



live well, work well

# Employee Health Benefits Bulletin

Shamong Township Schools

June 2017

## Hot Health Topics

**NJWELL and You** Summer is a great time to catch up on the NJWELL program -- learn how it helps you lead a healthier lifestyle and rewards you at the same time!

When you or your spouse complete complete specified wellness goals, you are each eligible to earn points redeemable toward prepaid Visa cards worth up to \$250. Goals include biometric screenings, online health assessments, and other wellness-related activities.

Don't let the summer go by without taking that step toward a healthier you! Learn more at [www.nj.gov/njwell](http://www.nj.gov/njwell).



**Lab Tests: Stay On Track** Get the lab tests your doctor prescribed even while away on vacation this summer. Horizon BCBSNJ's exclusive lab provider, LabCorp,

and Aetna's preferred provider, Quest Diagnostics, offer many convenient locations nationwide. While appointments are not required, you can choose to schedule yours online at [labcorp.com](http://labcorp.com) or [questdiagnostics.com](http://questdiagnostics.com). Or register online at [Labcorp Beacon: Patient](http://Labcorp Beacon: Patient) or [MyQuest](http://MyQuest) to access your lab results and more.

**Network Doctors** Scheduling annual doctor visits this summer? Log into Aetna [Navigator](#) or Horizon BCBSNJ [Member Online Services](#) or to find in-network doctors. Or visit *Benefits Online* via the *Staff Portal* to find this and other helpful benefit tools.

## National Health Observances

**June: Men's Health Month**  
*Men's Health Network*  
[www.menshealthmonth.org](http://www.menshealthmonth.org)

**July: Juvenile Arthritis Awareness Month**  
*Arthritis Foundation*  
[www.arthritis.org](http://www.arthritis.org)

**August: Psoriasis Awareness Month**  
*National Psoriasis Foundation*  
[www.psoriasis.org](http://www.psoriasis.org)



## Men's Healthy Lifestyle Tips

The leading cause of death for males in the United States is heart disease—followed closely by cancer. Adhering to a healthy lifestyle can help you avoid becoming part of a statistic.

**Watch What You Eat** What you eat and drink can make a significant difference in your overall health. Five or more servings of fruits and vegetables a day, little saturated fat, and no trans fats can improve your health and reduce your risk of developing heart disease and other chronic diseases.

**Know Your Risks** Your genetics, environment, and lifestyle are all factors that can put you at increased risk for certain diseases or conditions. Since you cannot change some factors (like genes), focus on addressing behaviors you can change, like diet, activity level, or smoking.



**Manage Your Stress** Balancing obligations can be challenging. Protect your mental health with a favorite hobby, exercise, or time with friends or family.

**Get Routine Exams** Based on your age, health history, lifestyle, and more, you and your doctor can decide how often to get screened for diseases like hypertension, diabetes, colon or prostate cancer and others. Visit your doctor regularly to stay on track.



## Healthy Recipe

### Greek Yogurt with Warm Blueberry and Blackberry Sauce

#### Ingredients

- 2/3 cup blueberries
- 2/3 cup blackberries
- 1/2 cup water
- 1/4 cup sugar
- 2 Tablespoons fresh lemon juice
- 1 Tablespoon butter
- 2 cups reduced fat plain Greek yogurt

#### Preparations

1. Combine first five ingredients in small saucepan.
2. Bring mixture to a boil.
3. Reduce heat to medium-low; gently simmer 10 minutes or until sauce thickens.
4. Stir in butter.
5. Spoon 1/2 cup yogurt into each of four bowls; top each with about 1/4 cup of sauce.
6. Serve immediately; *enjoy!*