



May 2019



SPARTAN SPRINT

Congratulations to Jeff Castillo, Kevin Fedish, Lacy Hennessy, Marlene McKay, Natasha Jefferson, Nikki Bozick, Patrick Hatchwell, and Sheila Paul on doing the Spartan Sprint on April 27th in Boca Raton. Everyone did an amazing job from crawling under barbed wire, carrying a bucket of rocks, climbing an endless number of walls, and jumping over fire. See you next year Spartans!

THE WALKING GROUP

Our story begins when Hallie Paxton on the Network Management team and Brandy Sanders on the Claims Support team wanted to lose their Mommy weight since both had recently given birth. They decided to keep each other motivated to walk the loop around the Premier building on their lunch hour, and burn some calories. Meanwhile, Elizabeth Colon on the IT Operations & EDI team had started walking on her own as had Migdalia Ramos on the Claims team. Eventually, everyone realized they were walking the same loop and a walking group formed. Anna Sena on the Claims Support team became a regular and Oksana Dubnytska, Bridget Linnabery, Chastity Smith, and Andrea Vogel have been guest walkers.

For quite a few months this group of lunchtime athletes has kept each other motivated. “Nobody is allowed to slack off,” we were told. If someone tries to miss a walk, the other members will immediately try and convince them otherwise. “It gets us out at lunch. We get some fresh air and it clears our mind. We always come back feeling better.” Guest walkers are welcome. The walking time is usually around 12:30.



PREMIER PSA: HEPATITIS A

Palm Beach and Martin counties both have become high-risk zones for highly contagious hepatitis A, state officials have determined.

There has been a confirmed total of 22 cases, with 3 deaths, in the two counties since January — six in Palm Beach and 16 in Martin. A county becomes a high-risk zone when it has five or more cases, according to the Florida Department of Health.

Hepatitis A is inflammation of the liver caused by the hepatitis A virus.

You can take several steps to avoid catching or spreading the virus:

Handwashing: Always wash your hands thoroughly after using the restroom and when you come in contact with an infected person’s blood, stools, or other bodily fluid.

Avoid unclean food and water: Avoid dairy products and raw or undercooked meat and fish. Beware of sliced fruit that may have been washed in contaminated water.

If you were recently exposed to hepatitis A and have not had hepatitis A before, or have not received the hepatitis A vaccine series, ask your health care provider about receiving a hepatitis A immune globulin shot.



ABOUT PREMIER EYE CARE

Introducing Premier Eye Care’s Health and Wellness newsletter! Each month we will post one of these on our boards, to let you know about upcoming events in the area and our company concerning Health and Wellness.

Why is Health and Wellness so important to us? Wellness is more than just physical fitness and can affect multiple parts of your life: lower levels of stress, increased self-image, reduced healthcare costs, reduced absenteeism, increased morale and productivity, as well as improved physical fitness.



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