



# EVERYDAY WELLBEING

September Is The Month for:

- Healthcare Consumerism
- Healthy Aging
- Healthy Eating



Healthcare consumerism is a movement where individuals take more control of their own health benefits and healthcare decisions. This growing patient empowerment allows people to be more conscientious of their benefits and the costs associated with them. That's why we launched NBOE Well to provide you with the resources and tools necessary to make the best choices for you and your families.

Did you know September is Healthy Aging Month? The “Healthy Aging Campaign” was established 15 years ago, and since then, individuals help others become aware of their physical and mental health, diet, social skills and even financial situations; all factors that contribute to successful aging.

Healthy Aging Month encourages to act how you feel — instead of acting your age! This month also encourages our seniors to take charge of their well-being, by aging with a healthy body (physical health) and a healthiest mind (mental health).

There are many ways to use Healthy Aging Month as inspiration to being celebrating life, and the month is dedicated to helping individuals gain a more positive outlook about growing older. And while genetics play a role when it comes to aging, seniors still can take steps to encourage better health. For tips and more information, visit <https://health.gov/our-work/national-health-initiatives/healthy-aging/about-healthy-aging>



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Eating a healthy diet is not about strict limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, improving your health, and boosting your mood.

Healthy eating doesn't have to be overly complicated. If you feel overwhelmed by all the conflicting nutrition and diet advice out there, you're not alone. It seems that for every expert who tells you a certain food is good for you, you'll find another saying exactly the opposite. The truth is that while some specific foods or nutrients have been shown to have a beneficial effect on mood, it's your overall dietary pattern that is most important. The cornerstone of a healthy diet should be to replace processed food with real food whenever possible. Eating food that is as close as possible to the way nature made it can make a huge difference to the way you think, look, and feel.

By using these simple tips, you can cut through the confusion and learn how to create—and stick to—a tasty, varied, and nutritious diet that is as good for your mind as it is for your body. For more tips, visit <https://www.aetna.com/health-guide/easy-healthy-eating.html>





# A HEALTHIER YOU STARTS HERE!

## 2022 Healthy Actions Program

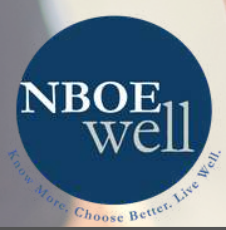
**Join NBOE Well for the 2022 Healthy Actions Program!**

If employees obtain two (2) of any of the screenings listed below between January 1st, 2022 through December 31st, 2022, you will earn a \$50 gift card!

- Annual Physical
- Colonoscopy
- Sigmoidoscopy
- Well woman
- Mammogram
- Pap smear
- Immunization/vaccine (flu, H1N1, pneumococcal, hepatitis b)
- Prostate Exam

Visit [www.aetna.com](http://www.aetna.com) to find a provider and schedule your screening(s) today.

For more information about this program, please visit: [www.hrconnection.com](http://www.hrconnection.com) Guest key: (NBOE) . Under the Wellness tab, click Healthy Actions.



# NEW HIRE INFORMATION

## Onboarding Benefits & Pension Overview

Did you visit

[www.hrconnection.com](http://www.hrconnection.com)?

Username/Guest

key is **NBOE**, click on New

Employees tab

[Health Coverage](#)

Did I enroll onto health

benefits by visiting

[www.NBOEbenefits.com](http://www.NBOEbenefits.com)?

### Pension

Did you complete your pension retirement application?

Teachers' Pension and Annuity Fund (TPAF) - Link to TPAF Pension Enrollment Form: [TPAF Enrollment Form](#)  
(For example, teachers, vice-principal, principal, etc.)

Public Employees Retirement System (PERS) - Link to PERS Pension Enrollment Form: [PERS Enrollment Form](#)  
(For example, clerks, custodial, various administrative roles, etc.)

Defined Contribution Retirement Program (DCRP) - Link to DCRP Pension Enrollment Form: [DCRP Enrollment Form](#)  
(For example, Teacher Aides, Personal Aides, etc.)

### IMPORTANT:

If you are currently actively enrolled in a State of New Jersey Pension Plan with your former employer and plan to transfer your pension service over to this new location, you must complete a Report of Transfer: [Link to TPAF Report of Transfer Form](#) or [PERS Report of Transfer Form](#).



**COMING  
SOON!**

**OPEN  
ENROLLMENT**

**NOVEMBER 1, 2022 - NOVEMBER 15, 2022**

**NEW CHANGES THIS YEAR**

**TAKE ACTION! Participation is mandatory to enroll or waive medical coverage**

**NEW PLAN: Garden State Health Plan (GSHP) with Aetna**

Rehires and new employees hired ON or AFTER July 1, 2022 will have the option to enroll in the new Garden State Health Plan, NJ Educator's Health Plan or waive coverage.

- **How to Enroll:** On November 1st, employees will receive an email from WEX advising to log into [www.NBOEBenefits.com](http://www.NBOEBenefits.com) to select benefit options. Use your NPS email and password to gain access.
- **FSA Enrollment :** Open enrollment is also the time to enroll or re-enroll for your 2023 healthcare and/or dependent care flexible spending account(s) (FSA).
- **Know More:** Detailed questions & answers on the GSHP and NJEHP (FAQ document), and 2023 Benefits Grids are posted on HR Connection and Employee Self Service (ESS portals).

For more information: Visit [www.hrconnection.com](http://www.hrconnection.com)

Guest Key: NBOE



# STUDENT VERIFICATION FALL 2022

Dependent children can remain on the dental and vision coverage if the dependent is unmarried and a full-time student at an accredited secondary or preparatory school, college, university, fellowship, or other educational institution with 12 undergraduate credits or 9 graduate credits. Student verification is required each semester once your dependent turns 19 years old.

## ***REQUIRED:***

A current tuition bill  
AND  
class schedule  
OR

Letter from the Registrar's Office is considered proof of student verification.

Please use this Google Form link to upload proof:

<https://forms.gle/fpVvqewt7zGpQDAT8>

## ***REMINDER:***

Dependent children can remain on medical and prescription coverage until December 31st, the year they attain age 26 years old. Student verification is not required for dependent children to remain on medical and prescription coverage.



# LOOKING AHEAD

Here's a sneak  
peak at what's to  
come in the next  
issue:

- Everyday Wellbeing: October
- Voluntary Benefits
- Wellness Trends
- Spotlight on: Mental Health
- Important Reminders