



Live Well, Work Well

Employee Health Benefits Bulletin

October 2020

Shamong Township Schools

Good Health: Prepare & Protect

Timely Tip: If you are planning a move, be sure to notify our District benefits contact with your new address. This will allow us to update your address internally and with our plan carriers.

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

Check out these tips to prepare for better health in the months ahead:

Don't Delay

Plan to get your flu vaccine early this year; [flu season](#) begins in October and peaks December to February. Even healthy people can require hospitalization, so prepare now: Horizon BCBSNJ offers flu vaccines at select New Jersey pharmacies; [log into](#) your Horizon BCBSNJ online account to learn more.

If you've delayed annual physicals, screenings, or other [preventive care](#) due to the pandemic, contact your doctor's office about safely seeking care; a delay can worsen a minor condition or increase risks for a major illness. Most facilities are open and operating with safety precautions in place. Search the [Doctor & Hospital Finder](#) tool to find nearby providers.

Connect to Protect

These are uncertain times; if you

are feeling the strain, Horizon BCBSNJ can help. [Webinars and videos](#) continue



to be available online or connect with [Horizon Behavioral Health](#) for guidance. Get up-to-date [pandemic](#) info or learn about 24/7 online care at [Horizon CareOnline](#).

Be Prepared: New NJEHP Plan

The NJEHP medical/prescription plan takes effect January 1, 2021. There are two scenarios based on your start date with our District:

- Start date prior to July 1, 2020:** you have the option during an upcoming open enrollment to remain in your current plan or auto-transfer to the NJEHP for January 1, 2021.
- Start date on or after July 1, 2020:** you will auto-transfer to the NJEHP for January 1, 2021.

Watch for more details coming soon.

1998 Women's Health and Cancer Rights Notice

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 deductible and coinsurance. All other features and benefits of your health insurance plan remain the same and are not impacted by this notification. Refer to benefit materials for details on applicable deductibles and coinsurance.



Healthy Recipe

Pumpkin Pudding

Ingredients

- 1 15-ounce canned pumpkin
- 1 tsp. cinnamon
- 1/2 tsp. ginger
- 1/4 tsp. nutmeg
- 1/4 tsp. cloves
- 1/8 tsp. salt
- 1-1/2 cups low-fat milk
- 1 3.5-ounce box instant vanilla pudding

Directions

1. In a large bowl, mix pumpkin, salt, and spices together.
2. Slowly stir in milk and mix well.
3. Add instant pudding mix and stir for 2 minutes until it thickens.
4. Refrigerate until serving time.

Serving Size

3/4 cup: each serving provides 120 calories, 1 g total fat, 1 g saturated fat, 3 g protein, 320 mg sodium, 25 g carbohydrates, 2 g dietary fiber, and 21 g total sugars

National Health Observances

October

National Breast Cancer Awareness Month

breastcancer.org

Sudden Cardiac Arrest Awareness Month

stopcardiacarrest.org

November

American Diabetes Month

American Diabetes Association
diabetes.org

Chronic Obstructive Pulmonary Disease (COPD)

American Lung Association
lung.org

National Healthy Skin Month

American Academy of Dermatology
aad.org