



Live Well, Work Well

Employee Health Benefits Bulletin: January 2018
Warren Hills Regional Schools

Welcome to your first issue of Live Well, Work Well, a bulletin provided by our District's new health benefits consultant, Integrity Consulting Group. Get news about your good health with benefit updates, healthy recipes, wellness tips, and more. Watch for future issues coming soon!

Brought to you by
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A New Year with Horizon BCBSNJ

Annual Preventive Benefits Your Horizon BCBSNJ plan provides benefits for specified covered services related to Preventive Care, such as routine physicals, labwork, and screenings. Certain Preventive Care services are covered annually, so at the start of 2018, remember you are able to access these services in-network at no charge.

Also remember that any deductible amounts that may apply to your plans renew in 2018. Review your benefit overviews for details.

Connect with Horizon BCBSNJ Stay up-to-date with your plan benefits—try using the online tools Horizon BCBSNJ offers 24/7.

Take time to [register](#) for [Online Member Services](#) in the new year to view personal claims and plan benefits, download or request ID cards, track health data, learn about wellness program options, and more.

Have a general question about your plan? Check the FAQs found online at horizonblue.com. Topics cover claims, enrollment, benefits, and more.

Once you sign into [Online Member Services](#), get personalized help with [Chat](#), [Email Us](#), or call toll-free at (800) 355-BLUE or the number on your ID card Monday through Friday 8am to 8pm EST.

Finally, to find a doctor or facility that is in your plan network, use the online [Doctor & Hospital Finder](#). Search by zip code or specialty, get directions, send info to your phone, and more.



New Year, New Health
Take control of your health in 2018! Horizon BCBSNJ can help you get on track. Begin by completing a confidential online health assessment to identify your risks. Then, address your individual needs with info about stress or weight management, fitness, nutrition, discounts on health-related products and services. Get started today at [Online Member Services](#).

Healthier Eating Tips

When attending social gatherings or family get-togethers, it can be difficult to avoid treating yourself when offered good food and drinks. Whether you're dieting or just trying to maintain your healthy lifestyle, fear not—start 2018 without feeling remorse or guilt. Consider these tips:

- ✓ Eat a light snack before attending an event so you don't arrive on an empty stomach and devour everything in sight.
- ✓ Pace yourself when drinking alcohol; overindulgence can pack on the pounds.
- ✓ Eat slowly and be mindful of every chew. It takes your body 20 minutes or so to realize when it is full.
- ✓ Don't feel pressure to eat leftovers. If you have an abundance of leftovers after hosting an event, don't feel like you have to eat them just because you don't want them to go to waste.
- ✓ Practice self-control—for example, allow yourself one plate of food and promise yourself that you won't go back for seconds.
- ✓ Finally, be realistic. Keep your goals simple and don't berate yourself if you don't meet them—just start fresh the next day!



Healthy Recipe

Tangy Tomato Dip

Try this healthier dip with nutritional dried tomatoes as the main ingredient.

Ingredients

- 6 tablespoons light cottage cheese
- 1/4 cup sun-dried tomatoes in olive oil, drained well
- 1/4 cup light cream cheese
- 1 teaspoon fresh lemon juice
- Dash garlic powder
- Dash hot sauce (optional)
- 2 -4 tablespoons buttermilk
- Baked potato chips

Instructions

1. In a food processor, combine the cottage cheese, sun-dried tomatoes, cream cheese, lemon juice, garlic powder, and hot sauce. Pulse until mixture forms a slightly textured dip, adding buttermilk to thin as desired.
2. Scrape mixture into a bowl and serve with baked potato chips; store in refrigerator up to two days.

Nutritional Information

Per serving: 162 cal., 5 g total fat (2 g sat. fat), 23 g carb. (2 g fiber), 5 g pro.

January National Health Observances

Cervical Health Awareness Month

National Cervical Cancer Coalition
nccc-online.org

National Radon Action Month

U.S. Environmental Protection Agency
epa.gov

National Glaucoma Awareness Month

American Academy of Ophthalmology
aao.org

Folic Acid Awareness Week January 8 - 14

National Birth Defects Prevention Network
nbdpn.org