



# Live Well, Work Well

Employee Health Benefits Bulletin: December 2017  
Bridgewater-Raritan Regional Schools

## A New Year with Horizon BCBSNJ

The winter months are here along with colder weather and more challenges to stay healthy. This issue offers tips to help make this winter your healthiest yet. If you need a fresh start, begin by shaping your personal health goals for the new year!

Brought to you by  
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**Annual Preventive Benefits** Your Horizon BCBSNJ plan provides benefits for specified covered services related to Preventive Care, such as routine physicals, labwork, and screenings. Certain Preventive Care services are covered annually, so with the start of 2018 just ahead, remember you are able to access these services in-network at no charge.

Also remember that any deductible amounts that may apply to your plans will renew in 2018. Review your benefit overviews for more details.

### Technology Updates

Horizon BCBSNJ now offers 24/7 access to health care with [Horizon CareOnline](#), a new telemedicine app that allows you to visit with a doctor via phone or secure video. If, for instance, you need help with a non-emergency medical condition, your primary doctor is not available, or you need medical care while traveling or after-hours, the

*Horizon CareOnline* app links you with a doctor who can help. A copay typically will apply. Be prepared this winter—learn more at [horizonblue.com](http://horizonblue.com) or see attached flyer.

If you are not currently accessing [Online Member Services](#), take time to [register](#) in the new year. You can view personal claims and plan benefits, download or request ID cards, track health data, learn about wellness program options, and more.

Finally, to find a doctor or facility that is in your plan network, use the online [Doctor & Hospital Finder](#). Search by zip code or specialty, get directions, send info to your phone, and more.



**New Year, New Health** If 2018 is the year you plan to take control of your health, Horizon BCBSNJ can help you get on track. Begin by completing a confidential online health assessment to

identify your risks. Learn about fitness, stress and weight management, nutrition, and more to address your individual needs. Get started at [Online Member Services](#).

## Healthier Holiday Eating

With so many social gatherings during the holidays, it can be difficult to avoid treating yourself when offered good food and drinks. Whether you're dieting or just trying to maintain your healthy lifestyle, fear not—you can survive the holidays and wake up on January 1 without feeling remorse or guilt. Consider these tips:

- ✓ Eat a light snack before attending a party so you don't arrive on an empty stomach and devour everything in sight.
- ✓ Pace yourself when drinking alcohol; overindulgence can pack on the pounds.
- ✓ Eat slowly and be mindful of every chew. It takes your body 20 minutes or so to realize when it is full.
- ✓ Don't feel pressure to eat leftovers. If you have an abundance of leftovers after hosting a party, don't feel like you have to eat them just because you don't want them to go to waste.
- ✓ Practice self-control—for example, allow yourself one plate of food at a party, and promise yourself that you won't go back for seconds.
- ✓ Finally, be realistic. Don't try to lose pounds during the holidays; instead, try to maintain your current weight.



## Healthy Recipe

### Tangy Tomato Dip

*Try this healthier dip with nutritional dried tomatoes as the main ingredient.*

#### Ingredients

- 6 tablespoons light cottage cheese
- 1/4 cup sun-dried tomatoes in olive oil, drained well
- 1/4 cup light cream cheese
- 1 teaspoon fresh lemon juice
- Dash garlic powder
- Dash hot sauce (optional)
- 2 -4 tablespoons buttermilk
- Baked potato chips

#### Instructions

1. In a food processor, combine the cottage cheese, sun-dried tomatoes, cream cheese, lemon juice, garlic powder, and hot sauce. Pulse until mixture forms a slightly textured dip, adding buttermilk to thin as desired.
2. Scrape mixture into a bowl and serve with baked potato chips; store in refrigerator up to two days.

#### Nutritional Information

Per serving: 162 cal., 5 g total fat (2 g sat. fat), 23 g carb. (2 g fiber), 5 g pro.

## National Health Observances

### December

#### National Influenza Vaccination Week

December 4 - 11

National Center for Immunization and Respiratory Diseases

[cdc.gov](http://cdc.gov)

### January

#### Cervical Health Awareness Month

National Cervical Cancer Coalition

[nccc-online.org](http://nccc-online.org)

#### National Radon Action Month

U.S. Environmental Protection Agency

[epa.gov](http://epa.gov)

#### National Glaucoma Awareness Month

American Academy of Ophthalmology

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

#### Folic Acid Awareness Week January 8 - 14

National Birth Defects Prevention Network

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



# Horizon CareOnline<sup>SM</sup>

## Convenient medical care – online, anytime.



Horizon Blue Cross Blue Shield of New Jersey makes it easier for you to stay in control of your health. You can use **Horizon CareOnline** to talk with a licensed, U.S. board-certified doctor via video, chat or phone 24 hours a day, seven days a week – no appointment is needed.

We work with American Well, a leader in telemedicine, to bring you care that is:

- **Dependable.** 24/7/365 access.
- **Convenient.** No appointment is needed and ePrescriptions can be provided if you need one.<sup>1</sup>
- **Confidential.** Private and secure; compliant with the Health Insurance Portability and Accountability Act of 1996 (HIPAA).

With Horizon CareOnline, you can be treated for symptoms and conditions such as a cold, flu, fever or rash, abdominal pain, sinusitis, an ear infection and much more.

There are three ways to enroll and use Horizon CareOnline:

- Visit **HorizonCareOnline.com**.
- Call **1-877-716-5657**.
- Scan the QR code at the right to get the Horizon CareOnline app from the App Store<sup>SM</sup> or GooglePlay<sup>TM</sup>.



When you first enroll, enter **Horizon Blue Cross Blue Shield of New Jersey** as your health plan.

Horizon Blue Cross Blue Shield of New Jersey complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

Spanish (Español): Para ayuda en español, llame al **1-855-477-AZUL (2985)**.  
Chinese ( 區 ) 暨 區 姪 姪 农 曠 **1-800-355-BLUE (2583)**<sup>5</sup>

<sup>1</sup> Telemedicine is available in all states except Arkansas and Texas, where video consultations are not permitted under the law.  
For more information, visit [info.americanwell.com/where-can-i-see-a-doctor-online](http://info.americanwell.com/where-can-i-see-a-doctor-online).  
For technical assistance, please email [HorizonCareOnline@AmericanWell.com](mailto:HorizonCareOnline@AmericanWell.com).

Once you are enrolled, you can visit with a doctor on Horizon CareOnline when:

- Your doctor's office is closed.
- You feel too sick to drive.
- You are traveling and need medical care.

This valuable service is offered as a convenience and does not replace your relationship with your Primary Care Physician (PCP) or personal doctor.

### How Much Does a Visit Cost?

The amount you pay depends on your plan's telemedicine benefit. Check with your group's benefits administrator or call Horizon BCBSNJ Member Services at the number on the back of your member ID card for details.

**It's free to sign-up – enroll today.**

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