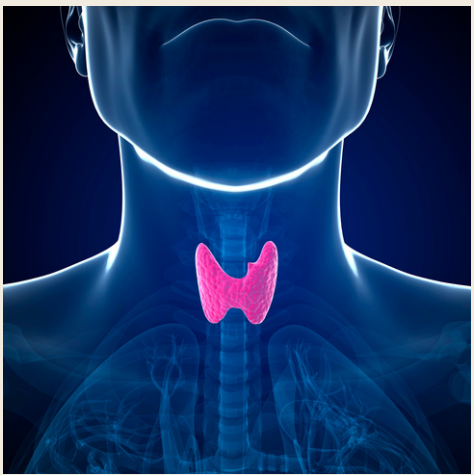


# EVERYDAY WELLBEING

January/February Are The Months for:

- Thyroid Health
- Cervical Cancer Awareness
- Heart Month



January is National Thyroid Awareness Month. According to the American Thyroid Association, 1 in 10 people suffer from a thyroid disorder. The thyroid is a gland in the neck that generates chemicals to help regulate the body's metabolism. The thyroid impacts every cell in the body.

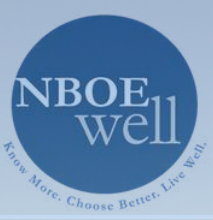
Thyroid Awareness Month is a great reminder to speak with your doctor about your risk for thyroid-related conditions. Most thyroid disorders are treated through daily medication.

Symptoms of a thyroid condition include:

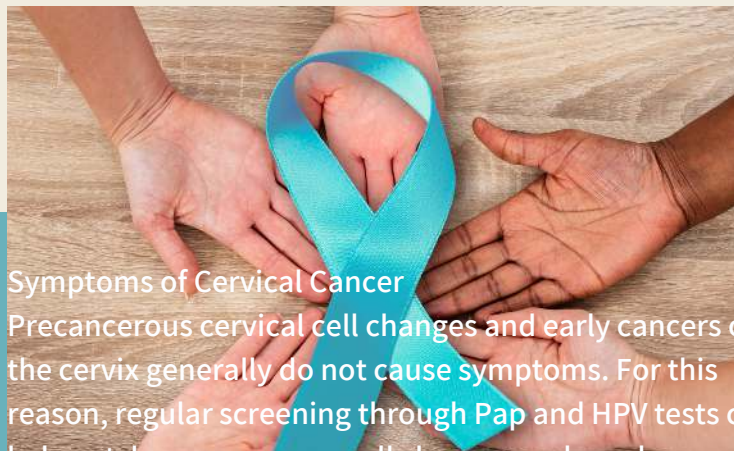
- Depression
- Eye problems
- Memory issues
- Trouble sleeping
- Unexplained weight gain or weight loss.



<p><b>Hyperthyroidism</b> occurs when the body produces too many thyroid hormones.</p> <p><b>20 million</b></p> <p>Americans are living with a type of thyroid disease.</p>	<p><b>Hypothyroidism</b> occurs when the body doesn't produce enough thyroid hormones.</p> <p><b>60%</b></p> <p>of people are unaware they have a thyroid condition.</p>
<p><b>44,000</b></p> <p>cases of thyroid cancer were diagnosed in the U.S. in 2022.</p>	<p><b>1 in 8</b></p> <p>women will have a thyroid condition in her lifetime.</p>



## EVERYDAY WELLBEING



### Symptoms of Cervical Cancer

Precancerous cervical cell changes and early cancers of the cervix generally do not cause symptoms. For this reason, regular screening through Pap and HPV tests can help catch precancerous cell changes early and prevent the development of cervical cancer.

Possible symptoms of more advanced disease may include abnormal or irregular vaginal bleeding, pain during sex, or vaginal discharge.

Notify your healthcare provider if you experience:

- Abnormal bleeding, such as
- Bleeding between regular menstrual periods
- Bleeding after sexual intercourse
- Bleeding after douching
- Bleeding after a pelvic exam
- Bleeding after menopause
- Pelvic pain not related to your menstrual cycle
- Heavy or unusual discharge that may be watery, thick, and possibly have a foul odor
- Increased urinary frequency
- Pain during urination

These symptoms could also be signs of other health problems, not related to cervical cancer. If you experience any of the symptoms above, talk to a healthcare provider.

January is also Cervical Health Awareness Month. More than 14,000 women in the United States are diagnosed with invasive cervical cancer each year, but the disease is preventable with vaccination and appropriate screening.

### What is cervical cancer?

Cervical cancer is cancer that starts in the cervix, the narrow opening into the uterus from the vagina. The normal “ectocervix” (the portion of the uterus extending into the vagina) is a healthy pink color and is covered with flat, thin cells called squamous cells. The “endocervix” or cervical canal is made up of another kind of cell called columnar cells. The area where these cells meet is called the “transformation zone” (T-zone) and is the most likely location for abnormal or precancerous cells to develop.



<https://www.nccc-online.org/>

# EVERYDAY WELLBEING



## February is American Heart Month

Focusing on your heart health has never been more important.

- Heart disease is the leading cause of death in the United States. But you can do a lot to protect your heart. Learn more about heart-healthy living, <https://www.nhlbi.nih.gov/education/heart-truth/lets-work-together-prevent-heart-disease>.
- Prioritizing your heart can help you avoid severe illness. People with poor cardiovascular health are also at increased risk of severe illness from COVID-19. Learn how COVID-19 affects your heart.



### 7 Days of Self-Care

<b>#MindfulMonday</b>  Know your <b>blood pressure numbers</b> and other heart stats	<b>#TastyTuesday</b>  Try a <b>tasty, heart-healthy recipe</b>	<b>#SelfcareSunday</b>  Create your <b>self-care checklist</b> for the week
<b>#WellnessWednesday</b>  Put your <b>heart</b> into your wellness routine	<b>#TreatYourselfThursday</b>  Treat your heart to some <b>relaxation and fun</b>	<b>#SelfieSaturday</b>  Post about your favorite way to take care of <b>your heart</b>

#OurHearts

- Self-care is heart-health care. Practicing self-care can keep our hearts healthy. Being physically active, eating healthier foods, getting enough sleep, not smoking, and finding healthy ways to reduce stress can help prevent heart disease. And, when we take care of our hearts, we set an example for those around us to do the same.
- Get to know #OurHearts! Learn what a healthy blood pressure, cholesterol, weight, and blood sugar level is for you and how they impact your risk for heart disease. Having a basic understanding of information that concerns your health and using the information to inform health-related decisions and actions for yourself and others, is strongly linked to better health.

<https://www.nhlbi.nih.gov/education/american-heart-month/about>



**NEW  
PROGRAM  
LAUNCHING  
MARCH 1ST!**



**VitalCheck**  
Doctors in Your Office

## What is VitalCheck?

VitalCheck partners with premier, local hospitals to bring doctors to your workplace. Offering you the highest-quality preventative care with convenient onsite scheduling.

**VitalCheck Wellness  
will provide free  
checkups to employees!**

**\*FOR MORE  
INFORMATION  
VISIT:**

**Your annual wellness checkup includes:**

- Primary-care physical exam
- Cholesterol and diabetes screening
- Comprehensive lab work
- Medical nutritional advice

<https://nboehrs.com/wellness/#vitalcheck/>

Time needed for each visit: approx. 40 minutes in total (25 minutes for the screening, plus additional time to draw labs, coordinate any referrals into additional care)

\*Detailed information about the VitalCheck program will be available on NBOE HRS on February 17, 2023.



# STUDENT VERIFICATION SPRING 2023

**ACTION  
REQUIRED!\***

\*If you already took action, no need to resubmit Spring 2023 semester.



Student verification is required each semester once your dependent turns 19 years old and older.

In order to keep your dependent child(ren) on your dental and vision coverage, you must submit proof of student verification:

- A current tuition bill Accompanying a class schedule – Spring 2023.
- OR current letter from the Registrar’s Office dated within the last thirty days.

Click the Google Form link:

<https://forms.gle/fLVmixKoTKzPfwHp8>  
to upload the required documents.

Children can remain on the dental and vision coverage if 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.

Additionally, dependent children will retain 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.

**IMPORTANT:**

If you take no action, your dependent child(ren) will receive a COBRA packet from our third party administrator, PayFlex, Inc. in the coming weeks via US postal services. Dental and vision COBRA coverage will allow your child(ren) to continue coverage for the next 36 months at your own expense for under \$40 per month. There is also the Continuation of Coverage for Child(ren) with Disability option. Please reach out to the Benefits Team for additional details on how to apply.

Questions? Contact the Office of Benefit Services: 973-733-7336

or

Visit: <https://nboehrs.com/verification/>



Join us for the 2023 Healthy Actions Program!



Active employees enrolled in an Aetna Medical Plan: Obtain two (2) of any of the screenings listed below between January 1 - December 31, 2023, [submit proof](#), and you will be entered to win a **\$50 gift card.\***

Refer to the Healthy Actions page at [NBOEHR.com/wellness/#healthy](https://nboehrs.com/wellness/#healthy) for further information or contact Human Resource Services.

**\*Gift cards are considered taxable income. Participants who complete 2 screenings will be automatically entered into a monthly raffle to win a gift card.**

### All Employees:

- Annual Physical with lab work
- Immunizations/Vaccines (flu, H1N1, pneumococcal, hepatitis b, COVID)
- Routine Dental cleaning
- Routine Eye exam
- Colonoscopy
- Sigmoidoscopy

**Male Employees:** Prostate cancer exam

**Female Employees:** Mammogram; Well woman exam/Pap smear

**FOR MORE  
INFO,  
VISIT:**

<https://nboehrs.com/wellness/#healthy>



# Important Announcements



- Your ACA 1095-C forms will be mailed to employees by March 2, 2023. Please note that this form is not required to file your 2022 tax return.
- Getting healthier is easier than ever! If you're enrolled in one of our Aetna medical plans, you're eligible to join NOOM and Peerfit! If you have not received your invitation, visit [go.noom.com/nboe](https://go.noom.com/nboe) and enter passcode SVFIRF. To enroll in Peerfit, visit [peerfit.com/register](https://peerfit.com/register) using your NBOE network credentials.
- Have questions about Family Planning? Learn more about Maven: <https://nboehrs.com/medical/#maven>
- Looking for mental health support for your kids & teens? Learn more about Brightline: <https://nboehrs.com/medical/#brightline>
- Have a student loan and want to learn more about Loan Forgiveness? Visit: <https://studentaid.gov/manage-loans/forgiveness-cancellation>



# LOOKING AHEAD

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

- Everyday Wellbeing: March, April & May
- Office of Benefit Services Info Sessions
- Spotlight on: Sleep