



live well, work well

# Bridgewater-Raritan Regional Schools

## Employee Health Benefits Bulletin

April 2017

# Better with Aetna

### Beware of Medical Identify Theft

Medical identity thieves use the health insurance information of others to obtain medical services, prescription drugs, and even surgeries. Similar to traditional identity theft, it can impact both your finances and health.

Would you know if your medical data has been compromised? The Federal Trade Commission (FTC) advises you may be a medical identity theft victim if:

- You are billed for medical services you did not receive.
- Your medical carrier denies a claim and advises you have already met the benefit limit.
- A debt collector contacts you about debt you do not owe.

- Your credit report shows unfamiliar collection notices.



Learn how to protect yourself from medical identity theft with these helpful [tips from Aetna](#).

### Journey to Wellness

Achieving wellness is a daily, ongoing journey. Aetna can help with inspirational [member stories](#). Or log into [Aetna Navigator](#) to find programs that target your health needs: smoking cessation, fitness, weight loss, depression, and more. Get personalized help from a [lifestyle coach](#), too. Learn more at [www.aetna.com](#).

**Defeating Depression** If you think you may suffer from depression, it's important to get screened by your doctor. There are treatments that can improve this medical condition. Learn more at [www.aetna.com](#).

## National Health Observances

**April: Alcohol Awareness Month**  
*National Council on Alcoholism and Drug Dependence, Inc.*  
[www.ncadd.org](#)

**April: Irritable Bowel Syndrome Awareness Month (IBS)**  
*International Foundation for Functional Gastrointestinal Disorders*  
[www.aboutibs.org](#)

**May: Arthritis Awareness Month**  
*Arthritis Foundation*  
[www.arthritis.org](#)



## Irritable Bowel Syndrome Awareness

Irritable Bowel Syndrome (IBS) has become one of the most common disorders primary care physicians are seeing today. IBS interferes with the normal function of the large intestines (or colon).

### Symptoms

The symptoms associated with IBS are thought to be related to the faulty communication between the brain and the intestinal tract, which causes abnormal contractions in the intestines. Symptoms can include bloating, excess gas, diarrhea and/or constipation, mucus in the stool, nausea, and heartburn.

### Risk Factors

The exact cause of IBS is unclear, but doctors know that IBS tends to be more common with:

- Those younger than 35
- Women
- Those with panic or other psychological disorders
- Those with a family history of IBS



### Treatment

Treatment options are available to manage IBS whether symptoms are mild, moderate, or severe. Talk to your doctor to find the best treatments available for your particular symptoms.

Treatment does not necessarily have to include medication, but can include reducing stress levels, relaxation techniques, exercise, counseling, and more. Visit [www.aboutibs.org](http://www.aboutibs.org) for more information.



## Healthy Recipe

### Spring Vegetable Quiche

#### Ingredients

- 1 9-inch pie crust (baked)
- 1 cup broccoli, zucchini or mushrooms (chopped)
- ½ cup cheese (shredded)
- 3 eggs (beaten)
- 1 cup nonfat milk
- ½ tsp. salt
- ½ tsp. pepper
- ½ tsp. garlic powder

#### Preparations

1. Preheat oven to 375 F.
2. Cook vegetables in skillet until fork-tender.
3. Put cooked vegetables and shredded cheese into prepared pie crust.
4. Mix remaining ingredients in medium bowl; pour over vegetables and cheese.
5. Bake for 30-40 minutes; cool for five minutes before serving.

Makes 6 servings.