

LIVE WELL WORK WELL

Simple Summer Activities Your Kids Are Sure to Love

Summer is often filled with outdoor parties, warm weather and no school. Unfortunately, the arrival of summer can bring stress for many parents as they search for ways to keep their kids happy, healthy, engaged and safe without breaking the bank.

Do You Know the Seizure First Aid?

According to the U.S. Centers for Disease Control and Prevention (CDC), 1 in 10 people may have a seizure in their lifetime. A seizure is a change in the brain's electrical activity that can cause a variety of symptoms, including violent shaking, falling and losing bodily control. However, because there are different types of seizures, symptoms can vary.

Knowing proper seizure first aid is important so that you can help keep a person who is having a seizure safe and prevent further injury.

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House Passes Changes to DOL Overtime Rule

In May, the House of Representatives passed the Working Families Flexibility Act (also known as H.R. 1180). If approved, H.R. 1180 would authorize private employers to offer compensatory time off instead of overtime pay for nonexempt employees who work more than 40 hours per week. H.R. 1180 still needs approval from the Senate and the executive branch before it becomes law. [Read More>>](#)



What Happens if the ACA Employer Mandate is Repealed?

The Affordable Care Act (ACA) requires applicable large employers (ALEs) to offer affordable, minimum value health coverage to their full-time employees in order to avoid possible penalties. Because this employer mandate has been criticized as burdensome for employers and an impediment to business growth, its repeal has been a central part of Republican plans to repeal and replace the ACA. [Read More>>](#)

COST COMPARISON: ER vs. URGENT CARE

Blocks of dollars are used to show how much patients will be paying health care costs during non-emergency visits. Perhaps individuals are unaware of the cost differences, so maybe they simply don't know where to go at the time. The following illustration is an estimation of some common illnesses. It provides a comparison between emergency room (ER) and urgent care costs.



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