



live well, work well

## Employee Health Benefits Bulletin

Shamong Township Schools

February 2017

# SEHBP Plans and You

**Online Health Assessments** Take an online assessment to help you determine personal health status, risk factors, and more:

- **Aetna:** feeling anxious or depressed? Aetna offers online [assessments](#) from *Assess Wellbeing* to help gauge your mental and emotional health. Log in at [Aetna Navigator](#) or talk with your doctor to learn more about depression.
- **Horizon BCBSNJ:** your results are matched with Horizon BCBSNJ resources to best address your identified needs: stress, emotional health, nutrition, weight management, and more. Log into [Member Online Services](#) to get started.

**1095 Tax Forms** The Affordable Care Act requires insurers and/or employers to provide you with IRS Form 1095 to report if you were

covered under a qualifying health plan throughout 2016; those who were not may be required to pay a tax penalty. Watch for your form and check for accuracy once it arrives. *Note: you are not required to include the*



*form when filing your taxes; keep it with your tax copies as proof of coverage. Learn more about 1095 forms at [www.state.nj.us](http://www.state.nj.us).*

**Annual Benefits Reminder** Your SEHBP medical plan covers certain Preventive Care services annually, like routine physicals, lab work, and health screenings. In the new year, you can access these services in-network at no charge. Also, any deductibles that may apply to your plans renewed on January 1. See benefit overviews for details.

## New! Employee Benefits Online

Be sure to check out our new health benefits website, *Benefits Online*, where you can see plan booklets and summaries, get the latest news, print forms, learn about wellness programs, and more. **Go to Staff Resources and scroll/click on Employee Benefits Online link.** You're in!

## National Health Observances

### February

#### American Heart Month

American Heart Association  
[www.americanheart.org](http://www.americanheart.org)

### March

#### National Nutrition Month

Academy of Nutrition and Dietetics  
[www.eatright.org](http://www.eatright.org)



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## Healthy Mind Equals Healthy Heart

Mental health can have a dramatic effect on heart health and vice versa. Even though the brain and the heart are located far from one another in the body, they are intrinsically connected and have a significant impact on how the other functions.

In honor of *American Heart Month*, here are some simple meditation tips that, if used properly, can help reduce stress levels and, in turn, improve heart health.

- Go to a quiet environment and sit or lie down in a comfortable position. Then, focus your attention on one thing such as a word, phrase or sound. Repeat that one thing over and over again for 20 minutes.
- Focus your attention on the muscle groups in your feet and slowly move through each group until you reach your head. As you move through each muscle group, try to imagine that you are actually breathing through those organs. As you “exhale,” release the tension from the group.
- Imagine that you are clearing your body of the toxins that you want to get rid of. Concentrate on releasing that energy, which will ultimately reduce the tension in your mind.

Learn more about your good health and meditation at [www.webmd.com](http://www.webmd.com).



## Emotional Eater?

Food is commonly used as a coping mechanism for sadness, depression, and anger. However, eating to suppress feelings not only sabotages efforts to lose weight, it eventually leads to weight gain and more depressed feelings. Since some foods trigger the release of mood-elevating hormones (such as chocolate), the body craves these foods when the mind feels down in the dumps. To prevent or curb emotional eating, consider these suggestions:

- Learn how to identify real hunger.
- Remove unhealthy foods from your home.
- Find comfort outside of food, like a new hobby, listening to music, or talking with a friend.

## Healthy Recipe

### Herbed Garden Pizza

#### Ingredients

- 2 T salt-free tomato, basil, and garlic seasoning blend
- 2 T olive oil
- 1 12-inch prebaked whole wheat thin pizza crust
- 4 Roma tomatoes (thinly sliced)
- 1 ½ cups mushrooms (sliced)
- 2 cups baby spinach
- ½ cup red onion (thinly sliced)
- ¾ cup shredded fat-free mozzarella cheese

#### Directions

1. Place rack in center of oven and preheat to 400 F.
2. In small bowl, mix seasoning blend with olive oil.
3. Place pizza crust on pizza pan; brush pizza dough with olive oil blend and reserve remainder.
4. In a large mixing bowl, gently toss vegetables and remaining olive oil blend.
5. Spread coated vegetables evenly over pizza dough; top with shredded cheese.
6. Bake 10 minutes; serve immediately.