



Live Well, Work Well

Employee Health Benefits Bulletin: April / May 2018
North Brunswick Township Schools

Spring Into Good Health

Welcome Spring!
Timely tip: if you didn't check your smoke and carbon monoxide detectors when you set your clocks ahead on last month, do so now! Make it a yearly habit.

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.



Learn more about allergies and managing asthma by logging into Aetna [Navigator](#).

Reminder: Your Teladoc Telemedicine Benefit Talk with a doctor via your computer or phone 24/7 -- no appointment needed! Visit teladoc.com/aetna or call (855) 835-2362 for info.

What's the Buzz? Here are some reminders on how to stay current and get help with your health plans:

- **Log in:** Check out *Benefits Online*, our new and improved health benefits website – found at the *Staff Portal* at the District website (**username = nobrunswick / password = benefits**); find plan overviews, forms, eligibility info, wellness resources, and more
- **Register:** Aetna [Navigator](#)
- **Search:** Aetna [DocFind](#)
- **Visit:** www.aetna.com
- **Live Healthy:** [Healthier Living Tips](#)
- **Connect:** [Facebook](#), [Twitter](#), [YouTube](#)
- **Learn:** [Using Your Benefits](#), [Glossary](#)

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INTEGRITY CONSULTING
GROUP
104 Interchange Plaza
Suite 202
Monroe Township
New Jersey 08831
(888) 737-4313

National Health Observances

April

Donate Life Month
U.S. Dept. of Health & Human Services
organdonor.gov

Oral Cancer Awareness Month
Oral Cancer Foundation
oralcancerfoundation.org

May
Allergy and Asthma Awareness Month
Asthma and Allergy Foundation of America
aafa.org

Mental Health Month
Mental Health America
mentalhealthamerica.net

International Mediterranean Diet Month
Old Ways
oldwayspt.org

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.