



# Live Well, Work Well

Employee Health Benefits Bulletin

June 2022

## Pompton Lakes School District

# Summertime Tips

### Timely Tip:

Grilling is popular in the summer, but take precautions to avoid grill fires: keep your grill at least 10 feet away from other objects, place grill on a flat, ventilated surface, and clean regularly to remove grease and fat buildup.

*It's hard to believe another summer is here. Keep on track over the summer with the following tips and reminders.*

**Life Events Reminder** While generally able to change your benefit elections only during annual open enrollment, certain life events may qualify as an exception; these include: spouse's loss of health coverage, FMLA-related leave, loss of dependent status, marriage, birth, and more. If such an event occurs in your life, notify the District benefits contact immediately to learn about your options and if you qualify for a change outside of open enrollment.

**COVID-19 Resources** COVID-19 may seem a thing of the past but cases are currently on the rise. Continue to take precautions to protect yourself and those around you whenever possible. Find COVID-19 resources at [horizonblue.com](https://horizonblue.com).

Mental health issues like anxiety and depression have been rising during the

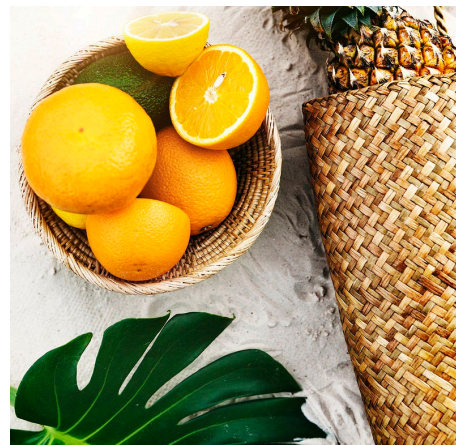
pandemic due to issues like social isolation, economic stress, and loss of loved ones. Plus, new research suggests that those who have had COVID-19 are at higher risk of developing mental health conditions.

If you need help, get started by logging into your [Horizon](#) online account to learn about benefits and next steps.

### Accessing Medical Services

Summer is the time when many catch up on doctor visits, labwork, and other

medical services. Take a proactive role for better health by seeing your doctor yearly for a checkup, obtaining suggested screenings, and following your doctor's orders.



Search for in-network providers and facilities with the *Find-a-Provider* search tool found on our benefits website; go to *Staff Portal / Benefits Online*.

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## Health Insurance Terms Refresher

We wrap up this series with a final assortment of helpful health care terms:

**Dependent Status Change:** If your dependent loses or gains eligibility for group coverage, it is your responsibility to adjust your health plan status accordingly. This includes, for example, *disenrolling* a spouse from whom you are now divorced or *enrolling* a newborn or new spouse for coverage. It is important to register a status change without delay to avoid loss of coverage or unexpected costs.



**Eligible Dependent:** An individual, adult or minor, who qualifies for group coverage under your plan based on certain guidelines.

**Drug Formulary:** A list of generic and brand-name prescription drugs that are chosen by your pharmacy plan to treat certain health conditions. These drugs have been evaluated and researched for safety and effectiveness, and are often the most cost-effective versions of commonly prescribed medications.

**Summary of Benefits and Coverage (SBC):** A uniform document that outlines the benefits offered by a specific health plan.



## Healthy Recipe Turkey Burgers

### Ingredients

- 1 lb. ground 85% lean turkey
- 2 medium onions (chopped)
- 3 Tbsp. lemon juice
- ¼ tsp. Worcestershire sauce
- ¼ tsp. dried or fresh parsley

### Preparation

1. Combine the onions, turkey, lemon juice, Worcestershire sauce and parsley. Mix well.
2. Shape the mixture into four patties.
3. Fry the patties in a pan on medium heat or grill them until their internal temperature reaches 165 F.

### Nutrition (per serving)

- Total calories 224
- Total fat 14 g
- Protein 20 g
- Sodium 74 mg
- Carbohydrate 6 g
- Dietary fiber 1 g

## National Health Observances

### June

#### Alzheimer's & Brain Awareness Month

Alzheimer's Association  
[alz.org](http://alz.org)

### July

#### UV Safety Awareness Month

US Department of Veterans Affairs  
[va.gov](http://va.gov)

### Healthy Vision Month

National Eye Institute  
[nei.nih.gov](http://nei.nih.gov)

### August

#### National Immunization Awareness Month

Centers for Disease Control and Prevention  
[cdc.gov](http://cdc.gov)