



Live Well, Work Well

Employee Health Benefits Bulletin: December 2017

Shamong Township Schools

A New Year with Horizon BCBSNJ

The winter months are here along with colder weather and more challenges to stay healthy. This issue offers tips to help make this winter your healthiest yet. If you need a fresh start, begin by shaping your personal health goals for the new year!

New Horizon BCBSNJ Medical Plans Coming January 1, 2018

You already know our District medical plans are moving from the SEHBP to Horizon BCBSNJ effective January 1, 2018. Our prescription and dental plans remain with BeneCard PBF and Delta Dental respectively.

Horizon BCBSNJ will be mailing ID cards to your home. Please check them for accuracy when they arrive. If you do not receive them or they are incorrect, contact the [Business Office](#) for help. And be sure to visit [Benefits Online](#), our health benefits website found at [Staff Resources/Employee Benefits Online](#), for new plan details.



Annual Preventive Health Your Horizon BCBSNJ plan provides benefits for specified covered services related to Preventive Care, such as routine physicals, labwork, and screenings. Certain Preventive Care services are

covered annually, so at the start of 2018, remember you are able to access these services in-network at no charge. Plus, any deductibles that may apply to your plans start fresh in 2018. Review your benefit overviews for details.

Telemedicine Update Horizon BCBSNJ now offers 24/7 access to health care with [Horizon CareOnline](#), a new telemedicine app that allows you to visit

with a doctor via phone or secure video when you need help, for instance, after office hours or while traveling. *A copay typically will apply.* Be prepared this winter — go to [horizonblue.com](#) or see the attached flyer.

Horizon BCBSNJ Online Tools After January 1, take time to [register](#) for [Online Member Services](#) to view your personal claims and plan benefits, download or request ID cards, track your health data, and more.

Go to the [Doctor & Hospital Finder](#) to search providers by zip code or specialty, get directions, send provider info to your phone, and more.

Take control of your health in 2018! Find tools to tackle weight and stress management, nutrition, and more at [Online Member Services](#).

Brought to you by
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National Health Observances

December

National Influenza Vaccination Week December 4 - 11

National Center for Immunization and Respiratory Diseases
cdc.gov

January

Cervical Health Awareness Month

National Cervical Cancer Coalition
nccc-online.org

National Radon Action Month

U.S. Environmental Protection Agency
epa.gov

National Glaucoma Awareness Month

American Academy of Ophthalmology
aao.org

Folic Acid Awareness Week January 8 - 14

National Birth Defects Prevention Network
nbdpn.org

Healthier Holiday Eating

With so many social gatherings during the holidays, it can be difficult to avoid treating yourself when offered good food and drinks. Whether you're dieting or just trying to maintain your healthy lifestyle, fear not—you can survive the holidays and wake up on January 1 without feeling remorse or guilt. Consider these tips:

- ✓ Eat a light snack before attending a party so you don't arrive on an empty stomach and devour everything in sight.
- ✓ Pace yourself when drinking alcohol; overindulgence can pack on the pounds.

- ✓ Eat slowly and be mindful of every chew. It takes your body 20 minutes or so to realize when it is full.



- ✓ Don't feel pressure to eat leftovers. If you have an abundance of leftovers after hosting a party, don't feel like you have to eat them just because you don't want them to go to waste.
- ✓ Practice self-control—for example, allow yourself one plate of food at a party, and promise yourself that you won't go back for seconds.
- ✓ Finally, be realistic. Don't try to lose pounds during the holidays; instead, try to maintain your current weight.



Healthy Recipe

Tangy Tomato Dip

Try this healthier dip with nutritional dried tomatoes as the main ingredient.

Ingredients

- 6 tablespoons light cottage cheese
- 1/4 cup sun-dried tomatoes in olive oil, drained well
- 1/4 cup light cream cheese
- 1 teaspoon fresh lemon juice
- Dash garlic powder
- Dash hot sauce (optional)
- 2 -4 tablespoons buttermilk
- Baked potato chips

Instructions

1. In a food processor, combine the cottage cheese, sun-dried tomatoes, cream cheese, lemon juice, garlic powder, and hot sauce. Pulse until mixture forms a slightly textured dip, adding buttermilk to thin as desired.
2. Scrape mixture into a bowl and serve with baked potato chips; store in refrigerator up to two days.

Nutritional Information

Per serving: 162 cal., 5 g total fat (2 g sat. fat), 23 g carb. (2 g fiber), 5 g pro.

Horizon CareOnlineSM

Convenient medical care – online, anytime.



Horizon Blue Cross Blue Shield of New Jersey makes it easier for you to stay in control of your health. You can use **Horizon CareOnline** to talk with a licensed, U.S. board-certified doctor via video, chat or phone 24 hours a day, seven days a week – no appointment is needed.

We work with American Well, a leader in telemedicine, to bring you care that is:

- **Dependable.** 24/7/365 access.
- **Convenient.** No appointment is needed and ePrescriptions can be provided if you need one.¹
- **Confidential.** Private and secure; compliant with the Health Insurance Portability and Accountability Act of 1996 (HIPAA).

With Horizon CareOnline, you can be treated for symptoms and conditions such as a cold, flu, fever or rash, abdominal pain, sinusitis, an ear infection and much more.

There are three ways to enroll and use Horizon CareOnline:

- Visit **HorizonCareOnline.com**.
- Call **1-877-716-5657**.
- Scan the QR code at the right to get the Horizon CareOnline app from the App StoreSM or Google PlayTM.



When you first enroll, enter **Horizon Blue Cross Blue Shield of New Jersey** as your health plan.

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, national origin, age, disability or sex.

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)**。

¹ Telemedicine is available in all states except Arkansas and Texas, where video consultations are not permitted under the law.

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

For technical assistance, please email HorizonCareOnline@AmericanWell.com.

Once you are enrolled, you can visit with a doctor on Horizon CareOnline when:

- Your doctor's office is closed.
- You feel too sick to drive.
- You are traveling and need medical care.

This valuable service is offered as a convenience and does not replace your relationship with your Primary Care Physician (PCP) or personal doctor.

How Much Does a Visit Cost?

The amount you pay depends on your plan's telemedicine benefit. Check with your group's benefits administrator or call Horizon BCBSNJ Member Services at the number on the back of your member ID card for details.

It's free to sign-up – enroll today.

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

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