



Live Well, Work Well

Employee Health Benefits Bulletin December 2018

Burlington Township School District



To all who participated in the *Play Ball!* Challenge—well done! Check out these stats: four teams, 102 registered website users, and 935 website log-ins. Congrats to the winners! Watch for the next challenge coming soon.

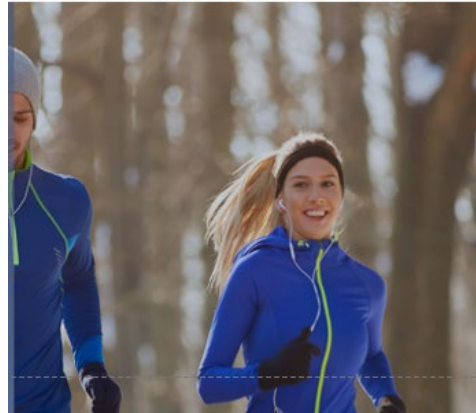
Brought to you by
INTEGRITY CONSULTING
GROUP
104 Interchange Plaza
Suite 202
Monroe Township
New Jersey 08831
(888) 737-4313

Winter Workouts

Many of us find it difficult to remain committed to a fitness plan as the holidays, shorter days, and less-than-ideal weather create obstacles. But there are ways to stay on track:

- » **Warm up inside.** If you exercise outside, try doing your warmup inside—you'll raise your body temperature and already be warm before you step outside.
- » **Prep for your next day the night before.** If you're an early morning gym-goer, gather what you need for the next day the night before. Then all you need to do is get up, get dressed, and go to the gym.
- » **Have a backup plan.** Even the most dedicated can lose motivation. So it's essential to have a backup workout plan when you don't feel like going out in the cold—have a few workouts ready to go at home.

Check out this brief *Live Well, Work Well* [video](#) for these and other tips.



Log into [Aetna Navigator](#) or our *Benefits Online* website found at our HR Department webpage, to learn about Aetna fitness programs.

Plan Reminder

If you enrolled or re-enrolled in the Flexible Spending Account (FSA) during our recent Open Enrollment, contributions will begin with your first pay period in January 2019. FSA debit cards are valid for three years, so you may receive a new one in the mail depending on when yours expired. *Questions?* See the [Healthcare](#) or [Dependent Care](#) brochures for help.

Living Wills

Living wills, also known as advance health care directives, are legal documents that express what medical treatment you want to receive should you become physically or mentally incapable of communicating your wishes.

Why should I have one? Advance directives are valuable because you can state choices for your own care in advance, or name someone to make those choices (also known as a medical power of attorney) if you become incapacitated. These documents allow you to effectively say yes or no to particular treatments even when you may not be able to communicate.

What happens if I don't have a living will in place? In the event you are incapacitated, your health care providers will ask your family or close friends about your wishes and discuss what treatment is best. If these individuals disagree, someone may seek appointment of a conservator or guardian; however, you will have no control over who is named and cannot be sure your wishes will be followed.

Where can I find more information? You can access a state-specific form at caringinfo.org. This site also answers other questions you may have. Or call the National Hospice and Palliative Care Organization at (800) 658-8898.



Healthy Recipe

Simple Overnight Oatmeal

Ingredients

- » 1/2 cup low-fat milk
- » 1/4 cup fat-free Greek yogurt
- » 2 tsp. honey
- » 1/4 tsp. pure vanilla extract
- » 1/2 c. uncooked rolled oats
- » 1/4 c. raspberries (frozen)

Instructions

1. Combine milk, yogurt, sugar, cinnamon, and vanilla extract in a lidded container or jar.
2. Add oats and mix well.
3. Cover and refrigerate at least 8 hours.
4. Enjoy cold or heat as desired.

Makes one easy, healthy serving!

Nutritional Information

Calories: 311	Cholesterol: 7 mg
Total fat: 4 g	Sodium: 86 mg
Saturated fat: 1 g	Dietary fiber: 9 g

National Health Observances

December

National Influenza Vaccination Week December 2-8

Centers for Disease Control and Prevention

cdc.org

National Handwashing Awareness Week December 2-8

Henry the Hand Foundation

henrythehand.com

January

National Birth Defects Prevention Month

National Birth Defects Prevention Month

nbdpn.org