



Benefits Bulletin

June 2008

Fireworks and Eye Safety

(Courtesy of Davis Vision's Vision Care Library)

When we think of summer, we often think of good times outside with family and friends. Each year we gather for barbecues, reunions, games and Fourth of July celebrations.

An integral part of many Independence Day celebrations is fireworks, whose colors exploding in the night sky are exciting and spectacular to watch.

Children of every age stand in awe of the fabulous displays, but with explosives comes the potential for injury.

Fireworks are involved in nearly 10,000 injuries treated in ERs each year. More than 20% of these fireworks-related injuries involve the eyes.

Seemingly harmless, sparklers pose the greatest threat to small children

because parents view them as non-explosive and relatively safe.

However, did you know sparklers spew arcs of light at temperatures that can reach 1,800 degrees Fahrenheit – hot enough to melt gold?! Sparklers account for three-quarters of all fireworks injuries to children under the age of five.



Overall, the typical victims of fireworks are teen boys ages 13 - 15. They sustain three-fourths of all fireworks-related eye injuries, mainly due to bottle rockets.

Rockets are one of the most dangerous types of firework as they fly erratically and frequently injure bystanders; the bottles or cans used to launch them often explode and can shower fragments of glass or metal in all directions.

So before lighting that match, think about the following statistics:

- 21% of all fireworks-related injuries are eye-related
- 40% of victims are under age 15
- The greatest number of eye injuries are associated with firecrackers and bottle rockets
- Sparklers are the 2nd highest cause of fireworks-related eye injuries

Your best option is to attend a public, professionally-run fireworks display.

If a firework eye injury should occur, do not rub the eye. Shield the eye from pressure or rubbing action and do not try to rinse out the eye or apply ointment or medication. Seek medical attention immediately.

Please have a safe and enjoyable summer and Fourth of July!

Are You Using Health Care or Sick Care?

Most of us visit the doctor when we become seriously ill or injured. That's good, because receiving medical attention when we get sick or hurt is an important aspect of health care.

But studies show that people who receive preventive care before something goes wrong have better health, live longer and spend less on their care than those who don't.

That's why our health plans provide 100% coverage (with no copays, coinsurance or deductible costs) for routine preventive care services according to the plan's schedule.

Are you taking advantage of the tests and screenings that can keep you

healthy or detect problems early?

Many members of the Carnegie Mellon community who are eligible for these services aren't taking advantage of them. In 2007, among Carnegie Mellon participants:

- 47% of women eligible for a mammogram actually got one.
- 32% of eligible men (age 50+) received a prostate antigen test.
- Only 20% of eligible men and women (age 50+) got a colonoscopy.

Getting preventive services can save your life and keep you healthy. Make your appointments today if you are eligible for a test or screening.

Your eye and dental health are another important component of preventive care. Getting regular dental and vision exams can prevent serious, painful and costly complications.

- All of our dental plans cover 100% of exams and cleanings twice a year, yearly bite-wing x-rays and full mouth x-rays every three years.
- Our vision plans cover eye exams at 100% every 12 or 24 months, depending on your plan.

See the HR web site at <http://hr.web.cmu.edu> for the benefit summaries/schedule of benefits for the coverage details specific to your benefit plans.

Learn more about Carnegie Mellon benefits from the HR web site at <http://hr.web.cmu.edu/current/>.

2008-09 Tuition Benefits for Children of Staff

For the 2009 academic year, the undergraduate tuition grant for staff members whose children attend another university has been increased to \$3,250 per semester (up from \$3,050 in 2007-08), or \$6,500 per year.

Benefits-eligible full-time staff who have completed at least five full years of service may receive these tuition grants for up to 2 eligible children for up to 8 undergraduate semesters each.

Benefits are for tuition charges only, and cannot exceed the child's tuition costs when combined with other tuition awards.

Benefits-eligible full-time employees whose children attend Carnegie Mellon can receive a 100% tuition waiver for up to 8 semesters per child. This benefit is available to an unlimited number of eligible children.

To see more information about tuition benefits for children and the eligibility requirements, go to <http://hr.web.cmu.edu/current/work-life/tuition/child/>.

Keeping Track of Important Information

There are many points in our lives when it's important to get our affairs in order -- when our family grows, when we retire, or when we write or change a will.

LifeWorks has created a **FREE** 88-page booklet entitled "Keeping Track of Important Legal, Financial and Health Information,"

designed to help you organize all of your most crucial personal records. It is available online with LifeWorks' Legal resources, in the Estate/Probate - Settling an Estate section.



Submit 2007 HCFSA & DCRA Claims by June 30

If you have any funds remaining in your 2007 Health Care Flexible Spending Account (HCFSA) or Dependent Care Reimbursement Account (DCRA), you have until June 30, 2008 to submit claims for expenses incurred in 2007. **Any unclaimed funds remaining in your account after June 30 will be forfeited, as per IRS regulations.**

All claims should be submitted to EBDS. See <http://hr.web.cmu.edu/current/insurance/reimbursement/claims/> for instructions and forms to file claims. Proper documentation must be included.

Go online to EBDS at <http://www.ebdsbenefits.com/eosa> or call 1-800-524-5503 for information about your remaining 2007 balance or to learn how to file a claim.

Davis Vision Unveils New Eyeglass Frame Options

A diverse selection of stylish new eyeglass frames will be available at participating Davis Vision network locations this summer.

Davis Vision continuously updates its exclusive Collection to stay on top of style trends and feature advances so that all members can select from the widest variety of high-quality frames. Davis Vision's exclusive Collection represents more than 400 choices.

Log in at <http://www.davisvision.com> and click on "Personal Frame Collection" to gain access to close-up, three-dimensional images of all Collection frames. Use this tool to create your own personal gallery of the styles that interest you. Print it out to take with you to your eye-wear provider's office.



Pathways to Health: Healthy Solutions 2008

**Thursday, June 12, 2008
from 8:00 am - 1:30 pm**

For more information or to register: go to <http://www.studentaffairs.cmu.edu/HealthServices/>

Now in its 4th year, Pathways to Health: Healthy Solutions provides Carnegie Mellon faculty and staff with resources aimed at improving personal health and well-being.



This event is free of charge and features continental breakfast and a healthful lunch with a keynote speaker. Many of the concurrent sessions are hands-on, and you can receive a variety of health screenings on site. Come learn the latest health news.

Tips for Grilling Safely

In 2005, grills caused 8,300 structure and outdoor fires, resulting in \$137 million in damage and 120 serious injuries/deaths. To help keep everyone safe while grilling:

- Keep the grill far from the edges of a deck and from eaves or walls.
- Make the grill area a no-play zone for children and pets.
- Before using, check for gas leaks by putting soapy water on joints.
- Clean out webs, food or other debris from the bottom of the grill at the start of the season.
- Cook your food, not yourself, by using proper grilling tools. Never put your face near the grate.
- After using, run the grill for 10 min., then clean with a wire brush.
- Keep an area of the grill empty so you can move food if a flare occurs.
- Charred meat is a carcinogen, so try not to burn your food.