



Live Well, Work Well

Employee Health Benefits Bulletin: April / May 2018
Burlington Township School District

Welcome to your first issue of Live Well, Work Well, a bulletin provided by our District's new health benefits consultant, Integrity Consulting Group. Get news about good health: benefit updates, healthy recipes, wellness tips, and more. Watch for future issues!

Brought to you by
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Spring Into Good Health

May is National Allergy and Asthma Awareness Month

Springtime allergies

are an annual nuisance for many people. Mold growth increases due to rain and many plants begin releasing pollen. Likewise, spring-cleaning activities can stir up dust mites. To reduce your allergies, take the following steps:

- Wash your bedding weekly in hot water to keep pollen under control.
- Wash your hair before bedtime since pollen can accumulate in your hair.
- Wear an inexpensive painter's mask and gloves when cleaning, painting, or vacuuming to limit dust and chemical inhalation or skin exposure.
- Vacuum twice a week.
- Limit the number of throw rugs in your home to reduce dust and mold.
- Make sure your rugs are washable.
- Change filters before running the air conditioning system.



Learn more about allergies and asthma by logging into Aetna [Navigator](#).

Reminder: Your Teladoc Telemedicine Benefit Talk with a doctor via your computer or phone 24/7 -- no appointment or copay needed. See attached flyer or visit teladoc.com/aetna for info.

What's the Buzz? Here's how to stay current and find help with your health plans:

- **Log in:** *Benefits Online* website – log in at our HR Department website
- **Register:** Aetna [Navigator](#)
- **Search:** Aetna [DocFind](#)
- **Visit:** www.aetna.com
- **Live Healthy:** [Healthier Living Tips](#)
- **Connect:** [Facebook](#), [Twitter](#), [YouTube](#)

May is Mental Health Month Over 1 in 5 Americans suffer from diagnosable mental health disorders at some point in their lives, but only half seek treatment. Go to mentalhealthamerica.net or www.aetna.com for help with stress, depression, and more.

National Health Observances

April

Donate Life Month

U.S. Dept. of Health & Human Services
organdonor.gov

Oral Cancer

Awareness Month

Oral Cancer Foundation
oralcancerfoundation.org

May

Allergy and Asthma

Awareness Month

Asthma and Allergy Foundation of America
aafa.org

Mental Health Month

Mental Health America
mentalhealthamerica.net

International Mediterranean Diet Month

Old Ways
oldwayspt.org

Omega-3 & Fish Oils

Believe it or not, there is one type of fat experts say we need more of in our diets. This special fat, omega-3, isn't produced by the body and must be consumed through the food we eat. Fish is nature's most abundant source of the essential fat omega-3. Fish collect this special fat when they eat algae and other marine life. Most Americans, however, are omega-3-deficient due to refined and over-processed foods in our diets and failure to eat fish regularly.

Health Benefits Most noted for its ability to reduce the risk of cardiovascular disease, omega-3 has also been shown to reduce blood pressure and inflammation, inhibit cancer growth, and help alleviate depression. Compelling evidence also suggests that omega-3 fats are beneficial to those with diabetes.

Recommended Servings Most experts agree that everyone should consume two or more servings each week of fatty fish such as salmon, herring, whitefish, tuna, rainbow trout, or sardines. If you don't like fish or you have a higher need for omega-3 fats, ask your doctor about adding daily supplements.

Overall, remember that good fats compete with bad fats. Limit your consumption of trans fat, saturated fat, and cholesterol, and increase intake of good fats, like omega-3 and other fatty acids, to help repair some of the damage that bad fats cause.



Healthy Recipe

Baked Cod with Spinach

Ingredients

- 1 Tbsp. vegetable oil
- 1 pound skinless cod fillets
- 1 yellow onion (chopped)
- 2 cloves garlic (minced)
- 2 cups canned low-salt diced tomatoes
- 1/2 cup water
- 2 cups frozen spinach (thawed, chopped)
- 1/4 cup Kalamata olives (pitted, chopped)

Instructions

1. Preheat skillet over high heat. When hot, add 1-1/2 tsp. oil.
2. Add fish. Cook about five minutes on each side, until deeply browned; remove fish to a plate and cover.
3. Reheat the skillet to medium heat. Add the remaining oil, onion, and garlic; cook about seven minutes.
4. Add tomatoes and water; cook about 10 minutes, until mixture thickens and turns to orange color.
5. Return fish to skillet with the tomato mixture. Cover with spinach and sprinkle with olives.
6. Cover skillet. Cook two minutes on low or until spinach is steamed; serve hot.



Teladoc

*New for 2018, you will
have access to Telemedicine!*

Access to high-quality care at a lower cost—with **\$0 COPAY*!**

Telemedicine offers physician-based care around-the-clock at lower costs compared to visiting an urgent care center or emergency room. Plan members can use readily available technology and tools — toll-free number, secure website, or mobile app — to consult with a U.S. board certified physician.

With access to doctors 24 hours a day, 365 days a year, Teladoc provides low cost telemedicine that can help improve outcomes, speed recovery and eliminate wait time.

Convenient care from board-certified physicians

Plan members can consult with a licensed physician by: calling a toll-free number; logging into a secure website; or using the mobile app. Physicians can prescribe medication when needed. A wide range of non-emergency conditions may be treated, including:

- acne
- allergies
- cold and flu
- constipation
- cough
- diarrhea
- urinary tract infections
- ear problems
- fever
- headache
- insect bites
- nausea
- pink eye
- rash
- respiratory problems
- sore throats
- vaginitis
- vomiting

** If you are currently participating in an High Deductible Health Plan (HDHP), your copay may be more if you have not satisfied your in network deductible.*

To take advantage of this great benefit, contact:

- Call **1.855.Teladoc (835.2362)**
- Visit **www.Teladoc.com/Aetna**
- Go to **Teladoc.com/Mobile** to learn more or download the mobile app from the App Store or Google Play