



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



Smoking Cessation



Approximately 40 million American adults smoke, and tobacco use remains the single largest preventable cause of disease and premature death in the United States. Nearly half of Americans who once smoked eventually quit smoking. **Great American Smokeout** is an annual intervention event on the third Thursday of November, sponsored by the American Cancer Society, that challenges people to quit on that day, or use the day to make a plan to quit.

THE STAGES OF QUITTING:



Thanksgiving



Traditions might look a little different this year. Unsure of how many people to invite to Thanksgiving—or how to host the feast safely during the coronavirus pandemic? [You're not alone.](#)

These things fall under the [CDC's low risk category](#):

- The federal health agency advised that the safest way to celebrate Turkey Day is to avoid unnecessary travel.
- Have a small outdoor dinner with people in the same household, deliver food to neighbors, and participate in a virtual dinner.
- Watch sports events, parades, and movies from home.
- Shop online rather than in person on Black Friday or the days that follow.



What? Some stores closed on Thanksgiving?

Dinner's great, Gran. Wish you were here.

National Computer Security Day



It seems like every day we hear about breaches in cyber security. Keeping people and companies safe online is a top priority all over the world. [National Computer Security Day](#), on Nov. 30th, is designed to raise awareness about cyber security issues, and to help people maintain online security. Cyber security refers to the body of technologies, processes, and practices designed to protect networks, devices, programs, and data from attack, damage, or unauthorized access.

For example, many people reuse passwords, but a fair number of those individuals may not know that reusing passwords means that a hacker is more likely to gain access to their credit card number than otherwise. Taking the time to review password security best practices can help individuals avoid compromised credit cards, among other unwanted scenarios.



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.