

NewsfromBlue

Important Updates for Benefit Administrators

Q1 2016

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Contact Us

Enrollment, Maintenance and Billing: 1-866-946-2583 or

GrpEMBluemembership@floridablue.com

Claims and Customer Service: 1-800-352-2583

BlueBiz questions and topics for future newsletters: BlueBiz@floridablue.com

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Managing Your Company's Plan

*Our Mission:
Helping people
and communities
achieve better
health is the
company's reason
for existence. It sets
us apart from our
competitors, as we
are committed to
making a difference
for all of Florida's
communities.*



BlueBiz Has a New Look

In December 2015, BlueBiz was redesigned to be compatible with mobile devices. We also added additional features for your active medical COBRA membership. You can now:

- View recently termed COBRA participants
- Submit an online request for an election packet and general notice
- Request a report of election packets and general notices mailed to employees
- Specify the date range for reports that include any member documents with health, PPO dental and BlueVision coverage

Optimize Your BlueBiz Experience

Do you use Internet Explorer? BlueBiz works best with Internet Explorer 10 or higher. Below are our recommended browser versions:

- Internet Explorer: [Version 10 or newer](#)
- Firefox: [Current version](#)
- Safari: [Current version](#)
- Google Chrome: [Current version](#)

Need assistance navigating BlueBiz? Check out this [training](#).

Questions About Our Electronic Enrollment Tool? Here's Who to Call

Electronic Enrollment Technical Support at 866-775-7022 to get help with:

- Navigating the tool
- Completing tasks on the to-do/task list
- Entering any type of life events, open enrollment changes or new hires

Enrollment, Maintenance and Billing service advocate at 866-946-2583 if you:

- Need assistance logging in to BlueBiz
- Need to provide a new user with access
- See incorrect effective or hire dates
- Have questions about enrollment, specific plans or benefits
- Have other enrollment changes.

To get additional training on how to add a new employee, initiate enrollment, add a life event, terminate an employee and more, visit our [training website](#). You can also register for an employee self-service webinar to see the capabilities from your employees' perspective.

Educating Your Employees



Food Safety FAQs

Q. What's the best way to defrost meat and fish?

A. The refrigerator allows slow, safe thawing. Make sure thawing meat and poultry juices do not drip onto other food.

Q. How can I avoid E. coli on fruits and vegetables?

A. Some E. coli bacteria can cause very serious side effects. Always wash your produce thoroughly before using.

Q. Does washing produce remove pesticides?

A. For the most part, you can wash pesticides off your foods. Pesticide residue can also be cooked off at high temperatures. Even if you buy organic produce, always wash it right before using.

Q. What is the best way to handle poultry?

A. Wear gloves and use a sanitizer to clean cutting surfaces and the surrounding areas.

Q. What is the best type of cutting board to use?

A. Use two cutting boards: one strictly to cut raw meat, poultry and seafood, and the other for ready-to-eat foods, such as breads and vegetables. Plastic cutting boards are the safest choice.



Keep your friends and family safe by properly handling and preparing food. For more information, visit the [USDA Food Safety and Inspection Services website](#).

Source: [USDA Food Safety and Inspection Service](#)

No Member ID Card? No Worries—You're Covered

If the New Year has arrived before your new Florida Blue member ID card, you're still covered. Just log in and select ID Card Services under the My Plan tab to:

- Email your ID card
- Print your ID card
- Show your card at the doctor's office or at the pharmacy

It's that easy!



Keeping Up with Health and Wellness

Kicking Your Tobacco Habit

Are you thinking of quitting smoking in 2016? You may be tempted to quit cold turkey, but you will have the highest chance of success if you use nicotine replacement therapies such as gums or patches, medication or counseling.

You will need the support of your doctor, friends and family, so be sure to let them know you are trying to quit. Get a Quit Kit, talk to a Quit Coach® and find support groups at: TobaccoFreeFlorida.com

Source: Florida Department of Health



Making Better Beverage Choices

We all know that sugar-sweetened beverages can contribute to weight gain, but how do we break the habit? Here are some easy tips to help you and your family make better beverage choices:

- Add fruit slices like oranges, strawberries or cucumber to your water for enhanced flavor.
- Choose sparkling water, either plain or with a splash of 100 percent fruit juice.
- Serve water with meals, and pack water in children's lunches.
- Make sugar-sweetened beverages a treat, and opt for a smaller size. Many manufacturers are now selling 8 oz. cans and bottles.

Healthy habits start at home. Be a role model for your family and make a better beverage choice.

For more tips to keep you and your family healthy, visit heart.org.

Source: [American Heart Association](http://AmericanHeartAssociation)

