

# Live Well Work Well

June 2024




## Bridgewater-Raritan Regional Schools

### Breaking Down Mental Health Stigma

Mental illnesses are among the most common health conditions in the United States. According to the National Alliance on Mental Illness (NAMI), 1 in 5 adults experience a [mental health disorder](#) each year. Despite the prevalence of illnesses and increasing recognition of mental health as a critical component of overall well-being, stigma remains a significant barrier to receiving treatment and support. The fear of judgment and discrimination often prevents individuals from seeking help.

NAMI reports that nearly 60% of adults with a mental illness didn't receive mental health services in the previous year.



It's imperative to raise awareness and educate others about mental health to combat stigma and create a more compassionate and supportive society. Here are some tips for reducing the stigma associated with mental health:

- **Educate yourself and others.** Understanding the complexity of mental illness, including substance use disorders, can help dispel misconceptions.

Take the time to learn about mental health conditions, symptoms, and treatments.

- **Talk openly.** Break the silence surrounding mental health by initiating open and honest conversations with friends, family, and colleagues. By sharing personal experiences or listening without judgment, you can create a safe space for others.
- **Choose your words carefully.** Avoid stigmatizing words and use person-first language emphasizing the individual, not their condition.
- **Encourage equality between physical and mental health conditions.** Mental illness is a medical condition, so it should be treated just like a physical ailment.

Together, we can break down barriers that inhibit healing and acceptance. Learn about your behavioral health benefits at our *Benefits Online* website: visit [brrsd.org](http://brrsd.org) / Human Resources / Health Benefits.

#### Summertime Life Events Reminder

While generally able to change benefit elections only during Open Enrollment, certain life events qualify as an exception. If you experience, for instance, a spouse's loss of coverage, marriage, or birth over the summer, notify the District benefits contact immediately to learn your options. Visit [horizonblue.com](http://horizonblue.com) for life events info.



# The Benefits of Active Recovery

A complete [fitness routine](#) includes training and strategic recovery. Unlike passive recovery, which involves rest, sitting, or inactivity, active recovery keeps you moving and engaged in low-intensity exercises. Active exercises can facilitate faster muscle recovery and enhance performance. Think of it as an add-on to your fitness routine—recovering for 10 to 15 minutes after a strenuous workout or taking it easy the following day. Consider these benefits of active recovery activities:

- Reduced lactic acid buildup in muscles
- Decreased muscle soreness
- Improved circulation
- Flexibility maintenance
- Injury prevention

Active recovery exercises are generally considered safe. However, avoiding active recovery is recommended if you're injured or in pain, and your doctor should immediately evaluate you.



# Seasonal Eating Health Benefits

It's normal to see the same produce available year-round in today's market. However, that doesn't mean the quality is the same throughout the seasons. Eating seasonally helps you take advantage of the harvest schedule. Fortunately, the spring months offer a variety of produce. Spring vegetables include asparagus, artichokes, radishes, rhubarb, and peas, as well as fruit like strawberries.

Not only is spring produce vibrant and fresh tasting, but it also offers health benefits. Picked at the peak of their freshness and [nutritional](#) value, spring produce is packed with essential vitamins, minerals, and antioxidants, providing a natural boost to your immune system and overall well-being. Eating seasonally also means you're adding variety to your diet, along with diverse vitamins and minerals. Seasonality depends on where you live, so let nature be your guide at your local farmers market or grocery store.



## Healthy Recipe Spring Vegetable Saute

### Ingredients

- 1 tsp. olive oil
- ½ cup sweet onion (sliced)
- 1 garlic clove (finely chopped)
- 3 tiny new potatoes (quartered)
- ¾ cup carrot (sliced)
- ¾ cup asparagus pieces
- ¾ cup snap peas or green beans
- ½ cup radishes (quartered)
- ¼ tsp. salt
- ¼ tsp. black pepper
- ½ tsp. dried dill

### Preparations

1. Heat the oil in a skillet. Cook the onion for two minutes, then add the garlic and cook for another minute.
2. Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender, about four minutes. Add a tablespoon or two of water if the vegetables start to brown.
3. Add the asparagus, peas, radishes, salt, black pepper, and dill. Cook, stirring often, until just tender, about four minutes more. Serve!

*Makes: 4 servings*

### Nutritional Information Per Serving

*Source: MyPlate*

Total calories	138
Total fat	1 g
Protein	4 g
Sodium	177 mg
Carbohydrate	29 g
Dietary fiber	5 g
Saturated fat	0 g
Total sugars	4 g

# Your Primary Nurse Committed to Helping You Improve Your Health



**We know you're busy – but we also know it's hard to be your best when you're not feeling well. Your Primary Nurse may be able to help.**

Horizon Blue Cross Blue Shield of New Jersey is committed to helping you achieve your best level of health. If you have an acute or chronic health condition, our Primary Nurse program may be able to help. Your Primary Nurse is a dedicated Horizon BCBSNJ registered nurse who can assist you and your covered dependents dealing with a health condition.

## How It Works

If you're eligible, your Primary Nurse can:

- Regularly monitor your medical situation and work with your doctors and caregivers to help manage your medical needs.
- Schedule regular calls with you to discuss your health and possible ways to improve it.
- Access additional health professionals, including a registered dietitian and behavioral health specialist, to support your health needs.
- Provide assistance in understanding your benefits and navigating the health care system.

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 (中文): 如需中文協助, 請致電 **1-800-355-BLUE (2583)**。

## Examples of Supported Conditions

Your Primary Nurse can assist you and your covered dependents with various acute and chronic health conditions.

Some examples include:

- Asthma
- Chronic Kidney Disease
- Chronic Obstructive Pulmonary Disease
- Coronary Artery Disease
- Diabetes
- Heart Failure

## How to Enroll

The Horizon BCBSNJ Primary Nurse program is voluntary, free and available to eligible members.

To be connected with your Primary Nurse, call **1-888-621-5894**, option **2**, between 8 a.m. and 5 p.m., Eastern Time, Monday through Friday.

Primary Nurses cannot diagnose problems or recommend specific treatment. They are not a substitute for your doctor's care. Services are not an insurance program and may be discontinued at any time. Always speak with your doctor before starting an exercise program or diet.

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