



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



Time for New Year's Resolutions

The ancient Babylonians are said to have been the first people to make [New Year's resolutions](#), some 4,000 years ago. They were also the first to hold recorded celebrations in honor of the new year.

So, [Why Are New Year's Resolutions So Easy to Break?](#)

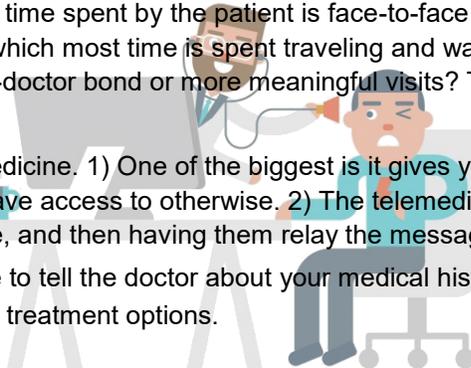
One of the most common reasons we break our New Year's resolutions is that we get a little overzealous when we make them and we over-commit. Another part of the problem is that we often make the wrong resolution. It can be difficult to stay motivated even when you've chosen one well-reasoned goal.



Why choose Telemedicine?

With a telehealth visit, 95 percent of the time spent by the patient is face-to-face with the doctor, compared to less than 20 percent of a traditional visit, in which most time is spent traveling and waiting. Does any of this mean that telemedicine visits offer a better patient-doctor bond or more meaningful visits? The answer is yes – for several reasons.

There are several [advantages](#) to telemedicine. 1) One of the biggest is it gives you access to specialists and information that you might not readily [have](#) access to otherwise. 2) The telemedicine setup is better than trying to relay information to your doctor or nurse, and then having them relay the message. During a telemedicine consultation, you usually have a chance to tell the doctor about your medical history and ask questions. 3) You can hear firsthand about your diagnosis and treatment options.



FEAR

Since the moment we were born, society has imposed on us what to do/think/feel, and it has conditioned us to believe that if we don't follow its rules we're bound to get into serious trouble. At school they taught us *what* to think, but not *how* to develop our thinking. Companies are selling their products by manipulating consumers' insecurities in advertising. [Journalists](#) influence public opinion by terrorizing people's minds. Politicians are being elected by persuading the masses through the use of fear. Fear is the best [weapon](#) of all great manipulators. In the face of fear, you might turn to different behavioral patterns than normal ... and it's contagious. Because our fear response can have a direct effect on our behaviors, it has the potential to "[get very problematic](#)" if we're not careful about it.

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The oldest and strongest emotion of mankind is fear, and the oldest and strongest kind of fear is fear of the [unknown](#).
- H. P. Lovecraft

THE MEDIA'S THE MOST POWERFUL ENTITY ON EARTH. THEY HAVE THE POWER TO MAKE THE INNOCENT GUILTY AND TO MAKE THE GUILTY INNOCENT. AND THAT'S POWER. BECAUSE THEY CONTROL THE MINDS OF THE MASSES.
- AUTHOR: MALCOLM X

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.