

Medical Match

APRIL 2004
303-980-1000

Human Resource News

FREE SOCIAL SECURITY NUMBER CHECK. Verify your employees social security numbers for FREE over the phone. You can request 5 searches at a time. Be prepared with their names, their sex, and your company's Federal ID number. Call the Social Security Administration 1-800-720-6270, Monday-Friday.

REVERSE MENTORING. Deloitte & Touche, a "Big 6" accounting company, introduced reverse mentoring. Senior executives are "tutored" by younger employees, adding to a firm's overall performance.

Computer Vision Syndrome

Dry air and prolonged computer work can be causes for irritated, blurred, and strained eyes. Check first with your eye doctors to examine for diseases, allergies, infections, vision corrections, dehydrating medications, or aging. They may suggest: 1) Place the computer screen slightly below eye level. 2) Move the screen to eliminate glare and reflections, or use an anti-glare screen. 3) During long computer tasks, take time to blink, breathe deeply, exercise your eye focus away from the screen, and gently relax and stretch your neck, face, and shoulders. 4) Drink plenty of water. 5) Use MD recommended eye lubricants 6) Filter or purify indoor air 7) Add eye vitamins and anti-oxidant foods to your diet. 8) Replace old facial cosmetics with new.