



Live Well, Work Well

Employee Health Benefits Bulletin October 2019
Jackson School District

A New Season *for* Better Health

Timely Tip: Less stress is better. Limit yours by planning and prioritizing your most important responsibilities. Plan fun activities to clear your mind. Use the “do-not-disturb” function on your phone to avoid constant interruptions.

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

Autumn is here! It's a good time to evaluate your health status: what can you do for better health?

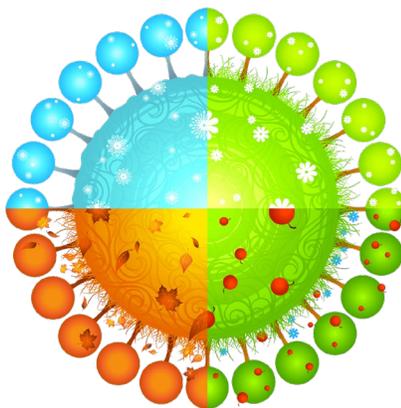
Here's a start:

Get Better Access to Care Take time to [sign up](#) for your *Horizon CareOnline* telemedicine benefit today. Once enrolled, you can visit with a doctor *online* – no appointment necessary! See the attached flyer for details.

Beat the Flu Per the Centers for Disease Control and Prevention (CDC), now is the time for those six months of age or older to get a flu vaccine. See your primary doctor or visit horizonblue.com/flu to find a retail pharmacy in New Jersey that is part of the Horizon BCBSNJ vaccine program; these pharmacies may also provide vaccines for pneumococcal, papilloma virus (HPV), shingles, and more.

Go Organic According to the Organic Trade Association (OTA), organic foods

are healthier for your body, better for society, and less expensive in the long run. Unlike traditional agricultural foods, organics are grown without pesticides, which potentially contain cancer-causing agents and heavy metals that can cause nerve damage. Feel the price tag for



organic foods is too high? Try a local farmer's market or natural food co-op for better pricing.

Avoid Technology at Bedtime Using your phone or other electronic device before bed can disrupt your REM sleep cycles and the production of melatonin, a sleep-promoting hormone. Check settings for a “nighttime” mode to adjust screen brightness; better yet, avoid use of devices for at least an hour prior to bedtime. Set sounds to “silent” so texts or emails won't wake you. Better sleep is possible!

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. Refer to benefit materials for details on applicable deductibles and coinsurance.



Healthy Recipe Apple Pistachio Crisp

Ingredients

- 3 apples (unpeeled, cored, cut into 1-inch chunks)
- 1/2 c. raisins
- 1/2 juiced lemon
- 1/2 c. old-fashioned oats
- 1/4 c. whole-wheat flour
- 1 tsp. cinnamon
- 3 Tbsp. brown sugar
- 1/4 c. unsalted, chopped pistachios
- 2 Tbsp. melted butter

Directions

1. Heat oven to 350 F.
2. Place sliced apples, raisins, and lemon juice in an 8-by-8-inch pan or baking dish. Toss.
3. In a bowl, mix remaining ingredients except melted butter.
4. Add melted butter and mix until texture is consistent; sprinkle over apple-raisin mixture.
5. Bake uncovered for 45-50 minutes or until apples are tender. Yield: four servings.

National Health Observances

October

National Breast Cancer Awareness Month

American Cancer Society
cancer.org

National Dental Hygiene Week

American Dental Hygienists' Association
adha.org

November

American Diabetes Month

National Diabetes Association
diabetes.org

Great American Smokeout

American Cancer Society
cancer.org

Lung Cancer Awareness Month

American Lung Association
lung.org

Horizon CareOnlineSM

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

Enter **Horizon Blue Cross Blue Shield of New Jersey** as your health plan and **Jackson** as your service key.

For more information, visit info.americanwell.com/where-can-i-see-a-doctor-online.

For technical assistance, please email 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.

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HorizonCareOnline.com