



live well, work well

Pompton Lakes Public Schools

Employee Health Benefits Bulletin

June 2016

Get to Know Our New Carriers

Plan Transition Reminder

Effective July 1, 2016 our District medical and prescription plan carriers will transition to Horizon Blue Cross Blue Shield of New Jersey and Benecard PBF respectively. Be sure to use your new ID cards after July 1 when you access services. *Delta Dental remains our dental carrier.* Helpful contacts are listed below:

Horizon Contacts

- www.horizonblue.com
- (800) 355-2583 / BLUE
- [Member Online Services](#)

Benecard PBF Contacts

- www.benecardpbf.com
- (877) 723-6005
- [Online Service Account](#)

Horizon Tools Summertime may offer you more time for good

health...so get the latest health news from Horizon on [Twitter](#), [Instagram](#), or [Facebook](#). [Learn more here.](#)



For online help with your personal health issues, [register](#) for Member Online Services and try out *My Message Center* or the

recently launched *Chat* tool: just click *Chat* at the top of the Member Online Services screen and select a *Contact Reason*. Once connected, chat with a representative privately and securely.

Limit Your Out-of-Pocket Costs

Summer is a great time to catch up on doctor visits, labwork, and other care. You can limit your out-of-pocket cost-sharing by visiting providers *in the*

Horizon network -- that is, providers who are contracted with Horizon to deliver services at rates that are usually lower than those of out-of-network providers. Search for nearby in-network providers with the Horizon [Doctor and Hospital Finder](#).

Benecard PBF Like the medical plans, the District prescription plans are moving to a new carrier on July 1, 2016. Benecard PBF is a statewide pharmacy carrier and almost all New Jersey pharmacies participate.

[Register](#) for online member services to access the provider network listing as well as your own personal prescription data -- or call Member Services at (877) 723-6005. Need help with mail-order? Call (888) 907-0070. Or check out the [Frequently Asked Questions](#) for help with your plan.



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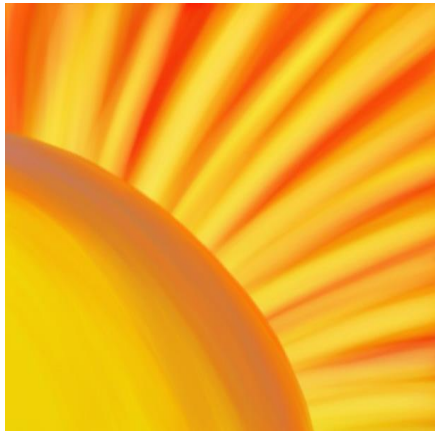
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Summer Sizzle

Summer heat can be more than uncomfortable—it can be a threat to your health, especially for older adults and children. Whatever your age, don't let the summer heat get the best of you.

Heat Exhaustion Heat exhaustion occurs when a person cannot sweat enough to cool the body, usually the result of not drinking enough fluids in hot weather. It mostly develops when playing, exercising, or working outside in extreme heat. Watch for these symptoms:



- Dizziness, weakness, nausea, headache, or vomiting
- Blurry vision
- Body temperature rising to 101°F
- Sweaty skin
- Feeling hot and thirsty
- Difficulty speaking

A person suffering from heat exhaustion must move to a cool place and drink plenty of water.

Heat Stroke Heat stroke is the result of untreated heat exhaustion. Symptoms include:

- Sweating
- Unawareness of heat and thirst
- Body temperature rising rapidly to above 101°F
- Confusion or delirium
- Loss of consciousness or seizure

Heat stroke is a serious medical emergency that must be treated quickly by a trained professional. Until help arrives, cool the person down by placing ice on the neck, armpits and groin. If he/she is awake and able to swallow, offer fluids to drink.

Tips for Staying Cool Preventing these conditions is possible with care and caution. Make sure your day at the beach is exactly that—a day at the beach, not a trip

to the emergency room—by taking these important preventive steps:

- *Drink water:* drink enough to quench your thirst; average adults need eight 8-ounce glasses of water a day—more during heat spells.
- *Dress for the outdoors:* wear lightweight clothing made of natural fabrics and a well-ventilated hat.
- *Eat light:* replace heavy or hot meals with lighter, refreshing foods, like the recipe below.
- *Think cool:* take a cool shower or apply a cold compress to your pulse points. Or, spend time indoors at an air-conditioned mall or movie theater.

Healthy Recipe

Cashew Chicken Salad Lettuce Wraps

Ingredients

- 1 head butter lettuce (or green or red leaf lettuce)
- 1 tablespoon light mayonnaise
- 1/4 cup fat-free sour cream
- 1/4 teaspoon curry powder
- 2 cups skinless, roasted chicken breast, chopped (from a rotisserie chicken)
- 1/3 cup celery, finely chopped
- 2 green onions, finely chopped
- 1/3 cup cashew pieces

Directions

Remove larger, outer leaves from lettuce head; rinse and dry well in paper towels. Whisk mayonnaise, sour cream, and curry powder in a small bowl.

In a medium bowl, combine remaining ingredients and gently toss until blended. Pour dressing over top and toss. Cover and refrigerate until ready to serve.

Before serving, spoon about 1/3 cup of chicken salad mixture into the center of each lettuce leaf. Wrap & enjoy! *Makes 4 servings (2 wraps each).*