



Live Well, Work Well

Employee Health Benefits Bulletin

June 2022

Shamong Township Schools

Summertime Tips

Timely Tip:

Grilling is popular in the summer, but take precautions to avoid grill fires: keep your grill at least 10 feet away from other objects, place grill on a flat, ventilated surface, and clean regularly to remove grease and fat buildup.

It's hard to believe another summer is here. Keep on track over the summer with the following tips and reminders.

Life Events Reminder While generally able to change your benefit elections only during annual open enrollment, certain life events may qualify as an exception; these include: spouse's loss of health coverage, FMLA-related leave, loss of dependent status, marriage, birth, and more. If such an event occurs in your life, notify our District benefits contact immediately to learn your options. Learn more at [aetna.com](https://www.aetna.com) / [horizonblue.com](https://www.horizonblue.com).

COVID-19 Resources COVID-19 may seem a thing of the past but cases are currently on the rise. Continue to take precautions to protect yourself and those around you; find COVID-19 resources at [aetna.com](https://www.aetna.com) / [horizonblue.com](https://www.horizonblue.com).

Mental health issues like anxiety and depression have been rising during the

pandemic due to issues like social isolation, economic stress, and loss of loved ones. Plus, new research suggests that those who have had COVID-19 are at higher risk of developing mental health conditions. Whether you've had COVID-19 or not, rarely has there been a greater need for mental health support than now. If you need help, find information at [aetna.com](https://www.aetna.com) or [horizonblue.com](https://www.horizonblue.com).

Accessing Medical Services

Summer is the time when many catch up on doctor visits, labwork, and other medical services. Take a proactive role for better health by seeing your doctor yearly, obtaining suggested screenings, and following through with doctor's orders.

Find in-network providers with the *Find-a-Provider* tool at [ims.k12.nj.us](https://www.ims.k12.nj.us) / *District / Staff Resources / Benefits / Employee Benefits Online*.



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Health Insurance Terms Refresher

We wrap up this series with a final assortment of helpful health care terms:

Dependent Status Change: If your dependent loses or gains eligibility for group coverage, it is your responsibility to adjust your health plan status accordingly. This includes, for example, *disenrolling* a spouse from whom you are now divorced or *enrolling* a newborn or new spouse for coverage. It is important to register a status change without delay to avoid loss of coverage or unexpected costs.



Eligible Dependent: An individual, adult or minor, who qualifies for group coverage under your plan based on certain guidelines.

Drug Formulary: A list of generic and brand-name prescription drugs that are chosen by your pharmacy plan to treat certain health conditions. These drugs have been evaluated and researched for safety and effectiveness, and are often the most cost-effective versions of commonly prescribed medications.

Summary of Benefits and Coverage (SBC): A uniform document that outlines the benefits offered by a specific health plan.



Healthy Recipe

Turkey Burgers

Ingredients

- 1 lb. ground 85% lean turkey
- 2 medium onions (chopped)
- 3 Tbsp. lemon juice
- ¼ tsp. Worcestershire sauce
- ¼ tsp. dried or fresh parsley

Preparation

1. Combine the onions, turkey, lemon juice, Worcestershire sauce and parsley. Mix well.
2. Shape the mixture into four patties.
3. Fry the patties in a pan on medium heat or grill them until their internal temperature reaches 165 F.

Nutrition (per serving)

- Total calories 224
- Total fat 14 g
- Protein 20 g
- Sodium 74 mg
- Carbohydrate 6 g
- Dietary fiber 1 g

National Health Observances

June

Alzheimer's & Brain Awareness Month

Alzheimer's Association
alz.org

July

UV Safety Awareness Month

US Department of Veterans Affairs
va.gov

Healthy Vision Month

National Eye Institute
nei.nih.gov

August

National Immunization Awareness Month

Centers for Disease Control and Prevention
cdc.gov