



live well, work well

Employee Health Benefits Bulletin

Maple Shade School District

June 2017

Hot Health Topics

Plan Transition Reminder

Effective July 1, 2017, employees now enrolled in the Horizon BCBSNJ POS 10 or Direct Access 10, 15, or 15/25 plans will automatically transfer to the **Direct Access 20** medical plan. New prescription copays will be \$5 generic/\$20 brand retail and \$20 generic/\$40 brand mail-order. Contact [Payroll](#) if you have questions about this transition.



your life, remember that you must notify [Payroll](#) within 31

days or you may need to wait until our next Open Enrollment to make a change.

Likewise, remember to disenroll

a dependent who is no longer eligible for District coverage, e.g., a spouse you divorce or a child who gains new employer coverage.

Don't wait until school begins in September to make a change!

[Payroll](#) is open over the summer; contact us right away!

In-Network Providers Planning to squeeze in your annual doctor visits or labwork this summer? Find nearby in-network physicians and facilities with the Horizon BCBSNJ [Doctor & Hospital Finder](#) search tool. Plus, exclusive lab provider [LabCorp](#) offers online [scheduling](#) for in-network locations nationwide.

National Health Observances

June: Men's Health Month

Men's Health Network
www.menshealthmonth.org

July: Juvenile Arthritis Awareness Month

Arthritis Foundation
www.arthritis.org

August: Psoriasis Awareness Month

National Psoriasis Foundation
www.psoriasis.org



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Men's Healthy Lifestyle Tips

The leading cause of death for males in the United States is heart disease—followed closely by cancer. Adhering to a healthy lifestyle can help you avoid becoming part of a statistic.

Watch What You Eat What you eat and drink can make a significant difference in your overall health. Five or more servings of fruits and vegetables a day, little saturated fat, and no trans fats can improve your health and reduce your risk of developing heart disease and other chronic diseases.

Know Your Risks Your genetics, environment, and lifestyle are all factors that can put you at increased risk for certain diseases or conditions. Since you cannot change some factors (like genes), focus on addressing behaviors you can change, like diet, activity level, or smoking.



Manage Your Stress Balancing obligations can be challenging. Protect your mental health with a favorite hobby, exercise, or time with friends or family.

Get Routine Exams Based on your age, health history, lifestyle, and more, you and your doctor can decide how often to get screened for diseases like hypertension, diabetes, colon or prostate cancer and others. Visit your doctor regularly to stay on track.



Healthy Recipe

Greek Yogurt with Warm Blueberry and Blackberry Sauce

Ingredients

- 2/3 cup blueberries
- 2/3 cup blackberries
- 1/2 cup water
- 1/4 cup sugar
- 2 Tablespoons fresh lemon juice
- 1 Tablespoon butter
- 2 cups reduced fat plain Greek yogurt

Preparations

1. Combine first five ingredients in small saucepan.
2. Bring mixture to a boil.
3. Reduce heat to medium-low; gently simmer 10 minutes or until sauce thickens.
4. Stir in butter.
5. Spoon 1/2 cup yogurt into each of four bowls; top each with about 1/4 cup of sauce.
6. Serve immediately; *enjoy!*