



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



Vaccines



A [vaccine](#) stimulates your immune system to produce antibodies, exactly like it would if you were exposed to the disease. There are several different [types of vaccines](#). Each type is designed to teach your immune system how to fight off certain kinds of germs - and the serious diseases they cause. Scientists are experimenting with all types of vaccines for the covid-19 vaccine.

Your [health plan](#) covers many of the available vaccines as part of your preventative care. That means plans must cover preventive services without charging you a [copayment](#) or [coinsurance](#). This is true even if you haven't met your yearly [deductible](#). (These services are free only when delivered by a doctor or other provider in your plan's network.)

[The Adult Vaccine Assessment Tool](#)

Get Away!

Why is it called [vacation](#)? The word comes a Latin word that essentially means a period of suspension of work, study, or other activity, usually used for rest, recreation, or travel.

A number of studies have shown that taking time away from the job can have physical and psychological health benefits. People who take vacations have lower stress, less risk of heart disease, a better outlook on life, and more motivation to achieve goals.



Although it can feel tough to get away from the office, we're likely not doing ourselves any favors by working ourselves into the ground. There are real, [important benefits](#) to a restful vacation.

Facts About the Human Body



These complex machines have millions of internal processes happening every second, all working together to keep us alive and well. You might be surprised to know that your [jaw is actually the strongest](#) muscle in your body, your [eyes are so powerful](#) they can detect light from a candle flame over 1.7 miles away, and without your pinky finger you would lose about 50% of your hand strength.

These fun, [amazing and gross facts](#) may help you appreciate your body even more. But what about being happy?

Researchers have found that [being kind](#) to ourselves and others - yes, even a stranger - or actively observing kindness around us boosted happiness.



Our Benefit Consultants have the resources to inform and guide you through the processes and requirements for offering a group benefits package. Online tools and enrollment, as well as, that *personal touch* help ensure benefit administration is done right. Let us help you.