



# Live Well, Work Well

Employee Health Benefits Bulletin October 2019  
Mansfield Township 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.

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

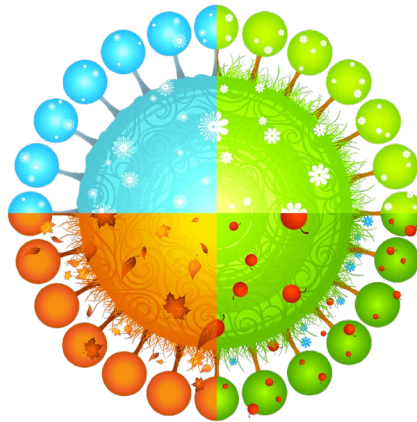
**Beat the Flu** Now is the time to get vaccinated against this season's flu. The Centers for Disease Control and Prevention (CDC) suggests those six months of age or older should get the vaccine each year. Vaccines will not make you sick, but you may have minor side effects that mirror flu for a day or two.

Visit your primary doctor or a contracted retail pharmacy/provider for your flu shot; show your **medical** ID card so your visit is treated as a **medical** claim. See the attached flyer and our *Benefits Online* website (*Staff Portal / Benefits Online*) for more info about beating the flu.

**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 devices before bed can disrupt REM sleep cycles and the production of melatonin, a sleep-promoting hormone. Check your device setting for a “nighttime” mode to adjust screening brightness; better yet, refrain from using devices for at least an hour prior to bedtime. “Silent” sounds so texts or emails won't wake you. Better sleep is possible!



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## 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](http://cancer.org)

#### National Dental Hygiene Week

American Dental Hygienists' Association  
[adha.org](http://adha.org)

### November

#### American Diabetes Month

National Diabetes Association  
[diabetes.org](http://diabetes.org)

#### Great American Smokeout

American Cancer Society  
[cancer.org](http://cancer.org)

#### Lung Cancer Awareness Month

American Lung Association  
[lung.org](http://lung.org)



## SEASONAL FLU

*At AmeriHealth Administrators, we want to help you keep your family healthy.*

### What is the flu?

Influenza (also known as the flu) is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness, but can lead to death. Flu season in the U.S. runs from December through March, peaking in February.<sup>1</sup>

People with the flu may feel some or all of these symptoms:

- fever or feeling feverish/chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue (tiredness)

Recommendations from the Centers for Disease Control and Prevention (CDC) to help prevent the spread of germs:

- Get vaccinated. The flu vaccine has been shown to reduce flu-related hospitalizations by 71 percent among all adults and 77 percent among adults age 50 and older.<sup>2</sup>
- Avoid touching your eyes, nose, and mouth.
- Frequently wash your hands with soap and water for at least 20 seconds, or use an antiseptic alcohol-based hand sanitizer.
- Cover coughs and sneezes with tissues. Cough or sneeze into your upper sleeve if you don't have a tissue.
- Throw used tissues in a waste basket immediately.
- Avoid sick people.
- Stay home from work and school if you are sick. The CDC recommends that you stay home for at least 24 hours after the fever is gone.
- Clean and disinfect surfaces and objects that may be contaminated with flu germs.

### Stay Informed!

For more information visit [cdc.gov](http://cdc.gov), [flu.gov](http://flu.gov), or contact your local public health department.

### Use network providers for your flu shot

Staying in network just makes sense. You can save money, and enjoy a more convenient experience. Visit our Provider Finder on [ahatpa.com](http://ahatpa.com) to identify network doctors, hospitals, and other medical facilities to schedule your flu shot.

## Treatment options

Antiviral drugs can lessen symptoms and shorten the time you are sick by a day or two. They can also prevent serious flu complications, like pneumonia. For people with a high risk medical condition, treatment with an antiviral drug can mean the difference between having a mild illness instead of a very serious illness that could result in a hospital stay.

The CDC says that people who are at higher risk for complications because of age or illness should talk to their physician about antiviral drugs, but otherwise healthy people do not need treatment with these medications.<sup>3</sup>

## We're here to help you

AmeriHealth Administrators is here to help you make good decisions when it comes to your health. Our people, tools, and educational resources can support you in making informed decisions.

## Receive a reimbursement if you pay out-of-pocket

Plan members who receive a flu shot vaccination in a setting other than a participating physician's office, hospital, or retail health center are eligible for a reimbursement of up to \$25 for the out-of-pocket expense.<sup>4</sup> Simply log-in to myahabenefits.com, visit the Resource Center, download the Flu Shot Reimbursement Form, and submit with a paid receipt.

<sup>1</sup> The Flu Season; The Centers for Disease Control and Prevention. Available at [www.cdc.gov/flu/about/season/flu-season.htm](http://www.cdc.gov/flu/about/season/flu-season.htm)

<sup>2</sup> Vaccine Effectiveness; The Centers for Disease Control and Prevention. Available at [www.cdc.gov/flu/about/qa/vaccineeffect.htm](http://www.cdc.gov/flu/about/qa/vaccineeffect.htm)

<sup>3</sup> What you should know about flu antiviral drugs; The Centers for Disease Control and Prevention. Available at [www.cdc.gov/flu/antivirals/whatyoushould.htm](http://www.cdc.gov/flu/antivirals/whatyoushould.htm)

<sup>4</sup> If your benefit plan does not allow for preventive benefits out-of-network, you may not be eligible to receive this reimbursement. For questions concerning your health benefits, please refer to the customer service telephone number on the back of your AmeriHealth Administrators ID card.

Please refer to your health benefits booklet for a description of terms and conditions of your health benefits plan.

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Flu Prevention 2018-10

