



live well, work well

Employee Health Benefits Bulletin

October 2015

We're well into Autumn and the new school year. Enjoy what's left of fresh local produce and the pleasant weather before the cold weather sets in. And learn the latest with your health plans right here too.

SEHBP News

NJ Well Reminder

Year 2 of the NJ Well Program ends October 31, 2015. When you obtain required health screenings and complete elective activities by October 31, you and your spouse can be awarded up to \$200 in Visa gift cards. Don't miss out...learn more at www.nj.gov/njwell/.

Aetna members can now obtain a biometric health screening at a Quest Diagnostic Patient Service Center. To get started, create an account at we.blueprintforwellness.com and use "NJWELL" as your registration key. Then, schedule a screening at your convenience; get instructions [here](#).

Contacting Horizon

Horizon now offers a new way to get answers to your health care

questions: *My Message Center*. Just follow these easy steps:

- Log into [Member Online Services](#)
- Click *My Message Center* at the top of the screen
- Click *Send Us A Message*
- Choose a topic category
- Type your message; click *Send*
- A Horizon representative will respond within two days
- Log into Member Online Services to view your response

Take a [tour](#) to learn what other tools [Member Online Services](#) offers.

2016 Open Enrollment

Be aware that the 2016 Open Enrollment for the SEHBP plans is coming soon. During Open Enrollment you can make changes

to your plans like add or remove a dependent, change coverage levels, move to a different plan, and more. Any changes you make are effective January 1, 2016. Watch for Open Enrollment info to come.

National Health Observances

October

***National Breast Cancer Awareness**
American Cancer Society
www.cancer.org

***Domestic Violence Awareness**
National Coalition Against Domestic Violence
www.dcadv.org

November

***American Diabetes Month**
American Diabetes Association
www.diabetes.org/

***Great American Smokeout**
American Cancer Society
www.cancer.org (November 19)



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



Women's Health and Cancer Rights Act Notice

The federal government enacted the Women's Health and Cancer Rights Act in 1998.

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 your 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.



Roasted Pumpkin Soup

Healthy Recipe

Pumpkins are in season now – try making a fresh puree by roasting a small pie pumpkin then processing the flesh in a blender or food processor. However, canned pumpkin puree is available all year and is an easy alternative for this recipe.

Ingredients

- 3/4 cup water, divided
- 1 small onion, chopped
- 1 can (15 ounces) pumpkin puree
- 2 cups unsalted vegetable broth
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 cup fat-free milk
- 1/8 teaspoon black pepper

Directions

In a large saucepan, heat 1/4 cup water over medium heat. Add onion and cook until tender, about 3 minutes. Don't let onion dry out.

Add remaining water, pumpkin, broth, cinnamon, and nutmeg. Bring to a boil, reduce heat and simmer for 5 minutes. Stir in the milk and cook until hot. Don't boil.

Ladle soup into warmed bowls and garnish with black pepper. Serve immediately. Serves 4.