



# Live Well, Work Well

Employee Health Benefits Bulletin

October 2020

Northern Burlington County Regional Schools

## 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.

*Now is the time to prepare for better health in the months ahead:*

**Don't Delay** Plan to get your flu vaccine early this year; by the end of October is best. [Flu season](#) begins in October and peaks December to February. Even healthy people can require hospitalization, so prepare now. Aetna and AmeriHealth cover flu vaccines when obtained from your doctor or a select location; go to [Aetna.com](#) or log into [myahabenefits.com](#) for info.

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

**Connect to Protect** These are uncertain times; if you are feeling the strain, there is help online. Log into

[myahabenefits.com](#) to create your action plan with *Achieve Well-Being*. Find

[emotional well-being resources](#)

from Aetna. Get COVID-19 info from [Aetna](#) / [AmeriHealth](#) or explore 24/7 online care at [Teladoc](#) or [MDLive](#).



**Be Prepared: New NJEHP Plan** The NJEHP plan takes effect January 1, 2021; our SHIF Open Enrollment is underway. There are two scenarios based on your start date with our District; see Open Enrollment materials for details:

- Start date prior to July 1, 2020:** you will auto-transfer to the NJEHP on January 1, 2021 unless you choose to remain in your current plans by submitting the *Affirmation Election Form* during this Open Enrollment.
- Start date on/after July 1, 2020:** you will auto-transfer to the NJEHP on January 1, 2021.

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## 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.

#### Per 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)