



live well, work well

Employee Health Benefits Bulletin

June 2016

SEHBP News...

Warm Weather Workouts?

Planning to begin a new workout to get in shape this summer? The [NJWELL](#) program can get you on track by helping to identify your risk factors, improve your overall health, and reward you with prepaid gift cards at the same time!

Here's how to get started:

- [Watch a video](#) to learn the three easy steps to earn rewards.
- Get inspired with these real-life [success stories](#).
- [Schedule](#) a health screening online today.
- Learn about [health topics](#) that pertain to you.



Limit Out-of-Pocket Costs

Summer is often the best time to catch up on doctor visits, labwork, and other care. One way to limit your out-of-pocket cost-share is to visit *in-network providers* – that is,

providers who are contracted with Aetna or Horizon. They usually can deliver services at lower rates than out-of-network providers.

Find in-network providers at Aetna [DocFind](#) or Horizon [Doctor & Hospital Finder](#).

Hoboken University Medical Center are no longer in-network facilities.

Find details at www.horizonblue.com and visit [Doctor & Hospital Finder](#) to search for alternate providers.

Horizon Network Updates
CarePoint Health Hospitals – Bayonne Medical Center, Christ Hospital, and

National Health Observances

June

National Safety Month

National Safety Council

www.nsc.org

Men's Health Month

Men's Health Network

www.menshealthnetwork.org

Rip Current Awareness Week

National Weather Service

www.noaa.gov

July 28

World Hepatitis Day

Centers for Disease Control and Prevention

www.worldhepatitisalliance.org

August

Immunization Awareness Month

Centers for Disease Control and Prevention

www.cdc.gov



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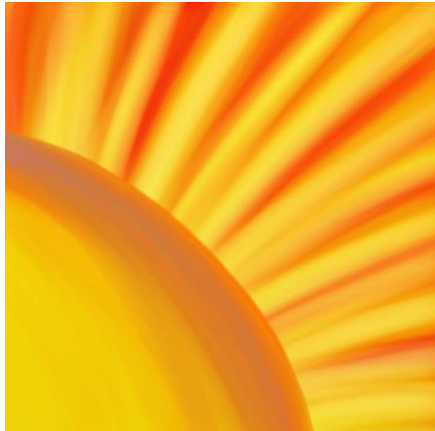
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Summer Sizzle

Summer heat can be more than uncomfortable—it can be a threat to your health, especially for older adults and children. Whatever your age, don't let the summer heat get the best of you.

Heat Exhaustion Heat exhaustion occurs when a person cannot sweat enough to cool the body, usually the result of not drinking enough fluids in hot weather. It mostly develops when playing, exercising, or working outside in extreme heat. Watch for these symptoms:



- Dizziness, weakness, nausea, headache, or vomiting
- Blurry vision
- Body temperature rising to 101°F
- Sweaty skin
- Feeling hot and thirsty
- Difficulty speaking

A person suffering from heat exhaustion must move to a cool place and drink plenty of water.

Heat Stroke Heat stroke is the result of untreated heat exhaustion. Symptoms include:

- Sweating
- Unawareness of heat and thirst
- Body temperature rising rapidly to above 101°F
- Confusion or delirium
- Loss of consciousness or seizure

Heat stroke is a serious medical emergency that must be treated quickly by a trained professional. Until help arrives, cool the person down by placing ice on the neck, armpits and groin. If he/she is awake and able to swallow, offer fluids to drink.

Tips for Staying Cool Preventing these conditions is possible with care and caution. Make sure your day at the beach is exactly that—a day at the beach, not a trip

to the emergency room—by taking these important preventive steps:

- *Drink water:* drink enough to quench your thirst; average adults need eight 8-ounce glasses of water a day—more during heat spells.
- *Dress for the outdoors:* wear lightweight clothing made of natural fabrics and a well-ventilated hat.
- *Eat light:* replace heavy or hot meals with lighter, refreshing foods, like the recipe below.
- *Think cool:* take a cool shower or apply a cold compress to your pulse points. Or, spend time indoors at an air-conditioned mall or movie theater.

Healthy Recipe

Cashew Chicken Salad Lettuce Wraps

Ingredients

- 1 head butter lettuce (or green or red leaf lettuce)
- 1 tablespoon light mayonnaise
- 1/4 cup fat-free sour cream
- 1/4 teaspoon curry powder
- 2 cups skinless, roasted chicken breast, chopped (from a rotisserie chicken)
- 1/3 cup celery, finely chopped
- 2 green onions, finely chopped
- 1/3 cup cashew pieces

Directions

Remove larger, outer leaves from lettuce head; rinse and dry well in paper towels. Whisk mayonnaise, sour cream, and curry powder in a small bowl.

In a medium bowl, combine remaining ingredients and gently toss until blended. Pour dressing over top and toss. Cover and refrigerate until ready to serve.

Before serving, spoon about 1/3 cup of chicken salad mixture into the center of each lettuce leaf. Wrap & enjoy! *Makes 4 servings (2 wraps each).*