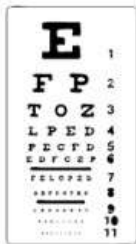




Benefit Spotlight - Vision



We know it's important to see our doctor each year, but do we really need to go to the eye doctor regularly?

Most people know the importance of seeing their family doctor each year, but many neglect going to the dentist or eye doctor — and it can be risky. Routine vision exams are vital to total health and can be early detectors for serious diseases.

Eye exams can detect:

- Diabetes
- Hypertension
- Macular degeneration
- Glaucoma

I don't need to wear glasses. Why should I go to the eye doctor?

You may be struggling to see and not even realize it. The Mayo Clinic suggests that adults who don't wear glasses should see a doctor when they turn 40 because that's when vision starts to change, and it can help detect early diseases.

Even if you don't wear glasses, there are many times throughout life when your vision should be checked:

- Children 3-5 should see an eye doctor to check for vision problems or issues with eye alignment.
- School-age children entering kindergarten.
- Adults turning 40.
- Adults with diseases that can cause blindness, such as diabetes.

- Adults taking medications that may cause vision problems.
- Adults with family histories of vision problems or blindness.
- Adults age 60 and older.

Your eye doctor can recommend how often you need to have your vision checked based on your family and health history.

Don't have an eye doctor?

You can find one [Here](#).



Florida Blue 

Cyber Security Awareness Month



It seems that every time I turn on the News these days, there is another story about online fraud and scams. We have to be extra careful when deciding which emails to open and not open, what links to click or not go anywhere near. It can be nerve-racking to say the least!

October is National Cyber Security Awareness Month and the Department of Homeland Security will be sharing helpful cyber tips to make you more #CyberAware and safe through the month.

Tips for Staying Safe Online:

- Use Strong Passwords.
- Enable Multi-Factor Authentication.
- Be Wary of Phishing.
- Back Up Your Data.
- Be Cautious on Social Media.
- Don't Believe Everything you Read Online.

Each Friday during the month, CSD (Cyber Security Division) will post valuable cybersecurity tips on social media platforms that will help make your cyber protection stronger. Follow hashtag #CyberSavvy.

Be sure to check out how to [Secure Our World](#) for tips, a free toolkit, and so much more!



HR is Here to Help

For Questions About:	Contact:
12-Month Pay Plan	Lynda, payroll@commrehab.org
401k Information	Amber, humanresources@commrehab.org
Change of Address	Lynda, payroll@commrehab.org Dusty, onboarding@commrehab.org
Name Change	Dusty, onboarding@commrehab.org
Benefits	Amber, humanresources@commrehab.org
Health Savings Account (H.S.A.)	Lynda, payroll@commrehab.org
Employment Verification	Amber, humanresources@commrehab.org
PTO (if applicable)	Lynda, payroll@commrehab.org
Referral Bonus (if applicable)	Lynda, payroll@commrehab.org
Reimbursements (if applicable & approved)	Lynda, payroll@commrehab.org
SpringAhead Timesheets	Catherine, timesheets@commrehab.org
W4 - Make a Change W2 - Request a Copy	ADP - www.workforcenow.apd.com

Important *October* Dates



October	<u>Breast Cancer Awareness</u>
October 6th	National Coaches Day World Cerebral Palsy Day
October 10th	<u>World Sight Day</u>
October 11th	National Spread Joy Day
October 14th	Columbus Day
October 16th	Boss's Day
October 18th	National Mammography Day

October 31st

Halloween



Have Questions?

Amber Picchiarini, HumanResources@commrehab.org, 727-739-8783

Catherine Carroll, Timesheets@commrehab.org, 727-503-8182

Dusty Usher, Onboarding@commrehab.org, 727-739-8920

Lynda Sherman, Payroll@commrehab.org, 727-744-7209

Community Rehab Associates, Inc | 3950 3rd St N. Suite D | St. Petersburg, FL 33703 US

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