



Florida Insurance Brokers, *simplifying the complicated subject of employee benefits and helping you design benefit packages that will attract and maintain a talented workforce.*

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### Telemedicine

Employers and individuals are paying more for health insurance than ever before – a lot more. Telehealth saves people money and boosts the bottom line. In fact, telehealth is poised to turn U.S. healthcare on its head – in the very best way possible.

Virtual care provides high-quality, accessible and convenient medical attention for [minor illnesses](#) and injuries – at a fraction of the cost of hospital, urgent care and even primary care visits. Employees who understand how and when to use telehealth can save themselves and their employers time, money and hassle. The trickle-down benefits to companies and employees include: Convenience, Speed, Cost Savings, Quality, & Productivity.

[More...](#)

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### Laugh a Little - More



Everybody knows that laughing feels good, but few realize how valuable this can be in improving our everyday wellness and wellbeing. Laughter cannot heal or solve anything, but it can help to heal and dissolve everything. That's what [World Laughter Day](#) is for! It's a day where people remember to relieve some stress and laugh.

[Additional Resources](#)

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### Go Outside

Living close to nature and spending time outside has significant and wide-ranging health benefits -- according to new research. A new report reveals that exposure to greenspace reduces the risk of type II diabetes, cardiovascular disease, premature death, preterm birth, stress, and high blood pressure. We found that spending time in, or living close to, natural green spaces is associated with diverse and significant health benefits.



[Read More...](#)

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## A Day Isn't Just A Day

Mother's Day and Teacher's Appreciation Day, what do they have in common (besides of the month of May)? Mom is usually the first teacher. Mom's and teachers – the kind, patient, hard-working, dedicated and understanding people that mold children's lives in a positive direction.

May 7th is Teacher Appreciation Day and May 12th is Mother's Day. Show these special individuals how important they are to you.



We would like an opportunity to provide a no obligation consultation to review your company health benefits. Our Benefit Consultants have the resources to inform and guide you through the processes and requirements involved in group benefit packages, including health insurance, payroll, and many other HR decisions. Our online enrollment/hris system makes benefit implementation a breeze. Let us help you.

**BENEFIT ADMINISTRATION DONE RIGHT!**  
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