



Live Well, Work Well

Employee Health Benefits Bulletin: October 2017
Shamong Township Schools

We are pleased to present a fresh, new look with this issue of *Live Well, Work Well!* While the format is changed, you will find the same helpful news about your plan carriers, benefits, wellness, and more in each issue. Happy reading!

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

Your SEHBP Plan and the Flu

Most people experience several bouts of influenza throughout their lifetime. According to the Centers for Disease Control and Prevention (CDC), even otherwise healthy people could require hospitalization due to the flu.

Stay healthy this winter by getting your flu shot as early as possible. In addition to your doctor's office, you can visit a carrier-contracted retail location to get your vaccine; visit horizonblue.com or aetna.com to find a nearby provider.

What is Influenza? The flu is an infection of the respiratory tract caused by the influenza virus. It is spread mainly through airborne transmission when an infected person sneezes, coughs, or speaks; one can infect others one day before having flu symptoms and up to five days after becoming ill.

Symptoms Influenza is most often associated with the sudden onset of fever, headache, fatigue, congestion,

cough, and sore throat. Recovery can take a few days or up to two weeks. Other complications such as pneumonia or bronchitis can occur.

Prevention The annual vaccine is your best chance of preventing the flu.



Currently, the CDC recommends that anyone over six months of age receive a flu shot. There are many types of flu virus but the vaccine protects against those that experts believe to be the most common

each year. Learn more at cdc.gov.

NJWell Reminder

Don't miss out on the NJWELL program offered to all active SEHBP members and their spouses/partners. The 2017 deadline to earn up to \$250 in rewards is *October 31!* Learn how to lower your risk factors, improve wellness indicators, and enjoy a healthier lifestyle! Go to state.nj.us or our *Benefits Online* website via the Staff Portal to get started.

1998 Women's Health and Cancer Rights Notice

The federal government mandates certain health coverage for breast reconstructive surgery in any health insurance plan that provides medical and surgical benefits for mastectomies. If your plan provides medical and surgical benefits for mastectomies, and you are receiving benefits in connection with a mastectomy and elect to have breast reconstruction along with that mastectomy, your plan must provide, in a manner determined in consultation between you and the attending doctor, coverage for the following:

- All stages of reconstruction of the breast on which the mastectomy was performed.
- Surgery and reconstruction of the other breast to produce a symmetrical appearance.
- Treatment of physical complications of the mastectomy, including lymphedemas.
- Breast prostheses, which is an artificial form of a breast to help reconstruct its original form.

These benefits are provided to the same extent as any other illness under your coverage, subject to deductible and coinsurance. All other features and benefits of your health insurance plan remain the same and are not impacted by this notification.

Please refer to your Evidence of Coverage for more details on deductibles and coinsurance applicable to your health insurance plan.



Healthy Recipe

Roasted Broccoli with Lemon-Garlic Vinaigrette

Lower your risk of breast cancer with the right foods, like broccoli, olive oil, salmon, parsley, coffee, beans, and more.

Ingredients

- 2 small broccoli crowns (about 8 ounces each)
- 4 tbsp. extra-virgin olive oil, divided
- ¼ tsp. salt plus ⅛ tsp., divided
- 1 tsp. lemon zest
- 1 tblp. lemon juice
- 1 clove garlic, finely grated
- ⅛ tsp. ground pepper

Instructions

- 1) Preheat oven to 425°F.
- 2) Slice broccoli crowns in half; toss with 2 tbsp. oil and ¼ tsp. salt.
- 3) Place cut-side down on baking sheet; roast until stems are tender and browned, 25-30 minutes.
- 4) Meanwhile, combine lemon zest, lemon juice, garlic, pepper, and the remaining ⅛ tsp. salt in small bowl.
- 5) Slowly whisk in remaining 2 tbsp. oil; drizzle the vinaigrette over the roasted broccoli. *Enjoy!*

National Health Observances

October

National Breast Cancer Awareness Month

American Cancer Society

www.cancer.org

Mental Illness Awareness Week

National Alliance on Mental Illness

www.nami.org

Domestic Violence Awareness Month

National Coalition Against Domestic Violence

www.ncadv.org

November

American Diabetes Month

American Diabetes Association

www.diabetes.org

Great American Smokeout

American Cancer Society

www.cancer.org