



Live Well, Work Well

Employee Health Benefits Bulletin: December 2017
Branchburg Township Schools

Your SEHBP Plans in the New Year

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 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!



To view your individual claims and more, be sure to register for [Aetna Navigator](#) or [Horizon Member Online Services](#) 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.

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 [plan summaries](#) or [plan handbooks](#) 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 [NJWELL](#)

program can help you get on a track. Earn up to \$250 when you complete specified wellness activities and screenings by October 31, 2018. [Get inspired](#) and [get started](#) today!

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

January

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

National Radon Action Month

U.S. Environmental Protection Agency
epa.gov

National Glaucoma Awareness Month

American Academy of Ophthalmology
aao.org

Folic Acid Awareness Week January 8 - 14

National Birth Defects Prevention Network
nbdpn.org