



# Live Well, Work Well

Employee Health Benefits Bulletin

April 2020

Branchburg Township School District

## COVID-19: Coronavirus

*Timely Tip:* Clean hands are important when fighting germs. Dirty hands spread disease. The best hand-washing technique? Watch this short [video](#) from the Centers for Disease Control (CDC).

Brought to you by  
INTEGRITY CONSULTING  
GROUP  
104 Interchange Plaza  
Suite 202  
Monroe Township  
New Jersey 08831  
(888) 737-4313

According to the Centers for Disease Control and Prevention (CDC), coronaviruses are common in animal species and most don't affect humans. As of now, only seven different coronaviruses are known to infect humans. Most people will be infected with at least one common human coronavirus in their lifetime.

**Symptoms** Common coronaviruses typically cause mild to moderate upper-respiratory tract illness, and those affected exhibit cold-like symptoms like headache, cough, fever, and shortness of breath. Some cases can be more severe, causing lower-respiratory tract illnesses like bronchitis or pneumonia. For the elderly, infants, and those with weakened immune systems, illness is even more dangerous.

**Diagnosis** If exhibiting symptoms, contact your doctor or *Horizon CareOnline* at (877) 716-5657 /

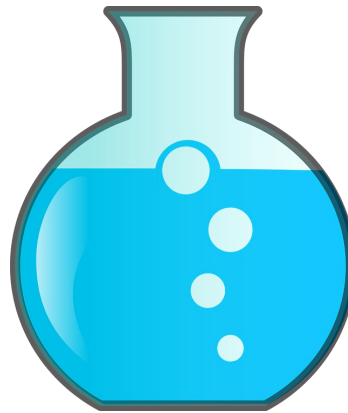
[horizoncareonline.com](http://horizoncareonline.com), especially if you've recently traveled to countries with outbreaks. Visit [horizonblue.com](http://horizonblue.com) to learn how Horizon BCBSNJ is supporting members at this time.

**Prevention** Most common cases of coronavirus occur in

the fall and winter but can happen at any time. Unfortunately, there is not a vaccine that can protect you from human coronavirus infection. Because the virus is believed to be spread through person-to-person contact, the CDC advises the following:

- Avoid touching your eyes, nose, or mouth with unwashed hands
- Avoid contact with those who are sick
- Wash hands using soap and water
- Disinfect frequently touched surfaces and objects (e.g., doorknobs, phones)

**Be Informed** See [horizonblue.com](http://horizonblue.com), [cdc.gov](http://cdc.gov), and the attached to learn more.



## New! MOBE®

Horizon BCBSNJ is now offering members with specific health challenges access to personalized services and coaching through MOBE®, an independent wellness company. If you are eligible, you may be contacted directly to participate. Learn more at [horizonblue.com](http://horizonblue.com).



## National Health Observances

### April

#### National Minority Health Month

U.S. Department of Health and Human Services

[minorityhealth.hhs.gov](http://minorityhealth.hhs.gov)

#### National Autism Awareness Month

Autism Society

[autism-society.org](http://autism-society.org)

### May

#### Skin Cancer Prevention Month

American Academy of Dermatology

[aad.org](http://aad.org)

#### Arthritis Awareness Month

Arthritis Foundation

[arthritis.org](http://arthritis.org)

#### Food Allergy Action Month

Food Allergy Research & Education

[foodallergy.org](http://foodallergy.org)

## Bottled Bacteria

We know that bacteria thrive in a moist environment, so your reusable water bottle is the ideal breeding ground. Take time to clean your water bottle, cap, and straw at the end of each day to avoid illness:

- Use the dishwasher: if your water bottle is dishwasher safe, totally disassemble and run through the dishwasher at the hottest wash / dry cycle. Be sure the bottle is completely dry before using.
- Wash with soap and water: you can effectively wash your reusable bottle by hand with hot water and soap. Dry with a paper towel or clean cloth to avoid new bacteria.
- Use hydrogen peroxide: this is a good option if you haven't washed your bottle recently. First, clean with hot water and soap; then pour ¼ cup of 3% hydrogen peroxide in the bottle, replace the lid, and shake. Rinse well and dry with paper towel or clean cloth.

## Healthy Recipe

### Quick Skillet Lasagna

#### Ingredients

- 1-1/2 c. chopped onion
- 1/2 lb. ground beef (90% lean)
- 1 14.5 oz. can tomatoes
- 3/4 c. tomato paste
- 1-1/2 c. water
- 1 tsp. garlic powder
- 2 c. egg noodles (cooked)
- 3/4 c. low-fat cottage cheese
- 1/4 c. Parmesan cheese

#### Directions

1. Brown beef and onion in frying pan; drain off excess fat.
2. Add tomatoes, tomato paste, water, and garlic powder to beef mixture.
3. Bring to a boil and simmer until sauce is thick, about 25 minutes.
4. Add noodles to the beef mixture; stir to prevent sticking.
5. Mix cheeses and drop by spoonfuls into the pan.
6. Cover and heat over low heat about 5 minutes. Serve.

*Makes: 6 servings*



# Horizon CareOnline<sup>SM</sup>

Care when you need it

With Horizon CareOnline, you can get the care you need through a convenient, confidential telehealth service. Horizon CareOnline is accessible via video, chat and phone.

With Horizon CareOnline, you can be treated for common health complaints, including:

- Colds and flu
- Abdominal pain
- Fever
- Ear infections
- Skin irritations
- Sinusitis

You can also see behavioral health specialists for conditions such as:

- Anxiety
- Attention deficit/hyperactivity disorder (ADHD)
- Bipolar disorder
- Depression

Horizon Blue Cross Blue Shield of New Jersey works with telehealth leader American Well to bring you care that is:

- **Dependable.** 24/7/365 access for urgent medical visits and seven-day access to behavioral health specialists.
- **Flexible.** Choose the health care professional who meets your needs.
- **Confidential.** Private and secure; compliant with the Health Insurance Portability and Accountability Act of 1996 (HIPAA).

Horizon Blue Cross Blue Shield of New Jersey complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, gender, national origin, age, disability, pregnancy, gender identity, sex, sexual orientation or health status in the administration of the plan, including enrollment and benefit determinations.

**Spanish (Español):** Para ayuda en español, llame al **1-855-477-AZUL (2985)**.

**Chinese (中文):** 如需中文協助，請致電 **1-800-355-BLUE (2583)**。

## Who are the health care professionals?

Urgent medical care services for Horizon CareOnline are provided by U.S. board-certified, licensed doctors who average 15 years experience in primary/urgent care. Behavioral health specialists include licensed psychiatrists, psychologists and social workers. You can read each health care professional's profile and patient reviews before selecting one.

Horizon CareOnline does not replace your relationship with the primary doctor or behavioral health professional you see on a regular basis, but Horizon CareOnline is available when you need it.

## Registering is easy

There are three ways to register for Horizon CareOnline:

- Visit **HorizonCareOnline.com**.
- Call **1-877-716-5657**.
- Download the Horizon CareOnline app from the App Store® or Google Play™.

For more information, visit [info.americanwell.com/where-can-i-see-a-doctor-online](http://info.americanwell.com/where-can-i-see-a-doctor-online).

For technical assistance, please email [HorizonCareOnline@AmericanWell.com](mailto:HorizonCareOnline@AmericanWell.com).

The App Store® is an online store and is a service mark of Apple, Inc. Google Play™ is a trademark of Google, Inc.

There is no charge to download the Horizon CareOnline app, but wireless rates from your carrier may apply.

American Well is an independent company that supports Horizon Blue Cross Blue Shield of New Jersey in the administration of telehealth services.

Horizon Blue Cross Blue Shield of New Jersey is an independent licensee of the Blue Cross and Blue Shield Association.

The Blue Cross® and Blue Shield® names and symbols are registered marks of the Blue Cross and Blue Shield Association.

The Horizon® name and symbols are registered marks, and Horizon CareOnline<sup>SM</sup> is a service mark, of Horizon

Blue Cross Blue Shield of New Jersey.

© 2019 Horizon Blue Cross Blue Shield of New Jersey. Three Penn Plaza East, Newark, New Jersey 07105-2200.

EC003006G (0619)



HorizonCareOnline.com