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WELLNESS & TRANSPARENCY TOOLS ON MYANTHEM

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You don't need X-ray vision or superhuman strength. And you certainly don't need super amounts of time (after all, none of us have that!) We've made it fast and easy to sign up for your member username and password so you can get to one convenient resource right away: MyAnthem, found on Anthem.com. MyAnthem decision support tools let you stay on top of your health plan, find answers to your questions and research the latest health-related information any day, anywhere.

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tive tool discloses real price ranges for common services at specific hospitals in your area.

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- **MyHealth@Anthem® powered by WebMD®.** Gives you access to personalized health and medical resources only available to MyAnthem users.

Got your member username and password? Visit MyAnthem today with these easy steps!

Your username and password give you access to a variety of tools that are exclusive only to MyAnthem members. If you've signed up, don't wait -

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- Go to the Anthem.com member home page
- Enter your username and password to log in to MyAnthem
- On the MyAnthem home page, select 360° Health®, then choose Healthcare Advisor®.

If you're not registered yet, simply visit www.myanthem.com with your Anthem membership (insurance) ID card in hand, and select Register Now. You'll fly through the signup, get your username and password and be ready to log in to MyAnthem right away.

Visit My Anthem or Anthem.com today.

EMPLOYEE ANNIVERSARIES

Bob Dickey - 10 years

Stephanie Purkhiser - 4 years

Randy Scalf - 3 years

FALL CAUSES

Injury due to falls is a major problem in construction today. Injury and death from falls is second only to traffic accidents taking some 21,000 lives each year.

Falls are placed in two categories:

1. Falls on the same level.
2. Falls from different elevation.

First, let's look at some of the causes of falls on the same level such as slipping, tripping and bumping into.



- Slipping could be due to ice on the walk, oil or grease on the floor, a banana peel left over from lunch, a small piece of pipe, a soft drink bottle,

or a welding rod stub, just to name a few. We can avoid these hazards in two ways; first, we must practice good house-keeping by keeping our work areas clean and orderly; second, we must be alert and watch our step.

- Tripping can be caused by an irregular surface, lines or hoses across walkways, tools not in their proper place, poor lighting, and many others. The rules for avoiding tripping hazards are much the same as for slipping hazards; that is, practicing good house-keeping, watching your step, and in addition, keep your shoes (safety shoes) in good condition. Bad soles and heels have caused many falls.
- Falls caused by bumping into also result in serious

injuries. We should be especially careful in hallways, warehouses, and places where blind corners exist. We sometimes get in too much of a hurry; maybe we are late in the morning or in a hurry to get home in the evening. In this rush we go around a corner too fast and collide with another person and we go spinning.

Falls from different elevation are usually more serious than falls on the same level. These too, can be caused by slipping and tripping but are also caused by many other factors such as misjudging a step or a grab bar on a piece of heavy equipment, over-reaching a ladder or scaffold, not tying a ladder off properly, faulty handrails on scaffolds, not using safety belts when we should; you can name many more.

FRENCH LICK MUNICIPAL AIRPORT BID RESULTS

<u>BIDDER</u>	<u>GENERAL CONSTRUCTION BID</u>
Craftsman Construction	\$303,000.00
T&G Construction	\$319,406.00
Seufert Construction	\$374,000.00
Strecher Construction	\$374,000.00
Building Associates	\$395,528.00
Lindsey's Construction	\$403,895.00
Tri-County Construction	\$419,000.00

March 8



Daylight Savings Time Begins

March 17



St. Patrick's Day

March 20



First Day of Spring

French Lick Town Green

The Town Green side of the building is progressing well. The 3rd floor drywall is finished and the 2nd floor will be hung soon. The gypcrete topping is scheduled for the 26th. After that we can start hanging doors. Rough-ins are being completed on the LV side and drywall hanging should commence soon. The brick layers are back and are making good time. I hope the weather improves and they are able to get more layers on the job.

Denny's Restaurant

We are not quite ready to start. We will need to get additional steel in place first.



LV - Interior Finishes

All the framing is about done if no more changes are made. Prices have been turned in to the owner for review and approval for mechanical work. Bob would like us to move quickly on this and catch up to the other side.



Orange County Courthouse

We have a drop dead date of March 16th. If all goes well we should achieve this deadline. Kentucky Millwork is done except in the court room. We should be able to start floor covering on March 2nd.

UPCOMING BIDS

- Orange County Jail Women's Holding Area
- Masonic Lodge Exterior Repairs
- Casino Restaurant - Concrete and structural steel
- French Lick Villas - Recreation Building
- Old National Bank, Paoli, IN



All employees should refrain from using the trash dumpsters for personal use.

The range of what we think and do is limited by what we fail to notice. And because we fail to notice that we fail to notice, there is little we can do to change; until we notice how failing to notice shapes our thoughts and deeds.

~ Ronald Laing

Birthday & Anniversaries

8 - Robert Temple

11 - Hib Lindsey



28 - Bob & Deb Middleton