



# Live Well, Work Well

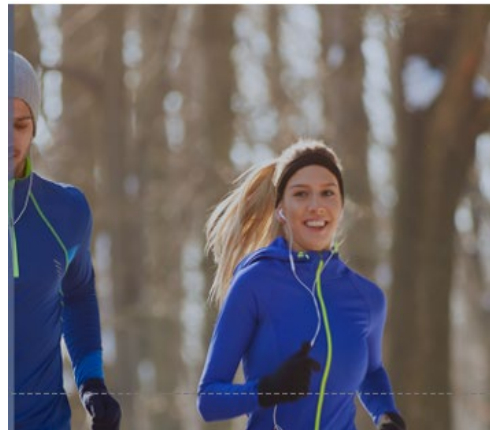
Employee Health Benefits Bulletin December 2018  
Shamong Township Schools

## Winter Workouts

Timely tip: there are many factors that can contribute to holiday stress, like family disagreements, long to-do lists, seasonal illnesses, and, of course, financial strains. Be sure to make time for yourself and be mindful of your own needs in the midst of busy schedules.

Many of us find it difficult to remain committed to a fitness plan as the holidays, shorter days, and less-than-ideal weather create obstacles. But there are ways to stay on track:

- » **Warm up inside.** If you exercise outside, try doing your warmup inside—you'll raise your body temperature and already be warm before you step outside.
- » **Prep for your next day the night before.** If you're an early morning gym-goer, gather what you need for the next day the night before. Then all you need to do is get up, get dressed, and go to the gym.
- » **Have a backup plan.** Even the most dedicated can lose motivation. So it's essential to have a backup workout plan when you don't feel like going out in the cold. Have a few full-body workouts ready for when you need them at home.



Check out this brief *Live Well, Work Well* [video](#) for these and other tips. Or consider [enrolling](#) in the Horizon

BCBSNJ fitness program, [HorizonbFit](#), to earn \$20 for each month you visit a participating fitness facility at least 12 times.

## Plan Reminders

Effective January 1, 2019, the Horizon BCBSNJ lab network will include both [LabCorp](#) and [Quest Diagnostics](#). Find a nearby facility using [Doctor and Hospital Finder](#).

If you made changes to your plans during our recent Open Enrollment, they take effect on January 1, 2019. Try out our new online calculator at *Benefits Online* to compare plan contributions any time!

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

## Living Wills

Living wills, also known as advance health care directives, are legal documents that express what medical treatment you want to receive should you become physically or mentally incapable of communicating your wishes.

**Why should I have one?** Advance directives are valuable because you can state choices for your own care in advance, or name someone to make those choices (also known as a medical power of attorney) if you become incapacitated. These documents allow you to effectively say yes or no to particular treatments even when you may not be able to communicate.

**What happens if I don't have a living will in place?** In the event you are incapacitated, your health care providers will ask your family or close friends about your wishes and discuss what treatment is best. If these individuals disagree, someone may seek appointment of a conservator or guardian; however, you will have no control over who is named and cannot be sure your wishes will be followed.

**Where can I find more information?** You can access a state-specific form at [caringinfo.org](http://caringinfo.org). This site also answers other questions you may have. Or call the National Hospice and Palliative Care Organization at (800) 658-8898.



## Healthy Recipe

### Simple Overnight Oatmeal

#### Ingredients

- » 1/2 cup low-fat milk
- » 1/4 cup fat-free Greek yogurt
- » 2 tsp. honey
- » 1/4 tsp. pure vanilla extract
- » 1/2 c. uncooked rolled oats
- » 1/4 c. raspberries (frozen)

#### Instructions

1. Combine milk, yogurt, sugar, cinnamon, and vanilla extract in a lidded container or jar.
2. Add oats and mix well.
3. Cover and refrigerate at least 8 hours.
4. Enjoy cold or heat as desired.

**Makes one easy, healthy serving!**

#### Nutritional Information

|                    |                    |
|--------------------|--------------------|
| Calories: 311      | Cholesterol: 7 mg  |
| Total fat: 4 g     | Sodium: 86 mg      |
| Saturated fat: 1 g | Dietary fiber: 9 g |

## National Health Observances

### December

**National Influenza Vaccination Week  
December 2-8**

*Centers for Disease Control and Prevention*

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

**National Handwashing Awareness Week  
December 2-8**

*Henry the Hand Foundation*

[henrythehand.com](http://henrythehand.com)

### January

**National Birth Defects Prevention Month**

*National Birth Defects Prevention Month*

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