



# State of Nevada

Department of Administration

## RISK-Y BUSINESS

Risk Management Division

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## Employee Assistance Program Relaunch

Absenteeism, productivity issues, critical incidents...Family matters, stress, relationships, grief and loss, substance abuse...Child care, elder care, financial questions, legal questions...Did you know that you have a new tool in coping with these issues?

On December 1, 2011 the Employee Assistance Program (EAP) was revitalized from just covering statutorily required referrals to now include the issues outlined above. EAP services are now outsourced through ComPsych's GuidanceResources® which provide confidential support, resources and information for personal and work-life issues.

EAP services are provided at no charge to qualifying employees. Current State executive branch employees, with the exception of those employed by the Nevada System of Higher Education, are qualified employees. Additionally, employees of the judicial branch and legislative branch are qualified employees. An eligible dependent would be any individual living full-time or part-time in the same household as the qualifying employee, as well as any individual defined as a dependent by the Patient Protection and Affordable Care Act. A dependent does not have to be biologically or legally related to the qualifying employee.

Employees are eligible for administrative leave for an initial appointment and one follow-up appointment with the EAP.

Services are available 24 hours a day, 7 days a week by calling (888) 972-4732 or online at [www.guidanceresources.com](http://www.guidanceresources.com) and entering the State of Nevada's ID: STATENV.

# New Safety Specialist

Risk Management is proud to announce David Gould as our new Safety Specialist. David's State service began in 1991. He spent 11 years as an adult Parole and Probation Officer, during which time he additionally served as a trainer in various subjects ranging from report writing to defensive tactics. He re-entered the private sector for eight years as an independent property and casualty insurance agent and risk management advisor, with an emphasis on workers' compensation and construction, and obtained designations to include Certified Risk Manager and Certified Insurance Counselor. His experience and desire to instruct led him to return to State service as a Safety and Health Specialist / Trainer with Nevada OSHA – SCATS, where he gained designation as a Safety and Health Practitioner.



You can reach David by calling (775) 687-3190 or email him at [dgould@admin.nv.gov](mailto:dgould@admin.nv.gov)

## SAVE THE DATE



The dates for the Annual Safety Conferences for 2012 have been set.

In the South, the event will take place at the Orleans Hotel and Casino, in Las Vegas on Thursday, May 10, 2012.

The Northern Conference will take place at John Ascuaga's Nugget in Sparks, on Wednesday, May 23, 2012.

Another reminder and more details to come in the next quarter's newsletter along with an email to agency Safety Coordinators.

## FAREWELL TO KAREN CATERINO

The Risk Management Division said good-bye to Karen Caterino on January 13, 2012. Karen was the State's Risk Manager for almost three years and has taken over as Director of Sales for ScripNet's Western Region. During her tenure, Karen was named the 2010 Most Notable Person in Workers' Compensation-Risk Manager by LexisNexis, she was appointed by Nevada's Governor as Board Director to the State's Public Employees Benefit Program and the State's Workers' Compensation Program and was selected as a finalist in the 2011 Theodore Roosevelt Workers' Compensation and Disability Management Award. Karen was instrumental in bringing innovative approaches to workers' compensation costs containment and managing chronic pain and narcotics abuse.

The Risk Management staff thanks Karen for her leadership and wishes her well in her new job.

# Cell Phones, Texting & Driving

Texting, accessing the Internet and hand-held cell phone use while driving is illegal throughout the state.

Exceptions to this law include:



- Use of a hands-free headset
- Reporting a medical emergency, safety hazard or criminal activity
- Drivers using a voice-operated navigation system
- Drivers using citizen band or other two-way radios that require a license and have a separate, handheld microphone
- Utility workers responding to an emergency or outage
- Law enforcement personnel, firefighters or emergency medical personnel acting within the scope of their job
- Amateur radio operators providing assistance during an emergency or disaster

## Heart Healthy Tips

Did you know heart disease claims more American lives than any other illness? To help keep your blood pressure, cholesterol, weight and blood sugar (glucose) at the heart healthy levels, try these small changes to increase smarter eating:

1. Focus your eating plan on vegetables and fruits which are high in vitamins, minerals and fibers.
2. Reduce your meat intake and make sure it's lean and skinless.
3. Studies show fish containing omega-3 fatty acids may help lower the risk of getting coronary heart disease. Serve up fish at least twice a week.
4. Choose whole-grain, high-fiber foods. The fiber content and vital nutrients can help lower cholesterol levels and aid in weight management.
5. Go fat-free with skim and low-fat dairy products.
6. When thirsty drink water or club soda. Zest it up with a wedge of lemon or lime.

## Attention Safety Coordinators

The Risk Management Divisions' 2011 Safety Year End Report is in the works.

We made the process easier by supplying our team of coordinators with an easy to fill-in online questionnaire. An email was sent out to all confirmed coordinators with a link to the survey. This link is also available on our website <http://risk.state.nv.us/>

if you haven't done so already, make sure you contact our Safety Specialist, Dave Gould at [dgould@admin.nv.gov](mailto:dgould@admin.nv.gov) to verify your position as Safety Coordinator or to advise him of any change in that position.