



July 2010

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Celebrate Safely

The Fourth of July is a great time to bring the family together for outdoor fun and activities. But before your family celebrates, make sure everyone knows about fireworks safety.

If not handled properly, even small fireworks can cause eye and burn injuries in both children and adults. Lighting fireworks at home isn't legal in many areas, so if you're planning to use them this holiday, check with your local police department first. If they are legal in your area, keep the following safety tips in mind:

- Children should never play with fireworks. If you allow your kids to use sparklers, make sure they are used outside and kept away from their face, clothing and hair.
- Light fireworks one at a time, and never relight a dud.
- Always use fireworks outside and have a bucket of water or a hose nearby in case of accidents.
- Soak all fireworks in a bucket of water before disposing of them.



July is Fireworks Safety Month!

LIVE WELL, WORK WELL

Are We There Yet?

If you're planning a family vacation this summer, you're most likely focused on finding accommodations and someone to bring in your mail. But it is important to keep your children in mind; some get anxious about leaving home, even if it's with family. If your child is uneasy about leaving home, consider these tips:

- If your children are old enough, ask them to help you plan the vacation. They will be pleased they helped and feel excited when their portion of the trip arrives.
- Get your children books, pictures, or brochures about where you are headed if it is an unfamiliar location. Explain why you chose this site and what types of things you plan to do upon arrival.
- Ensure everyone gets a good night's sleep the night before a trip. It will lessen the stress of the morning rush.
- If you are going on a long road trip, keep your children busy. Bring food, games, books, etc. to keep their minds off the length of the car ride.
- Let your children bring something



familiar from home, such as a blanket, stuffed animal, or picture of their friends or pet.

- On the trip, don't force your children to endure adult-oriented activities such as formal dinners, long museum visits or plays in languages they don't understand. Stick with trips to the zoo, beach, park or souvenir shop.
- Pack extra food made especially for kids, such as juice boxes, fruit snacks and granola bars. Your children may be picky in certain restaurants.
- If you will be away from home for an extended period of time, allow your children to call their friends or the person who is pet-sitting so that they can hear a familiar voice and find out what is going on back in their world.

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Medical Pre-certification

Also known as pre-admission certification or pre-admission review, medical pre-certification is approval granted by a case manager or insurance company representative with a medical background for a person to be admitted to a hospital or inpatient facility prior to being given medical attention.

The goal is to ensure that you are not exposed to inappropriate health care services, or services that are not medically necessary. And failure to obtain pre-certification may result in a penalty to you.

Because of this, it is important to obtain pre-certification for inpatient and outpatient procedures prior to admittance (except for emergency room visits) to avoid penalties or denial of coverage if



your plan requires precertification. Under some plans, it is the physician's responsibility, instead of the individual's, to obtain pre-certification with the patient's medical plan.

Talk to your health plan provider to find out how your plan handles medical pre-certification.



FLEXIBILITY



HYGIENE



STRENGTH



MENTAL
HEALTH



GOOD
DIET

Mop Away the Stress



When you're feeling a little stressed and down in the dumps, just 20 minutes of brisk cleaning can help! According to RealAge.com, cleaning can help reduce symptoms of depression and stress levels by up to 20 percent.

Whether it's vacuuming, dusting, ironing, organizing clutter, washing the floors or cleaning the kitchen, taking care of messes will help you feel more organized and less stressed in your home. When you take control of messes and clutter in your home, you are, in a way, removing clutter from your life.

And if the thought of cleaning the house stresses you out as it is, RealAge reports that any physical activity of 20 minutes or more can have a similar positive effect. Why? When you increase your physical activity, your stress level decreases – and this has a positive impact on your overall mood.

Offer this easy-to-make, traditional Fourth of July treat at your celebration this Independence Day!

Blueberry Tart

Crust:

- ½ cup powdered sugar
- 1 ½ cups white flour
- ¾ cups butter, softened
- ½ cup finely chopped nuts of your choice

Filling:

- 6 ounces of cream cheese at room temperature
- 1 cup powdered sugar
- 1 cup heavy whipping cream
- ¼ cup sugar
- 1 can blueberry pie filling (21 ounces)

Preheat oven to 350 degrees. Mix crust ingredients until mixture forms a ball. Press dough into a 12-inch tart pan. Bake for 10-12 minutes, or until lightly browned. Let cool completely.

In a large mixing bowl, beat cream cheese and powdered sugar. In a separate mixing bowl, beat heavy cream and sugar until fluffy. Combine the whipped cream into the cream cheese mixture slowly. Spoon the mixture into bottom of cooled tart crust and top with blueberry pie filling. Refrigerate at least 2 hours before serving.

