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Pompton Lakes Public Schools

Employee Health Benefits Bulletin

October 2016

Horizon Reminders

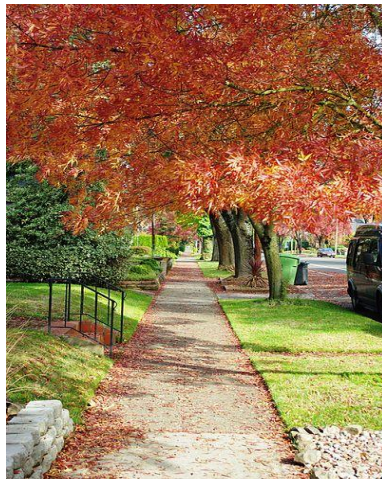
Be prepared for the cooler weather with info from our new medical carrier, Horizon Blue Cross Blue Shield, wellness tips, health notices, and more.

Flu Vaccine Reminder Flu season is here...so get this year's flu vaccine from your doctor or visit a [pharmacy](#) that participates in the Horizon vaccine program. Be sure to show your *medical ID card* at the pharmacy so the claim processes correctly. No copay applies.

These pharmacies may also be able to dispense vaccines for MMR, shingles, and more. Learn more at www.horizonblue.com.

Horizon Education Center The Horizon Education Center, found online at www.horizonblue.com,

offers many in-depth resources that help you better understand your plans and benefits. Need help with



reading your EOB (Explanation of Benefits)? Questions about a health care term or Advance Directives? The Horizon [Education Center](#) will

help you be a smarter consumer!

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National Health Observances

October

Breast Cancer Awareness Month
American Cancer Society
www.cancer.org

National Dental Hygiene Month
American Dental Hygienists' Assn.
www.adha.org

Bullying Prevention Month
PACER Center, Inc.
www.pacer.org

November

National Family Caregivers Month
Caregiver Action Network
www.caregiveraction.org

Great American Smokeout
November 19
American Cancer Society
www.cancer.org



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Women's Health and Cancer Rights Notice

The federal government enacted the Women's Health and Cancer Rights Act in 1998.

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 your 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.

Reduce Your Risk

Breast cancer is the second most common type of cancer and the second leading cause of cancer deaths for women in the United States. Top risk factors include getting older, race, and family history of breast cancer, all things you cannot change.

Regardless of your personal risk factors, you can use these prevention strategies to reduce your risk:

- Maintain a healthy weight.
- Exercise regularly.
- Avoid exposure to carcinogens and radiation.
- Abstain from drinking alcohol or limit intake to one drink per day.

In general, living a healthy lifestyle can help lower your risk and increase your chances of surviving cancer. Learn more at www.cdc.gov/cancer/breast/.

Healthy Recipe

Broccoli, Bean & Cheddar Soup

Ingredients

- 1 – 14 ounce can reduced-sodium chicken broth, or vegetable broth
- 1 cup water
- 1 pound broccoli crowns, trimmed and chopped (about 6 cups)
- 1 – 14 ounce can cannellini beans, rinsed
- 1/4 teaspoon salt
- 1/4 teaspoon ground white pepper
- 1 cup shredded extra-sharp Cheddar cheese

Directions Bring broth and water to a boil in a medium saucepan. Add broccoli, cover, and cook until tender, about 8 minutes. Stir in beans, salt, and pepper; cook until the beans are heated, about 1 minute. Transfer half the mixture to a blender with half the cheese and puree. Transfer to a bowl. Repeat with the remaining broccoli mixture and cheese; serve warm.