafe from 1:00 PM - 4:00 PM

July is UV Safety Month

July is UV Safety Awareness Month, but it is also important to remember skin protection throughout the whole year. According to the American Cancer Society (ACS), ultra-violet (UV) radiation exposure is the root cause of most skin cancers.

There are things you can do to minimize the risk that comes with sun exposure.

1. **Cover Up:** Wearing a Hat (preferably wide brimmed) or other shade-protective clothing can partly shield your skin from the harmful effects of UV ray exposure. Proper clothing may include long-sleeved shirts, pants, hats, and Sunglasses - for eye protection.

2. **Stay in the Shade:** The sun's glare is most intense at midday. Staying in the shade between the hours of 10 a.m. and 4 p.m. will further protect your skin. The sun can still damage your skin on cloudy days or in the winter. For this reason, it is important to stay protected throughout the year.

3. **Choose the Right Sunscreen:** This is extremely important. The U.S. Food and Drug Administration's (FDA) new regulations for sunscreen labeling recommend that your sunscreen have a sun protection factor (SPF) of at least 15, and should protect against both Ultraviolet A (UV-A) and Ultraviolet B (UV-B) rays.

4. **Use the Right Amount of Sunscreen:** According to the National Council on Skin Cancer Prevention, most people apply only 25-50 percent of the recommended amount of sunscreen. When out in the sun, it's important that you apply at least one ounce (a palmful) of sunscreen every two hours. You should apply it more often if you are sweating or swimming, even if the sunscreen is waterproof.

THREE TIPS ON SUN SAFETY

July is national UV safety month! As you have fun in the sun, here are some tips on how to stay safe and protected from one of the leading causes of skin cancer.

Become sun smart!

- Companies are selling "sunscreen pills," which may seem too good to be true. They are! This spring, the FDA published a warning against these products.
- Know your risk. Some people are more prone to UV damage, including those with skin cancer in their family and with light eyes and skin that easily burns.
- Always wear sunscreen when you're outside, and, when possible, find a shady spot and wear protective clothing and eyewear, too!

To read more about skin cancer, visit curetoday.com/tumor/skin

www.va.gov

July Happenings Calendar

July 1 - 31	Strep Awareness Month
July 1 - 31	Juvenile Diabetes Awareness Month
July 1 - 31	Cleft and Craniofacial Awareness Month
July 1- 31	UV Safety Month
3rd Quarter On Demand Webinar	Walking for Your Health https://kvgo.com/bcbsflorida/walking

Financial Wellbeing: Scams (cont'd. from page 1)

'One ring' scam: These robocalls don't want to talk to you, they just want you to call back, FCC says.

'Grandma' scam twist: Scammers ask grandparents to send cash, now.

Liking to please people, of course, makes you a good target for scammers.

Scam still going: Trending Social Security scam is costing victims thousands of dollars.

Social Security scam: New phone scam attempts to make you out to be a criminal.

The AARP Fraud Network said it is seeing an uptick of phishing emails supposedly from your boss, your minister, the principal of your school, all asking for a favor.

No, the scam isn't as widespread as one where someone pretends to be your grandson or son who is in desperate need of help. (Maybe they just got into an auto accident and they're requesting Home Depot gift cards. Why Home Depot? The police officer needs to go out and buy tools to fix the light pole that was knocked over in the accident.)

And no, the do-me-a-favor scam isn't as constant as the latest Social Security scam where someone needs to confirm your Social Security number so you can clear your name and prove you weren't laundering money or hauling drugs.

However, the scam is growing and consumers need to be made more aware of it before it hits an epidemic level. Consumers can report scams or get more information at www.aarp.org/FraudWatchNetwork or call the AARP Fraud Watch Network helpline at 877-908-3360.

So do yourself a big favor, don't immediately respond to emails asking for a favor. Maybe pick up the phone first, call the person and ask if they really need any extra help.

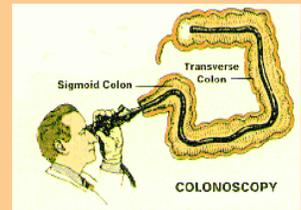
Source: Orig article Detroit Free Press

Have an idea, suggestion or comment? Contact your Wellness Coordinator, Carol Waring at cwaring@diocesepb.org or 561-775-9572. Have a benefits question? Contact your Benefits Assistant, Sandy Maulden at smaulden@diocesepb.org or 561-775-9574. Be sure to visit the wellness web page at www.diocesepb.org/wellness for helpful links and information.

Know Your Health Benefits!



Florida Blue 
In the pursuit of health[®]



Mammograms are covered by your medical plan at **NO** cost to you while in network for both routine and diagnostic screenings.

The test can be performed at your local participating independent diagnostic testing facility or at the outpatient center of a participating hospital or at one of the Health Expos providing the mammogram bus.

The Florida Blue online provider directory can be utilized to find a participating facility.

Colonoscopies are covered by your medical plan at **NO** cost to you beginning at age 50+ while in network for both routine and diagnostic screenings.

The test can be performed at your local participating ambulatory surgical center or at the outpatient center of a participating hospital.

The Florida Blue online provider directory can be utilized to find a participating facility.

Quest Diagnostics is the participating lab. The plan deductible is waived for lab services; only coinsurance will apply.

The best protection
is early **detection**

2019 Employee Health and Wellness EXPO Information

For those who have not attended one of the expos in the past, we have nurses from Health Designs who will take your blood pressure, glucose, cholesterol, LDL and triglycerides. If your glucose presents at 120 or higher and you are not a diagnosed diabetic, your A1C will also be checked. **The screenings are free!** There are other free screenings provided by local hospitals and providers. **Some of the additional FREE screenings may include bone density, vision, hearing, posture, balance and more depending upon location.**

All employees are encouraged to attend and participate as this is a diocesan sponsored event.

Both full time and part time staff are invited. [PLEASE BE SURE TO BRING YOUR FLORIDA BLUE INSURANCE CARD!!!](#)

If there is not an expo scheduled at your specific work site, you are warmly invited to attend one that is most convenient for you and your staff members.

You do not have to stay for the entire period of time that the event is running. If coverage is an issue, plan to rotate in specific blocks of time so everyone at your school or parish have a chance to attend. You can even carpool in groups. [You do not have to be covered by diocesan health insurance to participate.](#)

By taking advantage of one of the expos and biometric screenings, you will earn a \$50 gift card. All you have to do is attend one of the events and get your biometrics completed (one little finger stick) AND complete the health assessment. You will get your results in a matter of minutes (blood pressure, cholesterol, glucose, triglycerides, and LDL).

To schedule your **biometric screening please** use the online **Pick A Time Scheduler** to select the health fair location and time you wish to select for your screening. **YOU CAN SELECT YOUR TIME NOW!** - the online link is:

<https://pickatime.com/client?ven=11604103>

HEALTH AND WELLNESS EXPO DATES AND LOCATIONS

July 25 – Cathedral of St. Ignatius Loyola Parish Hall,	9:30 AM – 1:30 PM	9995 North Military Trail, PBG
Aug 6 – All Saints Catholic School Cafeteria,	9:30 AM – 1:30 PM	1759 Indian Creek Parkway, Jupiter
Aug 7 – St. Joan of Arc Sports Arena,	11:30 PM – 4:00 PM	501 SW 3rd Ave, Boca Raton
Aug 12 – St. Anastasia Parish Hall,	11:30 PM – 3:30 PM	401 S 33 rd St., Ft. Pierce
Oct 4 – St. Helen School Gymnasium,	1:00 PM – 3:00 PM	2050 Vero Beach Ave., Vero Beach
Oct 16 – Cardinal Newman HS Café,	1:00 PM – 4:00 PM	512 Spencer Dr., West Palm Beach



The mammogram bus will be at certain locations this year. Be sure to call 1.877.318.1349 opt. 1 and make your appointment.

Things you should know before signing up: Diocese of Palm Beach Florida Blue members' Mammograms are covered 100% ONE time every 12-month period by insurance; Patients **MUST** have a current physician to whom the report can be sent; Female patients over 40 do not need a script to receive a mammogram; The results are read by a Breast Fellowship Board Certified Radiologist. If you have insurance other than through the diocese, please check with your provider.



Transamerica will be on site at each fair for one-on-one appointments. Please have your User ID and Password for your account. To schedule an appointment go to:

<https://www04.timetrade.com/app/trns/workflows/TRNS001/schedule?appointmentTypeGroupId=ta069778>

