



Live Well, Work Well

Employee Health Benefits Bulletin: April / May 2018
Branchburg Township School District

Spring Into Good Health

Welcome Spring!
Timely tip: if you didn't check your smoke and carbon monoxide detectors when you set your clocks ahead last month, do so now! Make it a yearly habit.

May is National Allergy and Asthma Awareness Month

Springtime allergies

are an annual nuisance for many people. Mold growth increases due to rain and many plants begin releasing pollen. Likewise, spring-cleaning activities can stir up dust mites. To reduce your allergies, take the following steps:

- Wash your bedding weekly in hot water to keep pollen under control.
- Wash your hair before bedtime since pollen can accumulate in your hair.
- Wear an inexpensive painter's mask and gloves when cleaning, painting, or vacuuming to limit dust and chemical inhalation or skin exposure.
- Vacuum twice a week.
- Limit the number of throw rugs in your home to reduce dust and mold.
- Make sure your rugs are washable.
- Change filters before running the air conditioning system.



Learn more about allergies and managing asthma at [Aetna Navigator](#) or [Horizon Member Online Services](#).

What's the Buzz? Stay current with your health plans using these helpful tools:

Log in:

- *Benefits Online*, our District health benefits

website, at the District *Staff Portal*

- [Aetna Navigator](#)
- [Horizon Member Online Services](#)

Call toll-free:

- Aetna: (877) STATENJ/782-8365
- Horizon: (800) 414-SHBP/7427

Visit: [Horizon Retail Center](#)

Connect: [Mobile Apps](#), [Facebook](#), [Twitter](#), [YouTube](#), [Video Library](#)

Live Healthy:

- Aetna [Member Tools](#)
- Horizon [Manage Your Health](#)
- SEHBP [NJWELL](#)

Plus, the updated SEHBP [website](#) offers [Fact Sheets](#), [booklets](#), and more; visit www.state.nj.us for info.

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Omega-3 & Fish Oils

Believe it or not, there is one type of fat experts say we need more of in our diets. This special fat, omega-3, isn't produced by the body and must be consumed through the food we eat. Fish is nature's most abundant source of the essential fat omega-3. Fish collect this special fat when they eat algae and other marine life. Most Americans, however, are omega-3-deficient due to refined and over-processed foods in our diets and failure to eat fish regularly.

Health Benefits Most noted for its ability to reduce the risk of cardiovascular disease, omega-3 has also been shown to reduce blood pressure and inflammation, inhibit cancer growth, and help alleviate depression. Compelling evidence also suggests that omega-3 fats are beneficial to those with diabetes.

Recommended Servings Most experts agree that everyone should consume two or more servings each week of fatty fish such as salmon, herring, whitefish, tuna, rainbow trout, or sardines. If you don't like fish or you have a higher need for omega-3 fats, ask your doctor about adding daily supplements.

Overall, remember that good fats compete with bad fats. Limit your consumption of trans fat, saturated fat, and cholesterol, and increase intake of good fats, like omega-3 and other fatty acids to help repair some of the damage that bad fats cause.



Healthy Recipe

Baked Cod with Spinach

Ingredients

- 1 Tbsp. vegetable oil
- 1 pound skinless cod fillets
- 1 yellow onion (chopped)
- 2 cloves garlic (minced)
- 2 cups canned low-salt diced tomatoes
- 1/2 cup water
- 2 cups frozen spinach (thawed, chopped)
- 1/4 cup Kalamata olives (pitted, chopped)

Instructions

1. Preheat skillet over high heat. When hot, add 1-1/2 tsp. oil.
2. Add fish. Cook about five minutes on each side, until deeply browned; remove fish to a plate and cover.
3. Reheat the skillet to medium heat. Add the remaining oil, onion, and garlic; cook about seven minutes.
4. Add tomatoes and water; cook about 10 minutes, until mixture thickens and turns to orange color.
5. Return fish to skillet with the tomato mixture. Cover with spinach and sprinkle with olives.
6. Cover skillet. Cook two minutes on low or until spinach is steamed; serve hot.

National Health Observances

April

Donate Life Month

U.S. Dept. of Health & Human Services
organdonor.gov

Oral Cancer

Awareness Month

Oral Cancer Foundation

oralcancerfoundation.org

May

Allergy and Asthma

Awareness Month

Asthma and Allergy Foundation of America
aafa.org

Mental Health

Month

Mental Health America

mentalhealthamerica.net

International

Mediterranean Diet

Month

Old Ways

oldwayspt.org