

Shamong Township Schools

June 2025

Live Well, Work Well

Summer Food Safety Tips

You'll likely spend time outside with family and friends this summer at a picnic or backyard barbecue. However, if you aren't careful about handling foods and beverages during these cookouts, you're putting yourself and others at risk for potential food-related illnesses.

The U.S. Centers for Disease Control and Prevention (CDC) estimates that 1 in 6 people get sick from a foodborne illness each year.

Bacteria multiply especially fast in the summer heat, making outdoor cookouts prime breeding grounds for E. coli and salmonella. Symptoms of foodborne illnesses may include nausea, vomiting, diarrhea, and abdominal cramping. Prevent food poisoning at picnics and barbecues with these four simple steps from the CDC:

1. **Clean.** Wash cookware, dishes, and utensils between uses. Clean the grill surface after each use and wash cutting boards after preparing raw meat. Germs can survive in many places, so clean hands and surfaces is critical.

2. **Separate.** Use one cooler for drinks and one for food. It's also important to separate raw foods (e.g., poultry, seafood, and eggs) from those ready to eat. Lastly, never eat anything left out of a refrigerator or cooler for more than two hours or one hour if the temperature is above 90 degrees Fahrenheit.
3. **Cook.** Food is safely cooked when the internal temperature is high enough to kill germs that can make you sick. The best way to know if food is cooked properly is by using a meat thermometer. For example, burgers and hot dogs should be cooked to 160 degrees Fahrenheit and chicken to 165.
4. **Chill.** Refrigerate food promptly since bacteria can rapidly multiply if left at room temperature. The "danger zone" for bacterial growth is 40-140 degrees Fahrenheit.

If you have mild food poisoning, it's important to stay hydrated. Keep in mind that more serious cases, which often include a fever and dehydration symptoms, require medical attention.

Brought to you by Integrity Consulting Group
104 Interchange Plaza, Suite 202, Monroe Township, NJ 08831
(888) 737-4313 customerservice@integritycg.com



INTEGRITY CONSULTING GROUP

Employee Benefits Specialists

Reaping the Health Benefits of Gardening

Interest in home gardening continues to rise amid economic concerns. Although the annual Axiom Gardening Outlook Study found overall decreases in time spent gardening or expanding gardens, younger generations have been picking up gardening tools in recent years and plan to continue.

There's no denying that gardening has numerous benefits. It's a good way for households to get healthier and cheaper food, but it also helps people reach their movement goals. The CDC counts weeding, mulching, and mowing as moderate exercises, while raking and digging are vigorous.

In addition to physical activity and [healthier eating habits](#), consider these health benefits of gardening:

- Increased vitamin D levels that are essential for body functions
- Reduced cortisol levels that trigger stress
- [Improved mood](#)
- Relaxation and reduced anxiety
- Boosted self-esteem

If you haven't tried gardening, it's not too late to reap the benefits. Talk to your doctor about ways to manage your well-being and log into your [Aetna / Horizon BCBSNJ](#) online account for wellness info.

Important Notices:

CHIP Notice: if you live in New Jersey, you/your dependents may be eligible for health coverage assistance from Medicaid or CHIP. See the attached notice or visit dol.gov for details.

Summertime Life Events Reminder: while generally able to change benefit elections only during Open Enrollment, certain life events qualify as an exception. If you experience, for instance, a spouse's loss of coverage, marriage, or birth over the summer, notify the District benefits contact *immediately* to learn your options. Find more eligibility info at shamongschools.org / District / Staff Resources / Benefits / Employee *Benefits Online*.

Sleep Tips for the Long Summer Days

As the days grow longer and temperatures rise, many people find falling and staying asleep increasingly difficult. In addition, people may have busy social schedules for the summer. Summer sleep disturbances can be frustrating, but with a few practical tips, you can improve your [sleep quality](#) despite the seasonal changes. Try these tips:

- **Keep a consistent schedule.** Late nights can happen in the summer, and that's OK. Overall, try to stick to a regular and consistent sleep schedule to regulate your circadian rhythm.
- **Create a cool sleep environment.** Keep your bedroom cool with fans and air conditioning, or prop open doors and windows.

- **Use lightweight fabrics.** Opt for lightweight and moisture-wicking pajamas and bedding. Materials like cotton, linen, bamboo, and silk are cooling.
- **Try a sleep mask.** Longer daylight hours can disrupt sleep cycles; wear a sleep mask to create a dark environment. Avoid blackout curtains as some light alerts your body that day is coming.
- **Stay hydrated.** Drink plenty of water throughout the day to stay hydrated in the heat, but avoid large amounts right before bed to prevent waking up for bathroom trips.

Small changes can improve your summer slumber, but talk to your doctor (aetna.com / horizonblue.com) for sleep guidance.

Recipe of the Month

Green Bean and Rice Casserole

Makes: 6 servings

Ingredients

- ½ cup onion (chopped)
- 2 tsp. vegetable oil
- ½ cup rice (uncooked)
- 15-oz. can low-sodium green beans (drained)
- 15-oz. can low-sodium diced tomatoes
- 1 cup water

Nutritional Information

(per serving)

Total calories	114
Total fat	2 g
Protein	3 g
Sodium	183 mg
Carbohydrate	21 g
Dietary fiber	3 g
Saturated fat	0 g
Total sugars	3 g

Source: MyPlate

Preparations

1. In a medium-sized pan, cook the onions in vegetable oil until they start to turn light brown.
2. Add the rice, green beans, tomatoes, and water.
3. Bring to a boil.
4. Cover the pot with a lid and cook over low heat for 10 minutes.



Applies to members enrolled in Aetna plans: CVS Virtual Care replaces Teladoc effective July 1, 2025. Watch for new ID cards in your home for use after July 1. Your ID number will not change.

CVS Virtual Care®



Healthier happens anytime, anywhere with CVS Virtual Care®

From everyday illnesses and chronic conditions to mental health support, we've got your back. Once you tell us what you need, we'll connect you with trusted, in-network providers so you can schedule a virtual visit.

- Most mental health visits are available within a week.
- You can access 24/7 care through our virtual clinic.
- Some benefits **starting at \$0** depending on your health plan and deductible.*

CVS Virtual Care is here for:



24/7 Care

Virtually connect quickly and easily with a licensed provider for minor illnesses and injuries.



Mental health services

Talk with a therapist about your anxiety or stress. Or schedule with a psychiatric mental health nurse practitioner (PMHNP) for diagnosis, treatment and medication management.

For easy and accessible patient support services, call **1-877-993-4321**.

*FOR \$0 BENEFIT COSTS: Members enrolled in qualified high-deductible health plans must meet their deductible before receiving covered non-preventive services at no cost-share.

See more details on the other side.



24/7 Care

For adults and children over 18 months

Get treatment for:

- Coughs, colds, flu and strep
- Joint, head, and stomach pain
- Infections (ear, sinus, skin, UTI)
- Medication refills
- And more

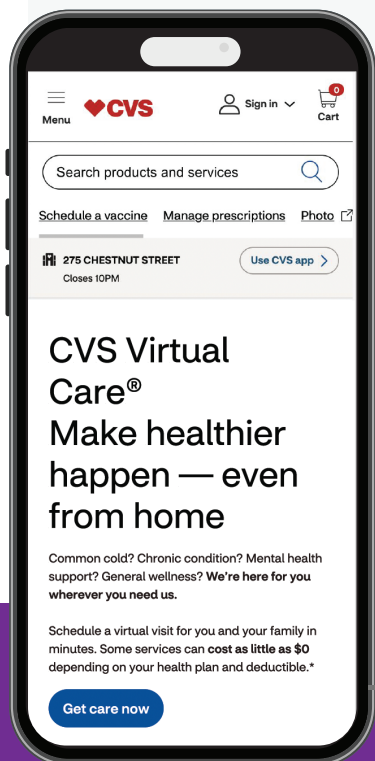


Mental health services

For adults and children aged 13 and up*

Get treatment for:

- Anxiety and mood disorders
- Depression screening
- Medication management
- Support with stress, life adjustments and conflict resolution
- Sleep and related health behaviors
- And more



Some visits cost starting at zero dollars*

When needed, you can also coordinate with in-person care at nearby MinuteClinic® locations* or in-network provider clinics.

Schedule a virtual care visit quickly and easily



Get started today

It's simple to get started. Just scan the QR code or go to **[CVS.com/virtual-care](https://www.cvs.com/virtual-care)** to register and schedule an appointment.

*FOR MENTAL HEALTH SERVICES RESTRICTIONS: Adolescent mental health services are limited to counseling only. Mental health medication management and psychiatry services remain available only for adults 18+.

*FOR \$0 IN-PERSON CARE: Members enrolled in qualified high-deductible health plans must meet their deductible before receiving covered non-preventive services at no cost-share.

*FOR CARE AT MINUTECLINIC LOCATIONS: MinuteClinic® in-person services are not included with this product and are subject to plan benefit. For a list of participating walk-in clinics, use our online provider search tool. Includes select MinuteClinic services. Not all MinuteClinic services are covered or may be covered at negotiated contract rates. Not available in all states. Walk-in appointments aren't guaranteed. Online scheduling recommended. Check your plan documents for more detail. Members enrolled in qualified high-deductible health plans must meet their deductible before receiving covered primary care or non-preventive services at no cost-share. Subject to change.

Aetna® is the brand name used for products and services provided by one or more of the Aetna group of companies, including Aetna Life Insurance Company and its affiliates (Aetna).

Aetna® and MinuteClinic, LLC (which either operates or provides certain management support services to MinuteClinic branded walk-in clinics) are part of the CVS Health® family of companies.

Refer to **[Aetna.com](https://www.aetna.com)** for more information about Aetna plans and for a full list of participating providers. For legal disclaimers, visit **aetna.com/disclaimers**

CVS Virtual Care services are only available in the USA. Limitations may apply based on services and location. Controlled substances not prescribed. Members enrolled in qualified high-deductible health plans must meet their deductible before receiving covered non-preventive services at no cost-share. Adolescent mental health services are limited to Counseling only; Mental Health Medication Management and Psychiatry services remain available only for adults 18+.



Premium Assistance Under Medicaid and the Children's Health Insurance Program (CHIP)

If you or your children are eligible for Medicaid or CHIP and you're eligible for health coverage from your employer, your state may have a premium assistance program that can help pay for coverage, using funds from their Medicaid or CHIP programs. If you or your children aren't eligible for Medicaid or CHIP, you won't be eligible for these premium assistance programs but you may be able to buy individual insurance coverage through the Health Insurance Marketplace. For more information, visit www.healthcare.gov.

If you or your dependents are already enrolled in Medicaid or CHIP and you live in a State listed below, contact your State Medicaid or CHIP office to find out if premium assistance is available.

If you or your dependents are NOT currently enrolled in Medicaid or CHIP, and you think you or any of your dependents might be eligible for either of these programs, contact your State Medicaid or CHIP office or dial **1-877-KIDS NOW** or www.insurekidsnow.gov to find out how to apply. If you qualify, ask your state if it has a program that might help you pay the premiums for an employer-sponsored plan.

If you or your dependents are eligible for premium assistance under Medicaid or CHIP, as well as eligible under your employer plan, your employer must allow you to enroll in your employer plan if you aren't already enrolled. This is called a "special enrollment" opportunity, and **you must request coverage within 60 days of being determined eligible for premium assistance**. If you have questions about enrolling in your employer plan, contact the Department of Labor at www.askebsa.dol.gov or call **1-866-444-EBSA (3272)**.

If you live in one of the following states, you may be eligible for assistance paying your employer health plan premiums. The following list of states is current as of March 17, 2025. Contact your State for more information on eligibility –

ALABAMA – Medicaid	ALASKA – Medicaid
Website: http://myalhipp.com/ Phone: 1-855-692-5447	The AK Health Insurance Premium Payment Program Website: http://myakhipp.com/ Phone: 1-866-251-4861 Email: CustomerService@MyAKHIPP.com Medicaid Eligibility: https://health.alaska.gov/dpa/Pages/default.aspx
ARKANSAS – Medicaid	CALIFORNIA – Medicaid
Website: http://myarhipp.com/ Phone: 1-855-MyARHIPP (855-692-7447)	Health Insurance Premium Payment (HIPP) Program Website: http://dhcs.ca.gov/hipp Phone: 916-445-8322 Fax: 916-440-5676 Email: hipp@dhcs.ca.gov
COLORADO – Health First Colorado (Colorado's Medicaid Program) & Child Health Plan Plus (CHP+)	FLORIDA – Medicaid
Health First Colorado Website: https://www.healthfirstcolorado.com/ Health First Colorado Member Contact Center: 1-800-221-3943/State Relay 711 CHP+: https://hcpf.colorado.gov/child-health-plan-plus CHP+ Customer Service: 1-800-359-1991/State Relay 711 Health Insurance Buy-In Program (HIBI): https://www.mycohibi.com/ HIBI Customer Service: 1-855-692-6442	Website: https://www.flmedicaidtprecovery.com/flmedicaidtprecovery.com/hipp/index.html Phone: 1-877-357-3268

GEORGIA – Medicaid	INDIANA – Medicaid
GA HIPP Website: https://medicaid.georgia.gov/health-insurance-premium-payment-program-hipp Phone: 678-564-1162, Press 1 GA CHIPRA Website: https://medicaid.georgia.gov/programs/third-party-liability/childrens-health-insurance-program-reauthorization-act-2009-chipra Phone: 678-564-1162, Press 2	Health Insurance Premium Payment Program All other Medicaid Website: https://www.in.gov/medicaid/ http://www.in.gov/fssa/dftr/ Family and Social Services Administration Phone: 1-800-403-0864 Member Services Phone: 1-800-457-4584
IOWA – Medicaid and CHIP (Hawki)	KANSAS – Medicaid
Medicaid Website: Iowa Medicaid Health & Human Services Medicaid Phone: 1-800-338-8366 Hawki Website: Hawki - Healthy and Well Kids in Iowa Health & Human Services Hawki Phone: 1-800-257-8563 HIPP Website: Health Insurance Premium Payment (HIPP) Health & Human Services (iowa.gov) HIPP Phone: 1-888-346-9562	Website: https://www.kancare.ks.gov/ Phone: 1-800-792-4884 HIPP Phone: 1-800-967-4660
KENTUCKY – Medicaid	LOUISIANA – Medicaid
Kentucky Integrated Health Insurance Premium Payment Program (KI-HIPP) Website: https://chfs.ky.gov/agencies/dms/member/Pages/kihipp.aspx Phone: 1-855-459-6328 Email: KIHIPP.PROGRAM@ky.gov KCHIP Website: https://kynect.ky.gov Phone: 1-877-524-4718 Kentucky Medicaid Website: https://chfs.ky.gov/agencies/dms	Website: www.medicaid.la.gov or www.ldh.la.gov/lahipp Phone: 1-888-342-6207 (Medicaid hotline) or 1-855-618-5488 (LaHIPP)
MAINE – Medicaid	MASSACHUSETTS – Medicaid and CHIP
Enrollment Website: https://www.mymaineconnection.gov/benefits/s/?language=en_US Phone: 1-800-442-6003 TTY: Maine relay 711 Private Health Insurance Premium Webpage: https://www.maine.gov/dhhs/ofa/applications-forms Phone: 1-800-977-6740 TTY: Maine relay 711	Website: https://www.mass.gov/masshealth/pa Phone: 1-800-862-4840 TTY: 711 Email: masspremassistance@accenture.com
MINNESOTA – Medicaid	MISSOURI – Medicaid
Website: https://mn.gov/dhs/health-care-coverage/ Phone: 1-800-657-3672	Website: http://www.dss.mo.gov/mhd/participants/pages/hipp.htm Phone: 573-751-2005

MONTANA – Medicaid	NEBRASKA – Medicaid
Website: http://dphhs.mt.gov/MontanaHealthcarePrograms/HIPP Phone: 1-800-694-3084 Email: HHSHIPPPProgram@mt.gov	Website: http://www.ACCESSNebraska.ne.gov Phone: 1-855-632-7633 Lincoln: 402-473-7000 Omaha: 402-595-1178
NEVADA – Medicaid	NEW HAMPSHIRE – Medicaid
Medicaid Website: http://dhcfp.nv.gov Medicaid Phone: 1-800-992-0900	Website: https://www.dhhs.nh.gov/programs-services/medicaid/health-insurance-premium-program Phone: 603-271-5218 Toll free number for the HIPP program: 1-800-852-3345, ext. 15218 Email: DHHS.ThirdPartyLiabi@dhhs.nh.gov
NEW JERSEY – Medicaid and CHIP	NEW YORK – Medicaid
Medicaid Website: http://www.state.nj.us/humanservices/dmahs/clients/medicaid/ Phone: 1-800-356-1561 CHIP Premium Assistance Phone: 609-631-2392 CHIP Website: http://www.njfamilycare.org/index.html CHIP Phone: 1-800-701-0710 (TTY: 711)	Website: https://www.health.ny.gov/health_care/medicaid/ Phone: 1-800-541-2831
NORTH CAROLINA – Medicaid	NORTH DAKOTA – Medicaid
Website: https://medicaid.ncdhhs.gov/ Phone: 919-855-4100	Website: https://www.hhs.nd.gov/healthcare Phone: 1-844-854-4825
OKLAHOMA – Medicaid and CHIP	OREGON – Medicaid and CHIP
Website: http://www.insureoklahoma.org Phone: 1-888-365-3742	Website: http://healthcare.oregon.gov/Pages/index.aspx Phone: 1-800-699-9075
PENNSYLVANIA – Medicaid and CHIP	RHODE ISLAND – Medicaid and CHIP
Website: https://www.pa.gov/en/services/dhs/apply-for-medicaid-health-insurance-premium-payment-program-hipp.html Phone: 1-800-692-7462 CHIP Website: Children's Health Insurance Program (CHIP) (pa.gov) CHIP Phone: 1-800-986-KIDS (5437)	Website: http://www.eohhs.ri.gov/ Phone: 1-855-697-4347, or 401-462-0311 (Direct RIte Share Line)
SOUTH CAROLINA – Medicaid	SOUTH DAKOTA - Medicaid
Website: https://www.scdhhs.gov Phone: 1-888-549-0820	Website: http://dss.sd.gov Phone: 1-888-828-0059

TEXAS – Medicaid	UTAH – Medicaid and CHIP
Website: Health Insurance Premium Payment (HIPP) Program Texas Health and Human Services Phone: 1-800-440-0493	Utah's Premium Partnership for Health Insurance (UPP) Website: https://medicaid.utah.gov/upp/ Email: upp@utah.gov Phone: 1-888-222-2542 Adult Expansion Website: https://medicaid.utah.gov/expansion/ Utah Medicaid Buyout Program Website: https://medicaid.utah.gov/buyout-program/ CHIP Website: https://chip.utah.gov/
VERMONT– Medicaid	VIRGINIA – Medicaid and CHIP
Website: Health Insurance Premium Payment (HIPP) Program Department of Vermont Health Access Phone: 1-800-250-8427	Website: https://coverva.dmas.virginia.gov/learn/premium-assistance/famis-select https://coverva.dmas.virginia.gov/learn/premium-assistance/health-insurance-premium-payment-hipp-programs Medicaid/CHIP Phone: 1-800-432-5924
WASHINGTON – Medicaid	WEST VIRGINIA – Medicaid and CHIP
Website: https://www.hca.wa.gov/ Phone: 1-800-562-3022	Website: https://dhhr.wv.gov/bms/ http://mywvhipp.com/ Medicaid Phone: 304-558-1700 CHIP Toll-free phone: 1-855-MyWVHIPP (1-855-699-8447)
WISCONSIN – Medicaid and CHIP	WYOMING – Medicaid
Website: https://www.dhs.wisconsin.gov/badgercareplus/p-10095.htm Phone: 1-800-362-3002	Website: https://health.wyo.gov/healthcarefin/medicaid/programs-and-eligibility/ Phone: 1-800-251-1269

To see if any other states have added a premium assistance program since March 17, 2025, or for more information on special enrollment rights, contact either:

U.S. Department of Labor
 Employee Benefits Security Administration
www.dol.gov/agencies/ebsa
 1-866-444-EBSA (3272)

U.S. Department of Health and Human Services
 Centers for Medicare & Medicaid Services
www.cms.hhs.gov
 1-877-267-2323, Menu Option 4, Ext. 61565

Paperwork Reduction Act Statement

According to the Paperwork Reduction Act of 1995 (Pub. L. 104-13) (PRA), no persons are required to respond to a collection of information unless such collection displays a valid Office of Management and Budget (OMB) control number. The Department notes that a Federal agency cannot conduct or sponsor a collection of information unless it is approved by OMB under the PRA, and displays a currently valid OMB control number, and the public is not required to respond to a collection of information unless it displays a currently valid OMB control number. See 44 U.S.C. 3507. Also, notwithstanding any other provisions of law, no person shall be subject to penalty for failing to comply with a collection of information if the collection of information does not display a currently valid OMB control number. See 44 U.S.C. 3512.

The public reporting burden for this collection of information is estimated to average approximately seven minutes per respondent. Interested parties are encouraged to send comments regarding the burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to the U.S. Department of Labor, Employee Benefits Security Administration, Office of Policy and Research, Attention: PRA Clearance Officer, 200 Constitution Avenue, N.W., Room N-5718, Washington, DC 20210 or email ebsa.opr@dol.gov and reference the OMB Control Number 1210-0137.

OMB Control Number 1210-0137 (expires 1/31/2026)