



# Live Well, Work Well

Employee Health Benefits Bulletin

October 2020

Burlington Township School District

## Good Health: Prepare & Protect

*Timely Tip:* If you are planning a move, be sure to notify our District benefits contact with your new address. This will allow us to update your address internally and with our plan carriers.

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*Check out these tips to prepare for better health in the months ahead:*

### Don't Delay

Get your flu vaccine early this year; [flu season](#) begins in October and peaks December to February. Aetna covers vaccines when obtained from your doctor or select locations; go to [Online Member Services](#) for details.

If you've delayed annual physicals, screenings, or other care due to the pandemic, contact your doctor about safely seeking care. Delays can worsen a minor condition or increase risks for a major illness. Most facilities are open and operating with safety measures.

### Connect to Protect

These are uncertain times; if you are feeling the strain, there is help from Aetna. The attached flyer gives tips to connect with others virtually. Find [emotional support](#) and get up-to-date [coronavirus](#) info. Or explore 24/7 online care with [Teladoc](#).



### Be Prepared: New NJEHP Plan

The NJEHP medical/ prescription plan is effective January 1, 2021; our SHIF Open Enrollment is now – October 16. Note the below based on your start date with our District; see Open Enrollment materials for info:

- Start date prior to July 1, 2020:** you will auto-transfer to the NJEHP effective January 1, 2021 unless you choose to remain in your current plans by submitting the *Affirmation Election Form* on/before **October 16**.
- Start date on or after July 1, 2020:** you will auto-transfer to the NJEHP effective January 1, 2021.

### Timely Reminder: Wellness Challenge

Our *Get Fit, Don't Sit* wellness challenge runs now through October 19. Good luck to all participants! Check out our wellness resources at [uswellness.com](#).

## 1998 Women's Health and Cancer Rights Notice

The federal government mandates certain health coverage for breast reconstructive surgery in any health insurance plan that provides medical and surgical benefits for mastectomies. If your plan provides medical and surgical benefits for mastectomies, and you are receiving benefits in connection with a mastectomy and elect to have breast reconstruction along with that mastectomy, your plan must provide, in a manner determined in consultation between you and the attending doctor, coverage for the following:

- All stages of reconstruction of the breast on which the mastectomy was performed.
- Surgery and reconstruction of the other breast to produce a symmetrical appearance.
- Treatment of physical complications of the mastectomy, including lymphedemas.
- Breast prostheses, which is an artificial form of a breast to help reconstruct its original form.

These benefits are provided to the same extent as any other illness under your coverage, subject to deductible and coinsurance. All other features and benefits of your health insurance plan remain the same and are not impacted by this notification. Refer to benefit materials for details on applicable deductibles and coinsurance.



## Healthy Recipe

### Pumpkin Pudding

#### Ingredients

- 1 15-ounce canned pumpkin
- 1 tsp. cinnamon
- 1/2 tsp. ginger
- 1/4 tsp. nutmeg
- 1/4 tsp. cloves
- 1/8 tsp. salt
- 1-1/2 cups low-fat milk
- 1 3.5-ounce box instant vanilla pudding

#### Directions

1. In a large bowl, mix pumpkin, salt, and spices together.
2. Slowly stir in milk and mix well.
3. Add instant pudding mix and stir for 2 minutes until it thickens.
4. Refrigerate until serving time.

#### Serving Size

3/4 cup: each serving provides 120 calories, 1 g total fat, 1 g saturated fat, 3 g protein, 320 mg sodium, 25 g carbohydrates, 2 g dietary fiber, and 21 g total sugars

## National Health Observances

### October

#### **National Breast Cancer Awareness Month**

[breastcancer.org](http://breastcancer.org)

#### **Sudden Cardiac Arrest Awareness Month**

[stopcardiacarrest.org](http://stopcardiacarrest.org)

### November

#### **American Diabetes Month**

*American Diabetes Association*  
[diabetes.org](http://diabetes.org)

#### **Chronic Obstructive Pulmonary Disease (COPD)**

*American Lung Association*  
[lung.org](http://lung.org)

#### **National Healthy Skin Month**

*American Academy of Dermatology*  
[aad.org](http://aad.org)



# Live in the moment

## Making social connections and friendships

Interacting with others and forming connections is an essential part of staying happy and upbeat. Many of us enjoy being in a busy environment or surrounded by friends and family. But even if you can't interact face to face, there are still ways to stay connected.

It's not exactly news that being alone can lead to loneliness. And loneliness can lead to depression and anxiety. But you

may not know that it's also associated with other serious conditions like heart disease. So it's no surprise that socializing and staying connected with others are recommended by mental health experts to help ward off these issues.

Read on for tips and ideas on how you can make connections that are important to your well-being.

# Tips to keep you socially connected

Here are some ways to help you connect with others.



## Arrange a virtual hangout

Go on virtual lunch and dinner dates. Lunch dates and romantic dinner plans can still happen with the help of a smartphone or laptop video call. Enjoy a meal and relaxing conversation with your friends or special someone right from your device.



## Get moving

Join a live workout session from home. You can stay socially connected and get a great workout from many different online exercise classes.



## Take a virtual tour

Family vacation or tours postponed? No worries. Several museums offer online virtual tours you can enjoy with your family and friends from the comfort of your own home.



## Have a game night

Put away your devices and dust off the board games, trivia challenges, dominoes and cards. You can also virtually invite friends to the occasion and have them join in on the fun via webcam.



## Adopt a pet

Pets can be comforting and may also lower stress and blood pressure. Adopting a pet is a great way to improve your mood and prevent you from being lonely.

## Keep the connection alive!

Create a schedule for virtual or in-home connectedness. When you and your friends and family have scheduled times where you can all have fun interacting with each other, it can help everyone from feeling detached. And if you begin to feel lonely or isolated, be sure to talk to your doctor or counselor.

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KFF/Economist Survey: One in Five Americans Report Always or Often Feeling Lonely or Socially Isolated, Frequently With Physical, Mental, and Financial Consequences

This information is not intended to replace the advice of a doctor. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider. For more information about Aetna plans, refer to **Aetna.com**.

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