



live well, work well

Employee Health Benefits Bulletin

December 2015

It's hard to believe fall is almost over and we're entering the winter months. During this busy season, take precautions to avoid illness ~ remember to schedule your flu shot, eat healthy, and get plenty of rest.

Your Benefit Updates

Annual Plan Benefits The SEHBP provides benefits for specified covered services relating to Preventive Care, such as routine physicals, screenings, and lab work. Certain preventive care services are covered annually; with the start of the new year, keep in mind that you can access these services in-network at no charge.

Also remember that any deductible amounts that may apply to your plan will renew in the new year. Refer to your plan overviews for more details.

Mobile Apps SEHBP plan members have access to mobile apps to easily search for providers, look up medical claims or ID cards, and more. Learn more at www.state.nj.us.

Updated Aetna Website The revamped SEHBP / Aetna website at www.aetnastatenj.com offers a larger, easy-to-read format so you can find what you need faster. Click the Education (SEHBP) button on the home page to find Navigator, DocFind, NJWell, and other helpful member tools.



Flu Vaccine Reminder Limit your flu risk this

season. Both Horizon and Aetna cover flu vaccines when obtained from a network of selected providers. Click below to find one near you:

- www.aetna.com/docfind
- www.horizonblue.com/flu

Network Updates

Horizon recently [announced](#) that *Bon Secours Community Hospital* and *St. Anthony Community Hospital* are no longer participating facilities as of September 24, 2015. To find other nearby facilities, search using the online *Doctor and Hospital Finder* at www.horizonblue.com.

National Health Observances

December 6-12

National Influenza Vaccination Week
Great time to get your flu shot!
National Center for Immunization and Respiratory Diseases
www.cdc.gov

January

Cervical Health Awareness Month
National Cervical Cancer Coalition
www.nccc-online.org

National Birth Defects Prevention Month *National Birth Defects Prevention Network*
www.nbdpn.org



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Holiday Healthy Eating

The holidays bring to mind thoughts of family, friends, fun, and food. However, each year, millions of Americans struggle to maintain their waistlines during the holidays while surrounded by tempting holiday treats.

Holiday Parties

Enjoy your holiday parties but follow these tips to stay in control of your eating:

- Do not leave the house on an empty stomach—it promotes overeating.
- Avoid standing near the food table, a sure-fire way to overindulge.
- Make socializing your top priority; conversation will keep you occupied and away from the food.
- Limit your drinking; alcohol increases hunger and lowers willpower.
- Provide low-calorie alternatives; for example, offer fruit alongside the cheesecake.



Cooking and Baking

If you are hosting, use that to your advantage because you are in control of what will be served. For example, substitute high-fat or calorie-laden ingredients with healthier choices, such as using an egg substitute rather than a whole egg. But there can also be a downfall when it comes to hosting: the temptation to sample the

food while you are preparing it. To help you resist the urge to snack while cooking:

- Keep your mouth occupied with sugar-free gum or sip tea to reduce your urge to sample while you cook.
- Prepare foods on a full stomach. You will not be as tempted to taste what you are making.



Chicken O'Brien Casserole Healthy Recipe

Ingredients

- 2 pounds frozen O'Brien potatoes (about 8 cups) partially thawed
- 1-1/2 cups fat-free or light sour cream
- 1 cup chopped sweet onions or green onions (use the white and part of the green)
- 10-3/4 ounce can Healthy Request condensed cream of chicken soup
- 1/2 cup fat-free half-and-half (or substitute low-fat or nonfat milk)
- 2 cups shredded, reduced-fat sharp cheddar cheese
- 3 cups shredded, roasted chicken breast and thigh (skinless, boneless)
- 1/2 teaspoon salt (optional)
- 1/2 teaspoon pepper
- 2 ounces baked potato chips, coarsely crushed (or use Light Ruffles)

Preparation

1. Preheat oven to 350 degrees. Generously coat a 13 x 9-inch baking dish with canola cooking spray.
2. In large mixing bowl, combine all ingredients except potato chips. Spread mixture into prepared dish; top with the crushed potato chips.
3. Bake, uncovered, for about 30 minutes, until casserole is lightly brown and bubbling.

Yield: Makes 10 entree servings