



Live Well, Work Well

Employee Health Benefits Bulletin June 2018
Northern Burlington County Regional Schools

Jump into Summer!

Timely tip: winter and flu season are a distant memory, but continuing good hygiene this summer, especially when traveling, is important: wash hands properly, carry a small hand sanitizer and, if flying, wipe your plane seat and tray with disinfectant wipes. Never share towels, glasses, or drinks. Plan ahead for an

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Summer can bring vacations, beach fun, and extra time with family...it's also a good time to catch up on news about your health plans.

New Prescription Carrier Reminder

Beginning June 1, 2018, our District prescription carrier is **BeneCardPBF**. Our medical and dental plans remain with the SEHBP and Horizon BCBSNJ respectively.

Be sure to present your new card at the pharmacy and register online at benecardpbf.com to find claims, plan overviews, network search, and more.

Protecting Your Medical Identity

Medical identity theft occurs when someone uses your personal data, like name, birthdate, Social Security number, or insurance ID to obtain medical care, devices, or prescriptions. Here's how:

- **Friendly fraud:** a friend or family member uses your data; an estimated one-third to one-half of medical identity fraud happens in this way.

- **Provider fraud:** dishonest provider staff sell private data to others, who in turn

obtain medical goods or services or scam insurance carriers into paying false claims.

- **Hackers:** data is bought online or electronic health records are hacked.

Your SEHBP carriers work to protect your [privacy](#)

and medical identity. Check out these [tips](#) from Aetna to help keep your data safe.

Summer Break Reminder If you have a baby, get married, or experience a similar life event over the summer, be sure to notify the District benefits office within 31 days of the event to update your health plans—**don't wait until September to make a change!**

If you miss the initial 31-day window, you may need to wait until our next Open Enrollment to, for example, enroll a new dependent. The benefits office is open over the summer—so don't wait!



Good Health on a Budget

Maintaining a healthy lifestyle does not always mean tightening your budget. Here are some ways to get and stay healthy without breaking the bank:

- Purchase fresh fruits and vegetables that are currently in season for the best tasting food and widest selection for your money. Opt for products that are the most bountiful at your local farmer's market or grocery store. Also, find in-season fruits and veggies on sale and incorporate into your weekly meal plans.
- Exercise with a friend instead of joining a fitness club. You will be accountable for working out and can cheer one another on to reach your fitness goals. Or walk or run with your dog on a regular basis.
- Look for healthy bargains at the grocery store. Choose oatmeal instead of sugary, expensive cereals for breakfast; buy beans or portabella mushrooms instead of red meat; drink juice instead of soda.
- Do not smoke; cigarettes are expensive. If you quit, you will save the cost of cigarettes and medical bills since you will be healthier without this habit.
- Plan your meals before you shop. Knowing what meals you will prepare for the week will prevent you from buying unnecessary food items.
- Spring for a pedometer. Walking a specific number of steps per day can help motivate you to reach your fitness goals. Though you will need to invest in the pedometer, your health will improve and your health costs will decrease overall.



Healthy Recipe

Fresh-made Cereal

Ingredients

- 3/4 cup wheat and barley nugget cereal
- 1/4 cup bran cereal
- 2 tsp. sunflower seeds (toasted)
- 2 tsp. almonds (sliced, toasted)
- 1 Tbsp. raisins
- 1/2 cup banana (sliced)
- 1 cup blueberries / sliced strawberries
- 1 cup low-fat yogurt (raspberry or strawberry)

Instructions

1. Mix the cereals, sunflower seeds, and almonds in a medium-sized bowl.
2. Add the raisins, bananas, and half of the strawberries.
3. Gently stir in the yogurt and divide the mixture between two bowls.
4. Scatter the remaining strawberries over the top. Serve immediately.

Nutritional Information Per Serving

Calories: 460	Cholesterol: 5 mg
Total fat: 6 g	Sodium: 297 mg
Saturated fat: 1 g	Dietary fiber: 10 g

National Health Observances

June

Cataract Awareness Month

Prevent Blindness
preventblindness.org

National Safety Month

National Safety Council
nsc.org

July

Juvenile Arthritis Awareness Month

Arthritis Foundation
arthritis.org

August

National Breast-feeding Month

United States Breastfeeding Committee
usbreastfeeding.org

Psoriasis Awareness Month

National Psoriasis Foundation
psoriasis.org