



Live Well, Work Well

Employee Health Benefits Bulletin

December 2022

Pompton Lakes School District

Timely Tip:

Money is one of the leading causes of holiday anxiety for Americans. Create and stick to a budget when shopping for gifts this holiday season. With planning, it is possible to find the perfect gift and stay within your budget.

Brought to you by
Integrity Consulting Group
104 Interchange Plaza, Suite 202
Monroe Township, NJ 08831
(888) 737-4313
customerservice@integritycg.com

Annual Winter Reminders

These year-end reminders can help you get the most from your plans and stay healthier through the winter.

Your Out-of-Pocket Costs

Remember that any deductibles/out-of-pocket maximums that may apply to your plans will renew on January 1, 2023. If you've been putting off any medical visits/services, there may be time to squeeze them in before the end of the year—make an appointment today!

Essential Primary Care

If you don't have a primary doctor you see regularly for routine care, now is the time to choose one. Primary care is meant to be your main point for health care services, addressing most of your health needs throughout your lifetime. Primary care incorporates several types of services, including preventive care screenings, acute care diagnosis and treatment, and chronic condition care.

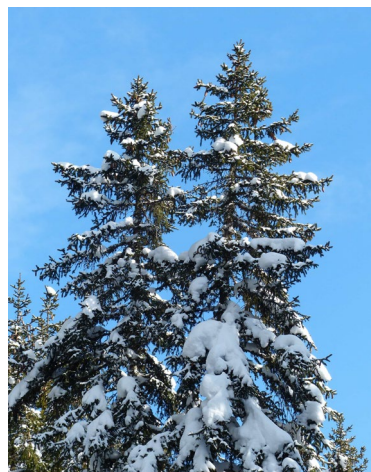
Log into your [Horizon](#) / [Aetna](#) (GSP) online account to search for a primary care physician near you.

Get Your Vaccines

Do all you can to avoid illness this winter. If you still need the most recent COVID-19 booster or the 2022 flu vaccine, it's not too late. Vaccines are the most effective way to protect yourself, your family, and those around you; see below for guidance:

- [Horizon](#) / [Aetna](#) Flu Shot Providers
- CDC COVID-19 Vaccine [Provider Search](#)
- CDC COVID-19 [Booster Updates](#)

Kick Off A Healthy and Fit 2023!



Learning to manage your health and living an improved lifestyle are essential to your overall wellbeing. Your plans offer many tools to get you started: log into your [Horizon](#) / [Aetna](#) online account to find wellness programs like [NJWELL](#). Simplify your life using the [Horizon Blue](#) / [Aetna](#)

mobile app, and access a physician online with [Horizon CareOnline](#) / [Aetna Teladoc](#). Plus visit our *Benefits Online* website (at the *Staff Portal*) regularly for news and updates.

Be An Educated Health Care Consumer

Taking responsibility for your medical care choices is more important than ever. Asking questions and researching your options are good ways to start managing how much you spend and the quality of care you receive. Consider the following strategies to take control of your health care:

- Review your health insurance plan options carefully and choose the one that best fits your needs.
- Ask your doctor questions to better understand how his/her care and recommendations affect your health and plan costs.
- Make careful decisions about your prescription drugs, including use of home delivery whenever possible.
- Choose in-network providers when possible, as it is typically much less expensive than seeking out-of-network care. When you choose a plan, ensure you have access to your preferred doctors and hospitals.
- Review your bills to catch potentially costly mistakes. Errors can occur in medical billing codes and coverage.

Being a well-informed consumer is vital in today's health care landscape. When you feel confident about your health care decisions, you could potentially lower associated costs and receive a better level of care.



Healthy Recipe

Roast Turkey Breast

Ingredients

- 3** pounds turkey half-breast (with skin and bones)
- 1** large onion (quartered)
- 1** large carrot (quartered)
- 1** tsp. dried sage
- 1** tsp. dried thyme
- 1** tsp. rosemary
- 3** Tbsp. olive oil
- Salt and pepper (to taste)
- Chicken broth for basting (optional)

Preparation

1. Preheat oven to 400 F.
2. Place turkey breast in a roasting pan with onion and carrot.
3. Mix spices with olive oil. Rub turkey with olive oil mixture.
4. Roast turkey at 400 F for 15 minutes. Baste with chicken broth (optional).
5. Reduce temperature to 350 F and roast turkey, basting every 20 minutes with pan juices. Roast for 1 hour and 15 minutes or until a meat thermometer registers 165 F.
6. Place turkey on a carving board and let rest for 10 minutes; slice.

National Health Observances

December

Safe Toys and Gifts Month

Prevent Blindness America

preventblindness.org

January

National Birth Defects Prevention Month

National Birth Defects Prevention Network

nbdpn.org

Cervical Health Awareness Month

National Cervical Cancer Coalition

nccc-online.org

National Radon Action Month

US Environmental Protection Agency

epa.gov