Live Well, Work Well Employee Health Benefits Bulletin: December 2017 Branchburg Township Schools

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 INTEGRITY CONSULTING GROUP 104 Interchange Plaza Suite 202 Monroe Township New Jersey 08831 (888) 737-4313

Your SEHBP Plans in the New Year

Annual Preventive Benefits Your Aetna and Horizon BCBSNJ medical plans provide 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 can access these services in-network with 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.

Online Tools Unsure of where to find plan booklets? Need to view a short benefit overview or print a plan form? All this and more is

available at *Benefits Online*, our custom health benefits website. Get to *Benefits Online* easily through our District Staff Portal—general info about your benefits, eligibility, wellness, and more is at your fingertips, 24/7! more, be sure to register for <u>Aetna</u> <u>Navigator</u> or <u>Horizon Member Online</u> <u>Services</u> in the new year. Once registered, find specific claims and plan benefits, download or request ID cards, track health data, find available wellness programs, and more.

To view your individual claims and

If you made adjustments to your benefit plans during the recent open enrollment, these changes take effect on January 1, 2018. If you chose a new medical plan, see the SEHBP <u>plan</u> <u>summaries</u> or <u>plan handbooks</u> for details about your benefits.



You may have noticed the Division of Pension and Benefits is introducing a new look and new logo. See the old and new at nj.gov.

New Year, New Health If 2018 is the year you plan to take control of your health, the <u>NJWELL</u>

program can help you get on a track. Earn up to \$250 when you complete specified wellness activities and screenings by October 31, 2018. <u>Get</u> <u>inspired</u> and <u>get started</u> today!

Live Well, Work Well

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 back on the bounds.
- 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

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

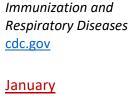
Instructions

- 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.
- 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

National Influenza

Vaccination Week

National Center for

December 4 - 11

December

Cervical Health Awareness Month National Cervical Cancer Coalition nccc-online.org

National Radon Action Month

U.S. Environmental Protection Agency <u>epa.gov</u>

National Glaucoma Awareness Month American Academy of Ophthalmology

aao.org

Folic Acid Awareness Week January 8 - 14 National Birth Defects Prevention Network nbdpn.org