Winter is here to stay for a few more months, so make the 
most of all it offers. February is American Heart Month…
learn how to take care of your heart and try a heart-healthy 
chocolate recipe!

Your 2016 Benefits

NJWELL Program   February is 
American Heart Month; find out how 
NJWELL rewards you for getting the 
screenings and exercise you need 
for a healthier heart and healthier 
overall you.

Join NJWELL and, once you 
complete activities like a health 
assessment, online coaching, 
or certain screenings, you and 
your spouse are eligible for up 
to $250 in Visa prepaid cards.

To get started, enroll at 
www.horizonblue.com/SHBP or 
www.aetnastatenj.com. Make 
2016 a healthy heart year!

Annual Benefits Reminder   Your 
SEHBP plan provides annual 
benefits for certain preventive care 
services like routine physicals, lab 
work, and screenings. Now that 
2016 is here, you can access these 
annual services in-network at no 
charge. Also, be aware that any 
deductibles applying to your plan 
renewed on January 1, 2016. 
See your plan 
overviews for 
more details.

1095 Tax Forms   The Affordable 
Care Act requires 
 insurers and 
employers to provide you with IRS 
1095 forms to report if you had 
 qualifying health coverage (i.e., 
minimum essential coverage) for each 
month in 2015; those who did not may 
need to pay a tax penalty, or a 
shared responsibility payment, to 
the IRS. Review the 1095 forms 
that you receive for accuracy. Note: 
do not include the forms when filing 
taxes with the IRS; keep the forms 
with your tax copies as proof of 
qualifying coverage. For more 
details, visit www.horizonblue.com 
or www.aetna.com.

National Health 
Observances

February
American Heart Month 
American Heart Association 
www.heart.org

Children’s Dental Health Month 
American Dental Association 
www.ada.org

March
Colon Cancer Awareness Month 
American Cancer Society 
www.cancer.org

National Kidney Month 
National Kidney Foundation 
www.kidney.org
Your Heart Health

No other disease is as detrimental to American health and welfare as cardiovascular disease. At any given time, an estimated 83.6 million American adults are affected by some form of cardiovascular disease. The Centers for Disease Control and Prevention (CDC) reports that heart disease is our leading cause of death, causing one in three deaths (over 800,000) annually.

Heart disease is caused by atherosclerosis, a buildup of plaque in the inner walls of the arteries, which narrows, slows, or blocks the flow of blood to the heart. The controllable risk factors for developing heart disease include:

- High blood pressure
- High LDL cholesterol
- Type 2 diabetes
- Smoking
- Being overweight or obese
- Lack of physical activity
- Using illegal drugs, such as cocaine

Warning signs depend on the type and severity of your heart condition, but you should know the common symptoms of heart disease, such as shortness of breath, dizziness, chest pain or discomfort, weakness, fatigue, or heart palpitations. See your doctor if you exhibit any of these symptoms. Visit www.cdc.gov for more info.

Preventing Food Illnesses

Each year, approximately 1 in 6 Americans get sick from food poisoning. It’s not uncommon to hear about food being recalled or a new foodborne illness outbreak. Most people recover without any long-lasting effects; however, those who are pregnant, the elderly, or those with chronic conditions are more at risk for developing complications.

Prevent foodborne illness at your home by being conscious of food safety guidelines. For instance, avoid eating raw or spoiled meats and eggs by checking expirations dates before purchasing and preparing food. Wash hands, cutting boards, and knives with antibacterial soap and hot water after handling raw meat, seafood, or eggs. Never serve meat on the same plate used when it was raw. Check meat is fully cooked with a food thermometer.

In addition, avoid thawing food at room temperature; instead, defrost foods in the refrigerator and do not refreeze food once it’s been fully thawed. Remember to refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria. And wash fruits and vegetables thoroughly before eating, especially those that will not be cooked (like fresh apples or pears) in order to prevent foodborne illness.

Healthy Recipe  

**Fudgy Fruit**

**Ingredients**
- 6 Tbsp. semi-sweet chocolate chips
- 2 large bananas, peeled and quartered
- 8 large strawberries
- ¼ cup unsalted peanuts, chopped

**Directions**
- Place chocolate chips in small microwave safe bowl; heat on high for 10 seconds.
- Repeat until chocolate is melted, about 30 seconds.
- Place fruit on a small tray covered with a piece of waxed paper.
- Use a spoon to drizzle the melted chocolate on top of the fruit.
- Sprinkle the fruit with chopped nuts.
- Cover the fruit and place in the refrigerator for 10 minutes or until the chocolate hardens.
- Serve chilled.  Makes: 4 servings