



Live Well, Work Well

Employee Health Benefits Bulletin

October 2020

Perth Amboy Public Schools

Good Health: Prepare & Protect

Timely Tip: If you are planning a move, be sure to notify our District benefits contact with your new address. This will allow us to update your address internally and with our plan carriers.

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

Check out these resources and reminders to prepare for better health in the months ahead:

Don't Delay

Plan to get your flu vaccine early this year; by the end of October is best. [Flu season](#) begins in October and peaks December to February. Even healthy people can require hospitalization, so prepare now. Aetna covers flu vaccines from your doctor or select locations; see the attached for info.

If you've delayed annual physicals, screenings, or other preventive care due to the pandemic, contact your doctor's office about safely seeking care. A delay can worsen a minor condition or increase risks for a major illness. Most facilities are open and operating with safety precautions in place. Visit the Aetna [Time for Care](#) webpage for self-care tips.

Connect to Protect These are uncertain times; if you are feeling the

strain, there is help from Aetna. See the attached flyer with tips to connect with others virtually. Find [emotional well-being resources](#) for extra support. Also get up-to-date info about the [coronavirus](#) pandemic or explore 24/7 online care at [Teladoc](#).



Be Prepared: New NJEHP Plan The NJEHP medical/prescription plan takes effect January 1, 2021. There are two scenarios based on your start date with our District; watch for details to come:

- Start date prior to July 1, 2020:** you will be given the option during an upcoming open enrollment to remain in your current plan or auto-transfer to the NJEHP on January 1, 2021.
- Start date on or after July 1, 2020:** you will auto-transfer to the NJEHP for January 1, 2021.

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. Refer to benefit materials for details on applicable deductibles and coinsurance.



Healthy Recipe

Pumpkin Pudding

Ingredients

- 1 15-ounce canned pumpkin
- 1 tsp. cinnamon
- 1/2 tsp. ginger
- 1/4 tsp. nutmeg
- 1/4 tsp. cloves
- 1/8 tsp. salt
- 1-1/2 cups low-fat milk
- 1 3.5-ounce box instant vanilla pudding

Directions

1. In a large bowl, mix pumpkin, salt, and spices together.
2. Slowly stir in milk and mix well.
3. Add instant pudding mix and stir for 2 minutes until it thickens.
4. Refrigerate until serving time.

Serving Size

3/4 cup: each serving provides 120 calories, 1 g total fat, 1 g saturated fat, 3 g protein, 320 mg sodium, 25 g carbohydrates, 2 g dietary fiber, and 21 g total sugars

National Health Observances

October

National Breast Cancer Awareness Month

breastcancer.org

Sudden Cardiac Arrest Awareness Month

stopcardiacarrest.org

November

American Diabetes Month

American Diabetes Association
diabetes.org

Chronic Obstructive Pulmonary Disease (COPD)

American Lung Association
lung.org

National Healthy Skin Month

American Academy of Dermatology
aad.org



Live in the moment

Making social connections and friendships

Interacting with others and forming connections is an essential part of staying happy and upbeat. Many of us enjoy being in a busy environment or surrounded by friends and family. But even if you can't interact face to face, there are still ways to stay connected.

It's not exactly news that being alone can lead to loneliness. And loneliness can lead to depression and anxiety. But you

may not know that it's also associated with other serious conditions like heart disease. So it's no surprise that socializing and staying connected with others are recommended by mental health experts to help ward off these issues.

Read on for tips and ideas on how you can make connections that are important to your well-being.

Tips to keep you socially connected

Here are some ways to help you connect with others.



Arrange a virtual hangout

Go on virtual lunch and dinner dates. Lunch dates and romantic dinner plans can still happen with the help of a smartphone or laptop video call. Enjoy a meal and relaxing conversation with your friends or special someone right from your device.



Get moving

Join a live workout session from home. You can stay socially connected and get a great workout from many different online exercise classes.



Take a virtual tour

Family vacation or tours postponed? No worries. Several museums offer online virtual tours you can enjoy with your family and friends from the comfort of your own home.



Have a game night

Put away your devices and dust off the board games, trivia challenges, dominoes and cards. You can also virtually invite friends to the occasion and have them join in on the fun via webcam.



Adopt a pet

Pets can be comforting and may also lower stress and blood pressure. Adopting a pet is a great way to improve your mood and prevent you from being lonely.

Keep the connection alive!

Create a schedule for virtual or in-home connectedness. When you and your friends and family have scheduled times where you can all have fun interacting with each other, it can help everyone from feeling detached. And if you begin to feel lonely or isolated, be sure to talk to your doctor or counselor.

Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies, including Aetna Life Insurance Company and its affiliates (Aetna).

KFF/Economist Survey: One in Five Americans Report Always or Often Feeling Lonely or Socially Isolated, Frequently With Physical, Mental, and Financial Consequences

This information is not intended to replace the advice of a doctor. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider. For more information about Aetna plans, refer to **Aetna.com**.

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