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## **Important Information Regarding Antibiotics**

**Antibiotics don't work for viruses like colds and the flu. Using them for viruses will NOT make you feel better or get you back to work faster. Antibiotics are strong medicines. Prevent antibiotic resistance. Antibiotics do not fight viruses - they fight bacteria. Using antibiotics for viruses can put you at risk of getting a bacterial infection that is resistant to antibiotic treatment. Talk to your healthcare provider about antibiotics, visit [www.cdc.gov/getsmart](http://www.cdc.gov/getsmart) or call 1-800-CDC-INFO to learn more.**

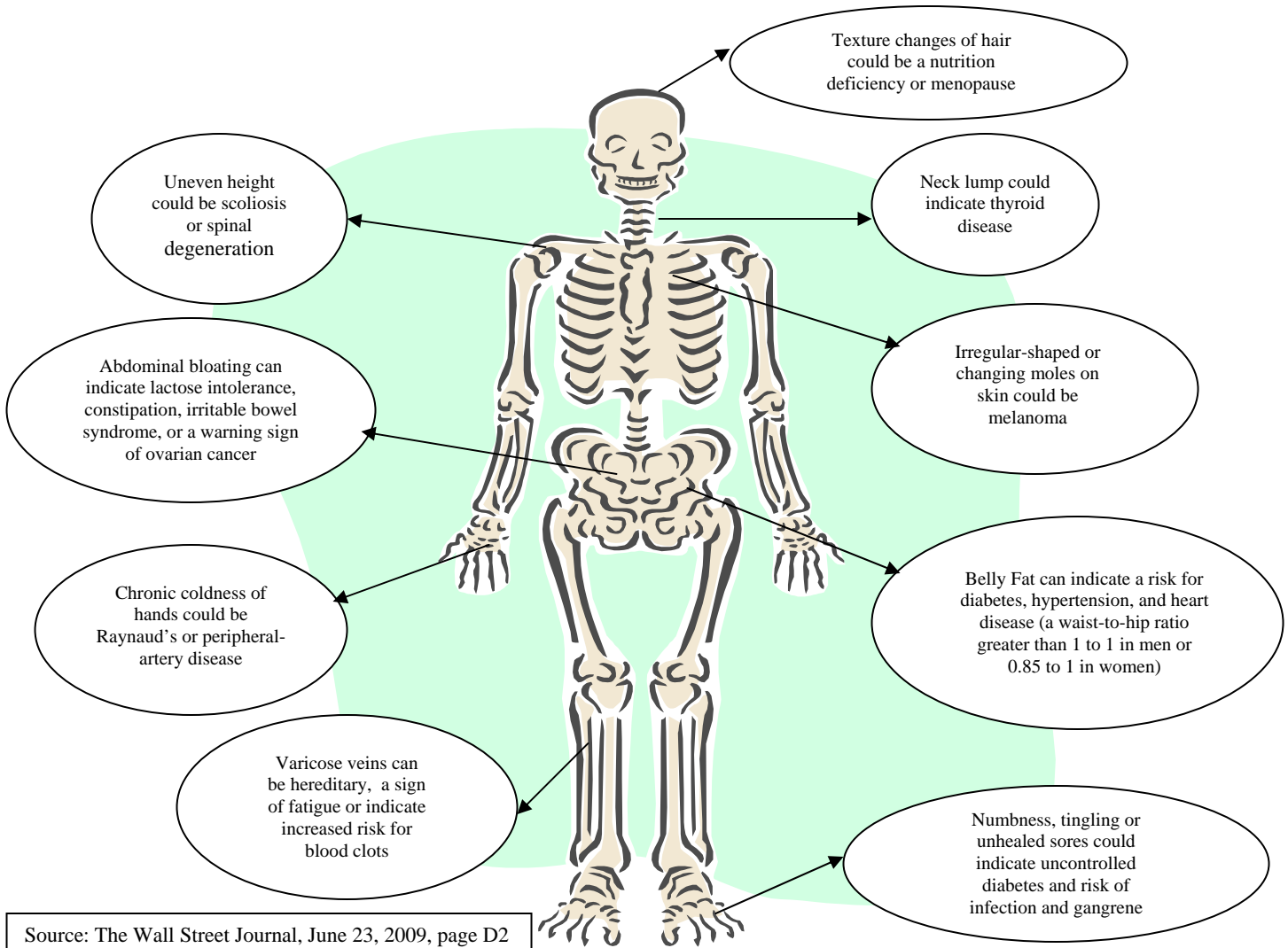


ICUBA's Employee Assistance Program (EAP), Magellan Health has a new website: <https://www.magellanassist.com/default.aspx>

EAP is a free service to you and anyone in your household and provides valuable health and wellness information, tools and resources to help with life's challenges and provides opportunities for you to identify and solve problems before they get out of hand. The services include six face to face visits with a counselor, suggestions for preparing for counseling sessions, tools to assist with achieving work/life balance, resources for autism, mind body exercises, financial planning, and senior services. To find out more, call 1-800-416-0835. This service is completely confidential and FREE to use!

# Important Information to Improve Your Health

Pay close attention to what Your body might be trying to tell you about your health. From head to toe and back to front, the human body gives off hundreds of messages about its general condition. Some body signs run the gamut from harmless to ominous. You should always see your medical provider for additional information. Some signs to look at may be:



Source: The Wall Street Journal, June 23, 2009, page D2

Being vigilant about your body can show you early signs that can lead to early detection of disease. If you have any concerns, please contact your medical provider. You can also obtain information and support from Health Dialog® regarding everyday health concerns, or ongoing (chronic) health concerns. Health Dialog® will help you work with your medical providers so that you can make informed health care decisions and improve the management of your health. Health Dialog's programs will help you understand your choices and get the information you need most when weighing important health related decisions. Health Dialog® is available 24/7 and can be reached at 877-789-2583 or by logging onto [www.bcbsfl.com](http://www.bcbsfl.com).