



live well, work well

Employee Health Benefits Bulletin

Maple Shade Schools

February 2017

Horizon BCBSNJ and You

Online Health Assessments

Horizon BCBSNJ offers an online [Health Assessment](#) to help you determine your personal health status and risk factors. Your results are scored to match you with the best Horizon BCBSNJ resources to address your needs: stress, nutrition, emotional health, and more. Log into [Member Online Services](#) to get started.

Need Help? Horizon BCBSNJ offers a range of [Q&A](#) specific to claims, benefits, enrollment, and more. Or log on at [Member Online Services](#) to send a message or Chat with a service rep.

1095 Tax Forms The Affordable Care Act requires insurers and/or employers to provide you with IRS Form 1095 to report if you were covered under a qualifying health plan throughout 2016; those who were not may be required to pay

a tax penalty. Horizon BCBSNJ began mailing the forms on January 20; once it arrives in your mailbox,



check to be sure it is accurate. *Note: you are not required to include the form when filing your taxes; keep it*

with your tax copies as proof of coverage. Learn more about 1095 forms at www.irs.gov.

Annual Benefits Reminder Your Horizon BCBSNJ medical plan covers certain Preventive Care services annually, like routine physicals, lab work, and health screenings. In the new year, keep in mind you can access these services in-network at no charge. Also, any deductibles that may apply to your plans renewed on January 1. See your plan overviews for details.

Need to find an in-network provider? Log into [Member Online Services](#) to search for providers that participate in your plan—not only doctors or hospitals but counselors, flu shot providers, labs, imaging centers, and more.

National Health Observances

February

American Heart Month

American Heart Association
www.americanheart.org

March

National Nutrition Month

Academy of Nutrition and Dietetics
www.eatright.org

National Colorectal Cancer Awareness Month

Prevent Cancer Foundation
www.preventcancer.org



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Healthy Mind Equals Healthy Heart

Mental health can have a dramatic effect on heart health and vice versa. Even though the brain and the heart are located far from one another in the body, they are intrinsically connected and have a significant impact on how the other functions.

In honor of *American Heart Month*, here are some simple meditation tips that, if used properly, can help reduce stress levels and, in turn, improve heart health.

- Go to a quiet environment and sit or lie down in a comfortable position. Then, focus your attention on one thing such as a word, phrase or sound. Repeat that one thing over and over again for 20 minutes.
- Focus your attention on the muscle groups in your feet and slowly move through each group until you reach your head. As you move through each muscle group, try to imagine that you are actually breathing through those organs. As you “exhale,” release the tension from the group.
- Imagine that you are clearing your body of the toxins that you want to get rid of. Concentrate on releasing that energy, which will ultimately reduce the tension in your mind.

Learn more about your good health and meditation at www.webmd.com.



Emotional Eater?

Food is commonly used as a coping mechanism for sadness, depression, and anger. However, eating to suppress feelings not only sabotages efforts to lose weight, it eventually leads to weight gain and more depressed feelings. Since some foods trigger the release of mood-elevating hormones (such as chocolate), the body craves these foods when the mind feels down in the dumps. To prevent or curb emotional eating, consider these suggestions:

- Learn how to identify real hunger.
- Remove unhealthy foods from your home.
- Find comfort outside of food, like a new hobby, listening to music, or talking with a friend.

Healthy Recipe

Herbed Garden Pizza

Ingredients

- 2 T salt-free tomato, basil, and garlic seasoning blend
- 2 T olive oil
- 1 12-inch prebaked whole wheat thin pizza crust
- 4 Roma tomatoes (thinly sliced)
- 1 ½ cups mushrooms (sliced)
- 2 cups baby spinach
- ½ cup red onion (thinly sliced)
- ¾ cup shredded fat-free mozzarella cheese

Directions

1. Place rack in center of oven and preheat to 400 F.
2. In small bowl, mix seasoning blend with olive oil.
3. Place pizza crust on pizza pan; brush pizza dough with olive oil blend and reserve remainder.
4. In a large mixing bowl, gently toss vegetables and remaining olive oil blend.
5. Spread coated vegetables evenly over pizza dough; top with shredded cheese.
6. Bake 10 minutes; serve immediately.