



Live Well, Work Well

Employee Health Benefits Bulletin February 2019

Warren Hills Regional Schools

Plan News to Use

Timely heart health tip: If you or someone you know experiences one or more of these signs of a heart attack, call 911 immediately: chest or other upper body discomfort (arms, back, neck, jaw, or stomach), lightheadedness, shortness of breath, nausea, or a cold sweat.

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

This issue includes helpful reminders and updates about your benefit plans. Take time to review the latest news:

Annual Plan Benefits

Your Horizon BCBSNJ medical plan provides benefits for specified covered services related to Preventive Care, such as lab work, screenings, and routine physicals—many are covered annually. With the start of each new year, keep in mind you can access these services in-network at no charge. *Reminder: any deductibles that apply to your plans renewed on January 1; see your benefit overviews for details.*

Heart Health The American Heart Association (AHA) estimates that over 1 in 3 women has some form of cardiovascular disease. And, heart disease is the leading cause of hospital stays for men in the United States. The AHA recognizes each

February as *American Heart Month* to raise awareness about the disease

and how to prevent it. Learn all you can to keep your heart healthy: go to My Health Manager at Horizon BCBSNJ [Online Member Services](#) and



check out this [video](#) on adding exercise and reducing stress to improve overall heart health. *Make February your heart health month!*

Connection Reminders Horizon BCBSNJ offers many online tools to help you stay informed about your benefits and good health:

- » [Online Member Services](#)
- » [Frequently asked questions](#)
- » [Doctor & Hospital Finder](#)
- » [Facebook, Twitter, YouTube](#)
- » [Horizon CareOnline telemedicine](#)

Doctor's Orders

Do you know exactly what constitutes “clear liquids”? What is a sitz bath? You may not know what these and other common medical directives are but your doctor probably assumes you do:

Baking Soda Bath These baths can help relieve the discomfort of certain skin problems. Fill a tub of warm, distilled water with ½ cup of baking soda.

Bland Diet This is usually recommended to help alleviate stomach problems such as ulcers, nausea, vomiting, diarrhea, or gas. A bland diet includes foods that are soft, lightly seasoned, and low in fiber:

- » Clear liquids (distilled water, clear fruit juices, broth, or tea)
- » Low-fiber cereals, potatoes, or rice
- » Bananas; cooked and mashed vegetables without stems and seeds
- » No dairy products, alcohol, caffeine, and spicy or fried foods

Honey-Lemon Cough Mixture This can help soothe a sore throat and act as an expectorant. To prepare, mix two-parts honey to one-part lemon juice.

Hot Packs Can relieve chills, sooth a headache, and more. To prepare, wrap a filled hot water bottle in a towel soaked in warm water (and wrung out). Cover in plastic and apply to affected area for 20 minutes; remove for 20 minutes; repeat.

Sitz Bath Helps ease pain from hemorrhoids, abdominal cramps, and bladder or yeast infections by soaking the hips and buttocks in warm, distilled water or a warm salt water solution.



Healthy Recipe

Curried Potatoes

Ingredients

- » ¼ cup butter
- » 1 onion (finely chopped)
- » 3 cups potatoes (cubed)
- » ¾ cup chicken broth
- » ½ Tbsp. curry powder
- » ½ Tbsp. lemon juice

Instructions

- 1) Boil the potatoes in a medium saucepan until fork-tender. Drain off the hot water. Transfer to a bowl of ice water.
- 2) Melt the butter in a frying pan or skillet over medium heat.
- 3) Sautee the onion in the butter until it turns yellow.
- 4) Drain the water from the potatoes and add to the frying pan. Stir and cook until the potatoes absorb the butter.
- 5) Add the broth, curry powder, and lemon juice.
- 6) Cook until potatoes have absorbed the broth. *Enjoy!*

National Health Observances

February

American Heart Month

American Heart Association
heart.org

National Children's Dental Health Month

American Dental Association
ada.org

March

Bleeding Disorders Awareness Month

National Birth Defects Prevention Month
hemophilia.org

National Kidney Month

National Kidney Foundation
kidney.org

National Nutrition Month

Academy of Nutrition and Dietetics
eatright.org