



# Live Well, Work Well

Employee Health Benefits Bulletin October 2019  
Warren Hills Regional School District

## Timely Tip:

Less stress is better. Limit yours by planning and prioritizing your most important responsibilities. Plan fun activities to clear your mind. Use the “do-not-disturb” function on your phone to avoid constant interruptions.

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## A New Season *for* Better Health

*Autumn is here! It's a good time to evaluate your health status: what can you do for better health?*

*Here's a start:*

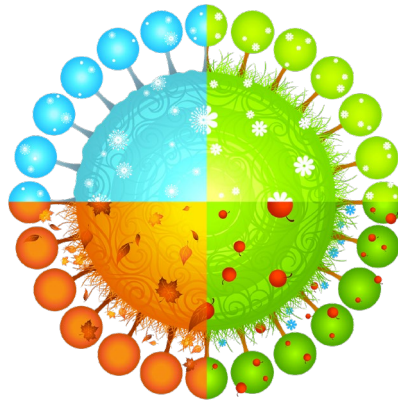
**Beat the Flu** Now is the time to get vaccinated against this season's flu. The Centers for Disease Control and Prevention (CDC) suggests those six months of age or older should get the vaccine each year. Vaccines will not make you sick, but you may have minor side effects that mirror flu for a day or two.

See your primary doctor or search for a retail pharmacy in New Jersey that is part of the Horizon BCBSNJ vaccine program on our *Benefits Online* website at *Staff Portal / Human Resources / Benefits Online*. These pharmacies may also provide vaccines for Hepatitis A and B, pneumococcal, papilloma virus (HPV), shingles, and more.

**Go Organic** According to the Organic Trade Association (OTA), organic foods

are healthier for your body, better for society, and less expensive in the long run. Unlike traditional agricultural foods, organics are grown without pesticides, which potentially contain cancer-causing agents and heavy metals that can cause nerve damage. Feel the price tag for organic foods is too high? Try a local farmer's market or natural food co-op for better pricing.

**Avoid Technology at Bedtime** Trouble sleeping? Using your phone or other electronic devices before bed can disrupt REM sleep cycles and the production of melatonin, a sleep-promoting hormone. Check your device setting for a “nighttime” mode to adjust screening brightness; better yet, refrain from using devices for at least an hour prior to bedtime. Set sounds to “silent” so texts or emails won't wake you. Better sleep is possible!



## 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 Apple Pistachio Crisp

### Ingredients

- 3 apples (unpeeled, cored, cut into 1-inch chunks)
- 1/2 c. raisins
- 1/2 juiced lemon
- 1/2 c. old-fashioned oats
- 1/4 c. whole-wheat flour
- 1 tsp. cinnamon
- 3 Tbsp. brown sugar
- 1/4 c. unsalted, chopped pistachios
- 2 Tbsp. melted butter

### Directions

1. Heat oven to 350 F.
2. Place sliced apples, raisins, and lemon juice in an 8-by-8-inch pan or baking dish. Toss.
3. In a bowl, mix remaining ingredients except melted butter.
4. Add melted butter and mix until texture is consistent; sprinkle over apple-raisin mixture.
5. Bake uncovered for 45-50 minutes or until apples are tender. Yield: four servings.

## National Health Observances

### October

#### National Breast Cancer Awareness Month

American Cancer Society  
[cancer.org](http://cancer.org)

#### National Dental Hygiene Week

American Dental Hygienists' Association  
[adha.org](http://adha.org)

### November

#### American Diabetes Month

National Diabetes Association  
[diabetes.org](http://diabetes.org)

#### Great American Smokeout

American Cancer Society  
[cancer.org](http://cancer.org)

#### Lung Cancer Awareness Month

American Lung Association  
[lung.org](http://lung.org)