



live well, work well

Pompton Lakes Public Schools

Employee Health Benefits Bulletin

June 2015

Effective July 1, 2015 our medical plans will transition from Horizon Blue Cross Blue Shield to AmeriHealth. This issue presents AmeriHealth tools you can use, plus warm weather health tips, and a recipe using fresh produce.

Get to Know AmeriHealth

Effective July 1, our new medical carrier will be AmeriHealth. Our prescription and dental plans will remain with Benecard and Delta Dental respectively.

Take some time this summer to learn what AmeriHealth offers you, including the following tools and services:

Online Member Services Once you register for AmeriHealth's online member services, AmeriHealthExpress, you can manage your health plans 24/7 from your own computer. Register at www.AmeriHealthExpress.com to view claims, print temporary ID cards, check enrollment status, and more. Plus, check out specific health info from WebMD.

Take a [short tour](#) to discover the many tools available to you.

AmeriHealth Wellness Check out AmeriHealth's [Commit2Wellness](#) program, offering a wide variety of tools and incentives to help you enjoy a healthier lifestyle: up to 40% savings on health-related products and services, the chance to earn Wellness Dollars when you fulfill health-related activities, discounts on alternative health, and much more. Learn more at www.AmeriHealthExpress.com.

Network Search To find an in-network provider, service, or facility near you, use this online search tool: [AmeriHealth Provider Finder](#)

Upcoming National Health Observances

June is **National Aphasia Awareness Month**

<http://www.aphasia.org/>

National Aphasia Association

June is **National Safety Month**

www.nsc.org

National Safety Council

July is **Group B Strep Awareness Month**

www.groupbstrepinternational.org

Group B Strep International

July is **Juvenile Arthritis Awareness Month**

www.arthritis.org

July: Arthritis Foundation

August is **National Immunization Awareness Month**

www.cdc.gov

Centers for Disease Control and Prevention

August is **National Psoriasis Month**

www.psoriasis.org

National Psoriasis Foundation



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The Benefits of Sunlight

Most people are familiar with the risks of unprotected sun exposure, such as sunburn, wrinkles, freckles, eye damage, and skin cancer. Although over-exposure to the sun is bad for your health, getting *enough* exposure to sunlight is necessary and beneficial. Time in the sun gives you several benefits:

- A boost in serotonin, a neurotransmitter that regulates your appetite, sleep, memory and mood
- Support of your *circadian rhythm*, which leads to better sleep; sunlight “turns off” melatonin production each morning, which is the hormone that makes you feel drowsy as it gets darker at night
- Production of Vitamin D, needed for important body functions such as strengthening bones and contributing to your immune system
- Relief of stress and pain, and help for individuals suffering from seasonal affective disorder (SAD), a type of depression
- Lowered risk for nearsightedness; research shows that children who spend more time exposed to sunshine may reduce their risk of nearsightedness

The key to reaping the benefits of sunlight while avoiding the risks is balance and moderation. The U.S. National Institutes of Health recommend about 10 to 15 minutes in the sun *without* sunscreen. The time of day and your skin pigmentation will affect how much unprotected time in the sun is healthiest for you. But remember, it is always



important to wear sunscreen and limit direct sun exposure between 10 a.m. and 4 p.m., when the sun’s rays are the strongest. And don’t forget UV-blocking sunglasses to protect your eyes.

Swimming for Exercise

Swimming is often a summertime favorite for children, but it’s also great exercise for adults. What sets swimming apart from other workouts?

- Swimming is low impact, which is ideal for anyone with overworked or injured joints.
- It’s a form of resistance training that strengthens muscles all over your body, especially your core.
- It’s an aerobic exercise, strengthening your heart and improving lung efficiency.

Tip: If you’re a novice swimmer, start slowly to build up how long and how far you’re able to swim.

Corn & Tomato Pasta

Healthy Recipe

This recipe is a great way to enjoy summer corn and fresh cherry tomatoes!

Ingredients

- 1 pound bow-tie pasta
- 2 tablespoons extra-virgin olive oil
- 2 garlic cloves, smashed
- 1 pint cherry tomatoes
- 3 ears fresh corn, kernels removed
- 2 tablespoons unsalted butter
- 1/4 cup fresh basil leaves, torn into pieces

Directions

1. Bring a large pot of salted water to a boil and cook the pasta until al dente; drain.
2. Meanwhile, in a large skillet, heat the olive oil over medium heat. Add the garlic and tomatoes and cook, stirring occasionally, until the tomatoes are softened, about 5 minutes. Stir in the corn, raise the heat slightly and cook until the corn is heated through and golden, about 5 minutes. Season to taste with salt.
3. Add the vegetables, butter and basil to the pasta. Toss and serve.