



live well, work well

# Shamong Township Schools

Employee Health Benefits Bulletin

December 2016

## Stay Well Ahead

Winter is upon us and the new year is just ahead. Be prepared with these wellness reminders and some help from your SEHBP plans.

### Annual Plan Benefits

Your SEHBP plans provide benefits for specified covered services related to Preventive Care, such as lab work, screenings, and routine physicals. Certain Preventive Care services are covered annually; with the start of a new year ahead, keep in mind you can access these services in-network at no charge.

Also remember that any deductible amounts that may apply to your plans will renew in 2017. See your benefit overviews for details.

**Start 2017 Off Healthy** Need some motivation to get healthier in 2017? The NJWELL program can help you get started with vital

screenings, health assessments, and wellness activities. Earn points when you complete specific goals and build your rewards – up to \$250 for points earned before October 31, 2017. Personal wellness coaches help you stay on track. Find more info at [www.nj.gov/njwell](http://www.nj.gov/njwell).



**Feeling Down?** The colder days ahead with fewer hours of sunlight may cause some to feel less energetic, have trouble sleeping, or feel depressed most of the day. If you face these “winter blues” each year, you could suffer from SAD, or [Seasonal Affective Disorder](#).

The National Institute of Mental Health (NIMH) [advises](#) that:

- Women are four times more likely to suffer from SAD than men.

- Those with a family history of or diagnosed with bipolar disorder or depression are especially at risk.
- Younger adults are at higher risk than older adults; SAD can also occur in children and teens.

Ask your doctor if you have questions about SAD. For more wellness info, visit [www.aetna.com](http://www.aetna.com) or [www.horizonblue.com](http://www.horizonblue.com).

## National Health Observances

### December

#### National Influenza Vaccination Week

December 4 - 12

Centers for Disease Control and Prevention [www.cdc.gov](http://www.cdc.gov)

### January

#### Thyroid Awareness Month

American Assn. of Clinical Endocrinologists

[www.thyroidawareness.com](http://www.thyroidawareness.com)

#### Winter Sports TBI Awareness Month

The Johnny O Foundation

[www.thejohnnyo.org](http://www.thejohnnyo.org)



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## Stay Resolved and Be SMART

According to research, only 8 percent of people who make New Year's resolutions are able to achieve them. This could be due to people setting unrealistic goals or setting no goals at all. If you want to make a resolution in the new year and actually stick to it, consider setting a "SMART" goal—one that is **s**pecific, **m**easurable, **a**ttainable, **r**ealistic and **t**imely.

For example, you have resolved to take three CrossFit classes per week for 60 days. If you achieve your goal at the end of that 60-day period, you should reward yourself with something worthwhile. Then, keep your original goal going by setting a new SMART goal after achieving each one. Remember to determine your reward when setting your SMART goal. That way, when you are five weeks in and tempted to give up, instead set your sights on that specific reward and remind yourself how close you are.

### How to Make and Keep Your New Year's Resolutions



**S**-Be **specific**. Specific resolutions make them more concrete and exciting. General resolutions are static and often lack inspiration.



**M**-Make them **measurable**. Determine benchmarks against which you can determine progress. Without measurable benchmarks, you can't gauge progress and may not feel motivated to continue.



**A**-Make them **attainable**. Choose resolutions that are important to you and actually inspire you to take action.



**R**-Be **realistic**. You must be willing and able to work toward something concrete. Set yourself up for success with a resolution that you are realistically able to achieve.



**T**-Be **timely**. Identify a solid start and finish. Without that, you will have no sense of urgency to accomplish your goal.

## Avoid Food Poisoning

Each year, approximately 1 in 6 Americans get sick from food poisoning. Most recover without any long-lasting effects; however, those who are pregnant, elderly, or have chronic conditions are more at risk for developing complications. Ensure your food is safe with these preventive tips:

- Check expiration dates on food packages
- Wash hands, cutting boards, and knives with antibacterial soap and hot water
- Never serve meat on the same plate it was placed when raw
- Use a food thermometer to ensure chicken and turkey is cooked to 165°F and ground beef, steaks, and roasts are cooked to 160°F
- Avoid thawing foods at room temperature
- Wash fruits and vegetables thoroughly, especially those that are not cooked (e.g., apples or pears)

## Healthy Recipe

### 30-Minute Chili

#### Ingredients

- 1 lb. ground beef
- 1 onion, chopped
- 2 cups light red kidney beans, cooked
- 1 can tomato soup (no water added)
- 1 Tbsp. chili powder, or to taste
- 10 drops hot pepper sauce, or to taste

**Directions** In a large skillet, cook the meat for about 10 to 15 minutes or until brown. Drain the meat, add the onion, and cook for five minutes.

Add the kidney beans, soup, and chili powder; heat for five minutes or until hot. If using hot pepper sauce, add the sauce then, too.

Serve alone or atop whole wheat pasta or rice.

Yield: 6 servings. 310 calories, 10 grams Fat, 28 grams Protein, 26 grams Carbohydrates per serving.