



Live Well, Work Well

Employee Health Benefits Bulletin: December 2017
North Brunswick Township School District

A New Year with Aetna

The winter months are here along with colder weather and more challenges to stay healthy. This issue offers tips to help make this winter your healthiest yet. If you need a fresh start, begin by shaping your personal health goals for the new year!

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

Annual Preventive Benefits Your Aetna plan provides benefits for specified covered services related to Preventive Care, such as routine physicals, labwork, and screenings. Certain Preventive Care services are covered annually, so with the start of 2018 just ahead, remember you are able to access these services in-network at no charge.

Also remember that any deductible amounts that may apply to your plans will renew in 2018. Review your benefit overviews for details.

Your Telemedicine Benefit Your Aetna plan includes 24/7 access to health care services with *Teladoc*, a telemedicine app that allows you to visit with a doctor via phone or secure video.

If, for instance, you need help with a non-emergency medical issue, or require care after-hours or while traveling, the app links you to a board-certified physician for help – *typically, no copay applies*. So be prepared this

winter; learn more how *Teladoc* can help you at www.teladoc.com/aetna.

Stay Current Online If you do not currently access [Aetna Navigator](#) online, take time to [register](#) in the new year. View your personal claims and plan benefits, download or request ID cards, track health data, learn about wellness program options, and more. Don't wait—get up-to-date today!



New Year, New Health If 2018 is the year you plan to take control of your health, Aetna can help you get on track with wellness programs targeting alternative health, nutrition, fitness, smoking cessation,

and more, plus discounts on health-related products and services.

Start the new year with a plan! Log into [Aetna Navigator](#) to learn which programs are available to you.

National Health Observances

December

National Influenza Vaccination Week
December 4 - 11
National Center for Immunization and Respiratory Diseases
www.cdc.gov

January

Cervical Health Awareness Month
National Cervical Cancer Coalition
www.nccc-online.org

National Radon Action Month
U.S. Environmental Protection Agency
www.epa.gov

National Glaucoma Awareness Month
American Academy of Ophthalmology
www.aao.org

Folic Acid Awareness Week January 8 - 14
National Birth Defects Prevention Network
www.nbdpn.org

Healthier Holiday Eating

With so many social gatherings during the holidays, it can be difficult to avoid treating yourself when offered good food and drinks. Whether you're dieting or just trying to maintain your healthy lifestyle, fear not—you can survive the holidays and wake up on January 1 without feeling remorse or guilt. Consider these tips:

- ✓ Eat a light snack before attending a party so you don't arrive on an empty stomach and devour everything in sight.
- ✓ Pace yourself when drinking alcohol; overindulgence can pack on the pounds.

- ✓ Eat slowly and be mindful of every chew. It takes your body 20 minutes or so to realize when it is full.



- ✓ Don't feel pressure to eat leftovers. If you have an abundance of leftovers after hosting a party, don't feel like you have to eat them just because you don't want them to go to waste.
- ✓ Practice self-control—for example, allow yourself one plate of food at a party, and promise yourself that you won't go back for seconds.
- ✓ Finally, be realistic. Don't try to lose pounds during the holidays; instead, try to maintain your current weight.



Healthy Recipe

Tangy Tomato Dip

Try this healthier dip with nutritional dried tomatoes as the main ingredient.

Ingredients

- 6 tablespoons light cottage cheese
- 1/4 cup sun-dried tomatoes in olive oil, drained well
- 1/4 cup light cream cheese
- 1 teaspoon fresh lemon juice
- Dash garlic powder
- Dash hot sauce (optional)
- 2 -4 tablespoons buttermilk
- Baked potato chips

Instructions

1. In a food processor, combine the cottage cheese, sun-dried tomatoes, cream cheese, lemon juice, garlic powder, and hot sauce. Pulse until mixture forms a slightly textured dip, adding buttermilk to thin as desired.
2. Scrape mixture into a bowl and serve with baked potato chips; store in refrigerator up to two days.

Nutritional Information

Per serving: 162 cal., 5 g total fat (2 g sat. fat), 23 g carb. (2 g fiber), 5 g pro.