



live well, work well

Employee Health Benefits Bulletin

April 2016

SEHBP: Be Connected

Met Your 2016 Deductible or Out-of-Pocket Maximum? You may have already paid toward your annual deductible and/or maximum out-of-pocket (MOOP) amount if you have, for instance, visited a doctor or had labwork performed out-of-network in 2016. Find out how much has been applied to your annual deductible or MOOP -- register/log-in at Horizon [Member Online Services](#) or [Aetna Navigator](#) online, plus get help with many other handy features.

Getting Labwork Done? If you are visiting [Quest Diagnostics](#) or [LabCorp](#) for labwork, keep in mind both offer you secure online access where you can view and print lab results, plus share results securely with doctors, book an appointment, find nearby network labs, track your health data, and much more. Just register at [MyQuest](#) or [Labcorp Beacon: Patient](#) to get started.

Need A New Wellness App? Make life easier with a new user-friendly wellness app for your phone, table, and/or computer:

- Horizon [My Health Manager](#) helps you manage your personal health online: you can search for possible causes of your health symptoms, securely store health data for you and your family, check hospital rankings, learn about medical procedures or conditions, and much more.
- [Aetna Mobile](#) apps, for either Android or Apple users, offer access to [Aetna Navigator](#) and other resources, such as your Personal Health Record, wellness discounts, online coaching, and more.



National Health Observances

[April](#)

Sports Eye Safety Awareness Month

American Academy of Ophthalmology

www.aao.org

National Distracted Driving Awareness Month

National Safety Council

www.nsc.org

National Public Health Week

April 4 - 10

American Public Health Association

www.nphw.org

[May](#)

Hepatitis Awareness Month

Centers for Disease Control and Prevention

www.cdc.gov

Melanoma/Skin Cancer Detection and Prevention Month

American Academy of Dermatology

www.aad.org



INTEGRITY CONSULTING GROUP

Employee Benefits Specialists

Integrity Consulting Group
2 Tree Farm Road – Suite A100
Pennington, New Jersey 08054

Office: 609 737 4313
Toll-Free: 888 737 4313
Fax: 609 737 4314



Be Safe In the Sun

Warmer weather is coming and now is a good time to brush up on sun safety to protect yourself against skin cancer. May is [Melanoma/ Skin Cancer Detection and Prevention Month](#) and, although we should protect our skin all year round, the warm weather months pose more risk – more time spent outdoors, less covering of the skin, and the temptation to tan for a ‘healthy glow’.

But there is no such thing as a ‘healthy tan’. Any suntan is the result of sun damage caused by exposure to ultraviolet (UV) radiation. Other types of sun damage include sunburn, wrinkles, age spots, freckles, tough or leathery skin, dilated blood vessels, or skin cancer.

Sun Damage The sun emits two types of UV radiation: UVA (causes aging) and UVB (causes burning). Both types are undetectable — you cannot feel them on your skin. Both are damaging on cloudy and sunny days; both can cause skin cancer.

Skin Cancer People are most susceptible to skin cancer when they are exposed to sudden, short bursts of sunlight where the sun is very strong, such as near the equator or at very high altitudes. The following place people at an even higher risk of developing skin cancer:

- A large number of moles on the skin
- Red or blonde hair, blue eyes, fair skin, freckles
- Difficulty tanning; skin that is easily burned
- A family history of skin cancer
- Taking medications that increase sun sensitivity

Preventing Sun Damage The easiest way to prevent skin damage and lessen your chances of getting skin cancer is to avoid getting sunburn; try these safety tips:

- Stay out of the sun between 10 a.m. and 4 p.m. when it is strongest.
- Wear clothes with tightly woven fabric and a hat that shades your face, neck, and ears.



- Wear sunglasses when outside to avoid developing cataracts and damaging your retinas.
- Use sunscreen that has at least 15 SPF every day, especially on your lips, tips of your ears, and nose.
- Avoid using tanning beds, which give off radiation that is 10 to 15 times stronger than the sun.
- Protect children from sun damage; most sun exposure occurs before age 18.

Avoiding excessive sun exposure and sunburn is the best way to protect yourself from sun damage and skin cancer. Routinely inspect your skin for any changes, and if you suspect that a spot on your skin is new, or has changed color or appearance, see a doctor.

Healthy Recipe

Breakfast Burrito

Ingredients

- 1 ½ cup black beans, cooked
- 4 corn tortillas
- 2 Tbsp. red onion (chopped)
- ½ cup tomatoes (chopped)
- ½ cup salsa, low-sodium
- 4 Tbsp. plain yogurt (nonfat)
- 2 Tbsp. cilantro (chopped)

Directions

Mix beans with onion and tomatoes.

Microwave tortillas between two sheets of slightly damp paper towel on high for 15 seconds.

Divide bean mixture between the tortillas.

Fold each tortilla to enclose filling.

Place on microwave-safe dish and spoon salsa over each burrito.

Microwave on high for 15 seconds. Serve topped with yogurt and cilantro.

Makes: 4 servings