



Live Well, Work Well

Employee Health Benefits Bulletin

April 2020

Pompton Lakes Public Schools

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).

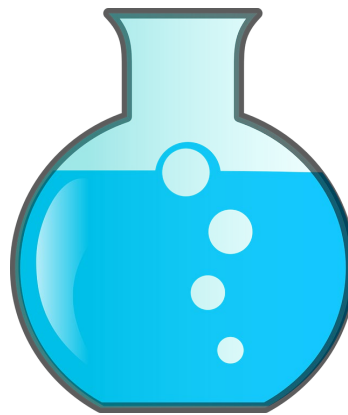
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INTEGRITY CONSULTING
GROUP
104 Interchange Plaza
Suite 202
Monroe Township
New Jersey 08831
(888) 737-4313

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, especially if you've recently traveled to affected countries. Visit 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. Currently, there is no vaccine to protect against infection. The virus is believed to spread via person-to-person contact, so 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 Go to horizonblue.com, our *Benefits Online* website (at *Staff Portal / Benefits Online*), or 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.



National Health Observances

April

National Minority Health Month

U.S. Department of Health and Human Services

minorityhealth.hhs.gov

National Autism Awareness Month

Autism Society

autism-society.org

May

Skin Cancer Prevention Month

American Academy of Dermatology

aad.org

Arthritis Awareness Month

Arthritis Foundation

arthritis.org

Food Allergy Action Month

Food Allergy Research & Education

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 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 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.

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.

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