



# Live Well, Work Well

Employee Health Benefits Bulletin: October 2017  
Pompton Lakes Public Schools

We are pleased to present a fresh, new look with this issue of *Live Well, Work Well!* While the format is changed, you will find the same helpful news about your plan carriers, benefits, wellness, and more in each issue. Happy reading!

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## Horizon BCBSNJ, You, and the Flu

Most people will experience several bouts of influenza during their life. According to the Centers for Disease Control and Prevention (CDC), even otherwise healthy people may require hospitalization due to the flu.

Stay healthy this winter by getting your flu shot as early as possible, either at your primary doctor's office or a Horizon BCBSNJ-contracted [retail location](#) as part of your *medical benefit*; be sure to show your *medical ID card* to the provider.

*What is Influenza?* The flu is an infection of the respiratory tract caused by the influenza virus. It spreads mainly via airborne transmission when an infected person sneezes, coughs, or speaks. One can infect others within one day before having flu symptoms and up to five days after becoming ill.

*Symptoms* Influenza is most often associated with the sudden onset of fever, congestion, headache, fatigue, aches, cough, and sore throat.



Recovery can take a few days or up to two weeks. Other complications such as pneumonia or bronchitis can occur.

*Prevention* The flu vaccine is your best chance of preventing the illness. Currently, the CDC recommends those over 6 months of age should receive an annual flu shot. Find out more about the flu at [www.horizonblue.com](http://www.horizonblue.com).

## New! Benefits Website

Check out our new benefits tool, *Benefits Online!* Log in through the *Staff Portal* to view benefit overviews, booklets, forms, and more! Be sure to check back often for the latest news.

## Vision Benefit Reminder

Did you know you have a great vision benefit with Horizon BCBSNJ? Annual exams are covered with a \$10 copay, plus certain frames are covered up to \$130; specified lenses are included with a \$25 copay. Learn more at *Benefits Online / Benefits-at-a-Glance*.

## 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.

Please refer to your Evidence of Coverage for more details on deductibles and coinsurance applicable to your health insurance plan.



## Healthy Recipe

### Roasted Broccoli with Lemon-Garlic Vinaigrette

*Lower your risk of breast cancer with the right foods, like broccoli, olive oil, salmon, parsley, coffee, beans, and more.*

#### Ingredients

- 2 small broccoli crowns (about 8 ounces each)
- 4 tbsp. extra-virgin olive oil, divided
- ¼ tsp. salt plus ⅛ tsp., divided
- 1 tsp. lemon zest
- 1 tblp. lemon juice
- 1 clove garlic, finely grated
- ⅛ tsp. ground pepper

#### Instructions

- 1) Preheat oven to 425°F.
- 2) Slice broccoli crowns in half; toss with 2 tbsp. oil and ¼ tsp. salt.
- 3) Place cut-side down on baking sheet; roast until stems are tender and browned, 25-30 minutes.
- 4) Meanwhile, combine lemon zest, lemon juice, garlic, pepper, and the remaining ⅛ tsp. salt in small bowl.
- 5) Slowly whisk in remaining 2 tbsp. oil; drizzle the vinaigrette over the roasted broccoli. *Enjoy!*

## National Health Observances

### October

#### National Breast Cancer Awareness Month

American Cancer Society

[www.cancer.org](http://www.cancer.org)

#### Mental Illness Awareness Week

National Alliance on Mental Illness

[www.nami.org](http://www.nami.org)

#### Domestic Violence Awareness Month

National Coalition Against Domestic Violence

[www.ncadv.org](http://www.ncadv.org)

### November

#### American Diabetes Month

American Diabetes Association

[www.diabetes.org](http://www.diabetes.org)

#### Great American Smokeout

American Cancer Society

[www.cancer.org](http://www.cancer.org)