

## Live Well, Work Well

North Brunswick Township Schools

Employee Health Benefits Bulletin

October 2018

#### Timely tip: Seasonal affective disorder, or SAD, is a recurring depression that affects some as days grow shorter. If you begin to experience, for instance, difficulty concentrating, low energy or fatigue, moodiness, irritability, or cravings for carbohydrates as there is less daylight, you may suffer from SAD. Learn more at nimh.nih.gov.

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## Be Prepared to Stay Healthy

With autumn here and winter around the corner, now is the time to assess your health status and prepare for the

yearly onslaught of germs and illness. Try these practical tips:

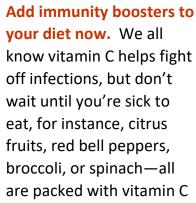
**Try fresh fruits** and vegetables currently in season. You will get the best-

tasting food for your money and the widest selection; add seasonal produce into your weekly meal plan.

Maintain your warm weather exercise routine. It can be easy to slack off on regular exercise as the weather turns colder. Keep motivated by exercising outside throughout the season; work out earlier in the day to battle changeof-season doldrums.

Don't smoke! If you do, plan to participate in the Great American Smokeout on November 16. Just

one day without cigarettes is an important step—and it's never too late to quit.



and work to build up immunity.

Finally, get your flu vaccine. See your primary doctor or visit a retail location in New Jersey that contracts with Aetna to provide the vaccine. Be sure to show your *medical* ID card to ensure the provider processes the visit as a *medical* claim.

Learn more about the flu and wellness at aetna.com or our Benefits Online website at the Staff Portal (log in with Username nobrunswick / Password benefits). Make this your healthiest winter yet!



### Live Well, Work Well

# 1998 Women's Health and Cancer Rights Notice

The federal government mandates certain health coverage for breast reconstructive surgery in any health insurance plan that provides medical and surgical benefits for mastectomies. If your plan provides medical and surgical benefits for mastectomies, and you are receiving benefits in connection with a mastectomy and elect to have breast reconstruction along with that mastectomy, your plan must provide, in a manner determined in consultation between you and the attending doctor, coverage for the following:

- All stages of reconstruction of the breast on which the mastectomy was performed.
- Surgery and reconstruction of the other breast to produce a symmetrical appearance.
- Treatment of physical complications of the mastectomy, including lymphedemas.
- Breast prostheses, which is an artificial form of a breast to help reconstruct its original form.

These benefits are provided to the same extent as any other illness under your coverage, subject to deductible and coinsurance. All other features and benefits of your health insurance plan remain the same and are not impacted by this notification.

Please refer to your plan benefit materials for more details on applicable deductibles and coinsurance.



# Healthy Recipe Fiesta Hummus

#### **Ingredients**

- 1 can garbanzo beans (drained)
- ½ tsp. cumin
- ¼ tsp. salt
- 1/8 tsp. cayenne pepper
- 2 cloves garlic (minced)
- ½ cup plain nonfat yogurt
- 1 Tbsp. lime juice
- 1 Tbsp. sesame oil
- 1 jalapeno pepper (finely chopped)
- 2 Tbsp. cilantro (chopped)

#### **Instructions**

- Mash beans in blender.
- 2. Add remaining ingredients; blend until smooth.
- 3. Chill at least one hour or overnight.
- 4. Serve with veggies or chips.

#### **Nutritional Information Per Serving**

Calories: 122 Cholesterol: 0 mg
Total fat: 4 g Sodium: 231 mg
Saturated fat: 0 g Dietary fiber: 4 g

### National Health Observances

#### <u>October</u>

National Breast Cancer Awareness Month

American Cancer Society

cancer.org

#### Health Literacy Month

Institute for
Healthcare
Advancement
healthliteracymonth.
org

#### <u>November</u>

#### Great American Smokeout

American Cancer Society

cancer.org

## COPD Awareness Month

American Lung Association

lung.org