



Florida Insurance Brokers, simplifying a complicated subject like insurance and helping you design a benefit package that will attract and maintain a healthy, talented workforce.



Be a Participant, Not Just a Patient

Being involved in your health care empowers you to make choices that can affect the length and quality of your life. You can play an active role when you visit with your health care team. To get the most out of your visit, plan the questions you want to ask and the things you want to discuss, and be sure to leave the visit with information about your care. Work with your doctor or health care provider to make medical decisions best suited for your needs. Ask your doctor about the benefits and risks of treatment options. Ask for things to be stated in terms you know. The single most important way you can help to prevent errors is to be an active member of your health care team. That means taking part in every decision about your health care. Research shows that patients who are more involved with their care tend to get better results.



Doctor Patient Relationship



The ideal relationship between a doctor and his patient is a partnership and collaborative effort to maintain good health of the patient

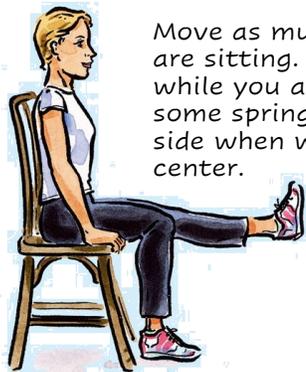


Control Your Weight

Enjoy your food, but eat less. Cut down on portions, especially high-calorie desserts and snacks. Plan healthy meals and snacks. Eat at regular times.

Lose the sodas, lose weight. Having water instead of one 12-ounce soda a day can help you lose 15 pounds in one year. Vegetables, fruits, whole grains and beans are low in calories, and full of fiber, vitamins and minerals. Fill three-quarters of your plate with these foods.

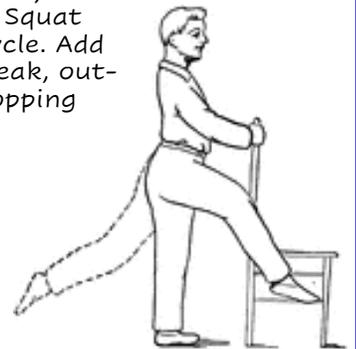
Keep On Movin'



Move as much as you can throughout the day. Swing your legs when you are sitting. Stand up and do side steps while you are on the phone. Squat while you are waiting for the washing machine to finish its spin cycle. Add some spring to your step. Instead of a coffee break, take a walk break, outside when weather permits, or inside your workplace, house, or shopping center.

GET MOVING

Make It A Lifestyle



Our Benefit Consultants have the resources to inform and guide you through the processes and requirements for offering group health insurance. Our online tools and enrollment system, along with a *personal touch*, help ensure benefit administration is done right. Let us help you.