



live well, work well

Employee Health Benefits Bulletin

North Brunswick Township Schools

June 2017

Hot Health Topics

Summer Break Enrollment Reminder!

Many important events can happen over the summer. You may get married, have a baby, or adopt a child. If an event such as these occurs in your life, remember that you have only 31 days to make a change to your health plan.



Do not wait until school opens in September! Be sure to notify our [Benefits Coordinator](#) within the 31-day window or you may need to wait until Open Enrollment to add your dependent.

Likewise, remember to disenroll a dependent who is no longer eligible for District coverage, e.g.,

a spouse you divorce or your child who gains new employer coverage.

Our office is open over the summer so contact us right away – don't wait!!

Lab Tests:

Stay On Track Aetna makes it easy to get your lab tests even while away on summer vacation. Aetna's preferred lab, [Quest Diagnostics](#), has over 2,200 locations nationwide – visiting in-network labs can lower your out-of-pocket costs. Schedule an appointment online at questdiagnostics.com or call (866) MYQUEST.

Find Network Doctors Planning to squeeze in your annual doctor visits this summer? Find in-network physicians with Aetna's DocFind search tool – log into [Aetna Navigator](#) to get started. Or visit *Benefits Online* via the our *Staff Portal* to find this and other helpful tools.

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!*