



# Live Well, Work Well

Employee Health Benefits Bulletin: April / May 2018  
Warren Hills Regional School District

## Spring Into Good Health

Welcome Spring!  
Timely tip: if you didn't check your smoke and carbon monoxide detectors when you set your clocks ahead last month, do so now! Make it a yearly habit.

**May is National Allergy and Asthma Awareness Month** Springtime allergies are an annual nuisance for many people.

Mold growth increases due to rain and many plants begin releasing pollen. Likewise, spring-cleaning activities can stir up dust mites. To reduce your allergies, take the following steps:



- Wash your bedding weekly in hot water to keep pollen under control.
- Wash your hair before bedtime since pollen can accumulate in your hair.
- Wear an inexpensive painter's mask and gloves when cleaning, painting, or vacuuming to limit dust and chemical inhalation or skin exposure.
- Vacuum twice a week.
- Limit the number of throw rugs in your home to reduce dust and mold.
- Make sure your rugs are washable.
- Change filters before running the air conditioning system.

Your Horizon BCBSNJ plan offers helpful education on allergies and asthma.

Check out [horizonblue.com](http://horizonblue.com) or log into [Member Online Services](#) to take a WebMD allergy assessment and more.

### Reminder: New Horizon CareOnline Telemedicine

Take time to [sign up](#) for your *Horizon CareOnline* telemedicine benefit today. Once enrolled, you can visit with a doctor *online* – no

appointment is necessary. Copay typically applies. See the attached flyer or visit [www.horizonblue.com](http://www.horizonblue.com) for info.

**What's the Buzz?** Stay current with your health plans using the many tools Horizon BCBSNJ offers when you sign into [Member Online Services](#): FAQs, secure email, and Chat. Or connect via [Facebook](#), [Twitter](#), or [YouTube](#). Other resources:

- Member Services: (800) 355-BLUE/2583
- Behavioral Health: (800) 626-2212
- *Horizon Connect* Retail Location: 1680 Nixon Drive, Moorestown, NJ

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INTEGRITY CONSULTING  
GROUP  
104 Interchange Plaza  
Suite 202  
Monroe Township  
New Jersey 08831  
(888) 737-4313

## National Health Observances

### April

**Donate Life Month**  
*U.S. Dept. of Health & Human Services*  
[organdonor.gov](http://organdonor.gov)

**Oral Cancer Awareness Month**  
*Oral Cancer Foundation*  
[oralcancerfoundation.org](http://oralcancerfoundation.org)

**May**  
**Allergy and Asthma Awareness Month**  
*Asthma and Allergy Foundation of America*  
[aafa.org](http://aafa.org)

**Mental Health Month**  
*Mental Health America*  
[mentalhealthamerica.net](http://mentalhealthamerica.net)

**International Mediterranean Diet Month**  
*Old Ways*  
[oldwayspt.org](http://oldwayspt.org)

## Omega-3 & Fish Oils

Believe it or not, there is one type of fat experts say we need more of in our diets. This special fat, omega-3, isn't produced by the body and must be consumed through the food we eat. Fish is nature's most abundant source of the essential fat omega-3. Fish collect this special fat when they eat algae and other marine life. Most Americans, however, are omega-3-deficient due to refined and over-processed foods in our diets and failure to eat fish regularly.

**Health Benefits** Most noted for its ability to reduce the risk of cardiovascular disease, omega-3 has also been shown to reduce blood pressure and inflammation, inhibit cancer growth, and help alleviate depression. Compelling evidence also suggests that omega-3 fats are beneficial to those with diabetes.

**Recommended Servings** Most experts agree that everyone should consume two or more servings each week of fatty fish such as salmon, herring, whitefish, tuna, rainbow trout, or sardines. If you don't like fish or you have a higher need for omega-3 fats, ask your doctor about adding daily supplements.

Overall, remember that good fats compete with bad fats. Limit your consumption of trans fat, saturated fat, and cholesterol, and increase intake of good fats, like omega-3 and other fatty acids to help repair some of the damage that bad fats cause.



## Healthy Recipe

### Baked Cod with Spinach

#### Ingredients

- 1 Tbsp. vegetable oil
- 1 pound skinless cod fillets
- 1 yellow onion (chopped)
- 2 cloves garlic (minced)
- 2 cups canned low-salt diced tomatoes
- 1/2 cup water
- 2 cups frozen spinach (thawed, chopped)
- 1/4 cup Kalamata olives (pitted, chopped)

#### Instructions

1. Preheat skillet over high heat. When hot, add 1-1/2 tsp. oil.
2. Add fish. Cook about five minutes on each side, until deeply browned; remove fish to a plate and cover.
3. Reheat the skillet to medium heat. Add the remaining oil, onion, and garlic; cook about seven minutes.
4. Add tomatoes and water; cook about 10 minutes, until mixture thickens and turns to orange color.
5. Return fish to skillet with the tomato mixture. Cover with spinach and sprinkle with olives.
6. Cover skillet. Cook two minutes on low or until spinach is steamed; serve hot.



# Horizon CareOnline<sup>SM</sup>

## Convenient medical care – online, anytime.



Horizon Blue Cross Blue Shield of New Jersey makes it easier for you to stay in control of your health. You can use **Horizon CareOnline** to talk with a licensed, U.S. board-certified doctor via video, chat or phone 24 hours a day, seven days a week – no appointment is needed.

We work with American Well, a leader in telemedicine, to bring you care that is:

- **Dependable.** 24/7/365 access.
- **Convenient.** No appointment is needed and ePrescriptions can be provided if you need one.<sup>1</sup>
- **Confidential.** Private and secure; compliant with the Health Insurance Portability and Accountability Act of 1996 (HIPAA).

With Horizon CareOnline, you can be treated for symptoms and conditions such as a cold, flu, fever or rash, abdominal pain, sinusitis, an ear infection and much more.

There are three ways to enroll and use Horizon CareOnline:

- Visit **HorizonCareOnline.com**.
- Call **1-877-716-5657**.
- Scan the QR code at the right to get the Horizon CareOnline app from the App Store<sup>SM</sup> or Google Play<sup>TM</sup>.



When you first enroll, enter **Horizon Blue Cross Blue Shield of New Jersey** as your health plan.

Horizon Blue Cross Blue Shield of New Jersey complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

Spanish (Español): Para ayuda en español, llame al **1-855-477-AZUL (2985)**.

Chinese (中文): 如需中文協助, 請致電 **1-800-355-BLUE (2583)**。

<sup>1</sup> Telemedicine is available in all states except Arkansas and Texas, where video consultations are not permitted under the law.

For more information, visit [info.americanwell.com/where-can-i-see-a-doctor-online](http://info.americanwell.com/where-can-i-see-a-doctor-online).

For technical assistance, please email [HorizonCareOnline@AmericanWell.com](mailto:HorizonCareOnline@AmericanWell.com).

Once you are enrolled, you can visit with a doctor on Horizon CareOnline when:

- Your doctor's office is closed.
- You feel too sick to drive.
- You are traveling and need medical care.

This valuable service is offered as a convenience and does not replace your relationship with your Primary Care Physician (PCP) or personal doctor.

### How Much Does a Visit Cost?

The amount you pay depends on your plan's telemedicine benefit. Check with your group's benefits administrator or call Horizon BCBSNJ Member Services at the number on the back of your member ID card for details.

**It's free to sign-up – enroll today.**

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American Well is an independent company that supports Horizon Blue Cross Blue Shield of New Jersey in the administration of telemedicine services.

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