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.

Spring Into Good Health

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.

Your Horizon BCBSNJ plan offers helpful education on allergies and asthma. Check out horizonblue.com or log into Member Online Services to take a WebMD allergy assessment and more.

Reminder: New Horizon CareOnline Telemedicine Take time to sign up for your Horizon CareOnline telemedicine benefit today. Once enrolled, you can visit with a doctor online – no appointment is necessary. Copay typically applies. See the attached flyer or visit www.horizonblue.com for info.

What’s the Buzz? Stay current with your health plans using the many tools Horizon BCBSNJ offers when you sign into Member Online Services: FAQs, secure email, and Chat. Or connect via Facebook, Twitter, or YouTube. Other resources:

- Member Services: (800) 355-BLUE/2583
- Behavioral Health: (800) 626-2212
- Horizon Connect Retail Location: 1680 Nixon Drive, Moorestown, NJ
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.
We work with American Well, a leader in teledmedicine, 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.1
• **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](http://HorizonCareOnline.com).
• Call 1-877-716-5657.
• Scan the QR code at the right to get the Horizon CareOnline app from the App StoreSM or Google PlayTM.

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

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 teledmedicine 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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1 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).