



Live Well, Work Well

Northern Burlington County Regional Schools
Employee Health Benefits Bulletin October 2018

Be Prepared to Stay Healthy

Timely tip: Seasonal affective disorder, or SAD, is a recurring depression that affects some as days grow shorter. If you begin to experience, for instance, difficulty concentrating, low energy or fatigue, moodiness, irritability, or cravings for carbohydrates as there is less daylight, you may suffer from SAD. Learn more at nimh.nih.gov.

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With autumn here and winter around the corner, now is the time to assess your health status and prepare for the yearly onslaught of germs and illness. Try these practical tips:

Try fresh fruits and vegetables currently in season. You will get the best-tasting food for your money and the widest selection; add seasonal produce into your weekly meal plan.

Maintain your warm weather exercise routine. It can be easy to slack off on regular exercise as the weather turns colder. The [NJWELL program](#) helps you stay motivated by rewarding you when you meet certain goals. This year's program ends October 31; [check it out](#) today.

Don't smoke! If you do, plan to participate in the [Great American Smokeout](#) on November 16. Just

one day without cigarettes is an important step—and it's never too late to quit.



Add immunity boosters to your diet now. We all know vitamin C helps fight off infections, but don't wait until you're sick to eat, for instance, citrus fruits, red bell peppers, broccoli, or spinach. All are packed with vitamin C

and work to build up immunity by increasing white blood cells, key to fighting off infections.

Finally, get your flu vaccine. See your primary doctor or choose from a list of retail locations in New Jersey that contract with [Aetna](#) or [Horizon BCBSNJ](#) to provide the vaccine. Be sure to show your **medical** ID card to ensure the provider processes the visit as a **medical** claim.

Get more details at aetna.com or take a quiz at horizonblue.com. Make this your healthiest winter yet!

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.

Please refer to your plan benefit materials for more details on applicable deductibles and coinsurance.



Healthy Recipe

Fiesta Hummus

Ingredients

- 1 can garbanzo beans (drained)
- ½ tsp. cumin
- ¼ tsp. salt
- ⅓ tsp. cayenne pepper
- 2 cloves garlic (minced)
- ½ cup plain nonfat yogurt
- 1 Tbsp. lime juice
- 1 Tbsp. sesame oil
- 1 jalapeno pepper (finely chopped)
- 2 Tbsp. cilantro (chopped)

Instructions

1. Mash beans in blender.
2. Add remaining ingredients; blend until smooth.
3. Chill at least one hour or overnight.
4. Serve with veggies or chips.

Nutritional Information Per Serving

Calories: 122	Cholesterol: 0 mg
Total fat: 4 g	Sodium: 231 mg
Saturated fat: 0 g	Dietary fiber: 4 g

National Health Observances

October

National Breast Cancer Awareness Month

American Cancer Society
cancer.org

Health Literacy Month

Institute for Healthcare Advancement
healthliteracymonth.org

November

Great American Smokeout

American Cancer Society
cancer.org

COPD Awareness Month

American Lung Association
lung.org