



EVERYDAY

WELLBEING

September/ October/
November Are The Months
for:

Food Safety

Blood Cancer Awareness

Suicide Prevention

Breast Cancer Awareness

Diabetes Awareness

September is National Food Safety Education Month (FSEM)

An estimated 1 in 6 Americans get foodborne illness (food poisoning) every year. Each year, these illnesses result in an estimated 128,000 hospitalizations and 3,000 deaths. However, you can help protect yourself and others from getting sick. Always follow four simple steps to prevent food poisoning: Clean, Separate, Cook, and Chill.

It's a great time to focus on key illness prevention steps, such as avoiding cross-contamination in your kitchen. Raw meat, poultry, seafood, and eggs can spread germs to ready-to-eat foods, like salads or food that is already cooked. These germs include Campylobacter, Salmonella, Clostridium perfringens, and E. coli. They can make people sick and even lead to hospitalization and death in serious cases. The key to avoiding cross-contamination is to keep raw meat, poultry, seafood, and eggs separate from foods that won't be cooked before you eat them (ready-to-eat foods) when grocery shopping and preparing food in the kitchen.



LEARN MORE >

<https://www.fightbac.org/nfsem/>



EVERYDAY WELLBEING

Leukemia

Leukemia is cancer in blood cells and bone marrow.

Symptoms may include:

- fever
- lethargy
- paleness and shortness of breath due to anemia
- increased bruising and bleeding

Lymphoma

Lymphomas start in the lymph system. Symptoms may include:

- swollen lymph nodes
- fever, night sweats
- weight loss
- fatigue

Myeloma

Myeloma is cancer of the plasma cells.

Asymptomatic myeloma is called smoldering myeloma. Some symptoms are:

- bone pain, particularly in the back and ribs
- weakness, fatigue, and paleness due to anemia
- frequent bacterial infections, such as pneumonia

September is designated as Blood Cancer Awareness Month to support patients affected by blood cancer, spread awareness, and raise funds to progress research on blood cancer.

There are three main types of blood cancer — leukemia, lymphoma, and myeloma. Nearly 1.3 million people in the United States are in remission or in treatment for blood cancer. Treatment has advanced greatly over the years, increasing survival rates, but there is still a long way to go.

Blood cancers that progress slowly are chronic, and they may not cause symptoms for many years. Fast-growing blood cancers are acute, and they tend to have more obvious symptoms.

learn
more

<https://www.lls.org/>





EVERYDAY WELLBEING

988 SUICIDE & CRISIS LIFELINE

September is Suicide Prevention Awareness Month—a time to raise awareness of this stigmatized, and often taboo, topic.

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

<https://988lifeline.org/>

reach out



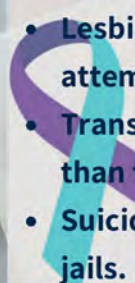
Individual Impact:

- 79% of all people who die by suicide are male.
- Although more women than men attempt suicide, men are 4x more likely to die by suicide.
- Suicide is the 2nd leading cause of death among people aged 10-14 and the 3rd leading cause of death among people aged 15-24 in the U.S.
- Suicide is the 12th leading cause of death overall in the U.S. 46% of people who die by suicide had a diagnosed mental health condition - but research shows that 90% may have experienced symptoms of a mental health condition.

Community Impact:

- Annual prevalence of serious thoughts of suicide, by U.S. demographic group:

<u>4.9%</u> of all adults	<u>18.8%</u> of high school students
<u>45%</u> of LGBTQ youth	<u>11.3%</u> of young adults aged 18-25
- The highest rates of suicide in the U.S. are among American Indian/Alaska Natives followed by non-Hispanic whites.
- Lesbian, gay and bisexual youth are nearly 4x more likely to attempt suicide than straight youth.
- Transgender adults are nearly 9x more likely to attempt suicide than the general population.
- Suicide is the leading cause of death for people held in local jails.





EVERYDAY WELLBEING



October is Breast Cancer Awareness Month, an annual campaign to raise awareness of this complex disease and fund research into its causes, treatment, and cure. Since 1985, individuals, businesses, and communities have come together every October to show their support for the many people affected by breast cancer.

Breast Cancer Awareness Month can be a time to reflect, give back, or even celebrate.

Yet, for many people, Breast Cancer Awareness Month is also a difficult reminder of their personal experience with breast cancer and the many lives we have lost to this disease.

- In 2022, an estimated 290,560 new cases of invasive breast cancer are expected to be diagnosed in the U.S., along with 51,400 new cases of non-invasive breast cancer. An estimated 43,780 people will lose their lives to metastatic breast cancer.

About 1 in 8 U.S. women and 1 in 833 U.S. men will develop invasive breast cancer over the course of their lives.

As of 2020, there were 2.26 million global cases of breast cancer, making it the most commonly diagnosed cancer in the world. 685,000 of those diagnosed have died.

These numbers remind us there is still urgent work to do — more than we can accomplish in just one month.

CLICK
HERE

<https://www.lbbc.org/>





EVERYDAY WELLBEING

National Diabetes Month – November 2023

Consider that while almost 30 million people in the U.S. have some form of diabetes, one in four don't even realize they're walking around with the disease. National Diabetes Month is an annual event each November to boost awareness about the risk factors, symptoms, and types of diabetes.

WHY NATIONAL DIABETES MONTH IS IMPORTANT?

1. There are two main conditions

Type 1 diabetes occurs when the body can't produce insulin, a hormone in the pancreas that breaks down carbohydrates into blood sugar or glucose, for energy. Insulin therapy helps the pancreas to function normally. Many children suffer from Type 1 diabetes although it can affect people of any age or background. Type 2 diabetes is the most common form of the disease where the body is unable to process our internal insulin well enough to keep blood sugar at normal levels.

2. Know your risk factors

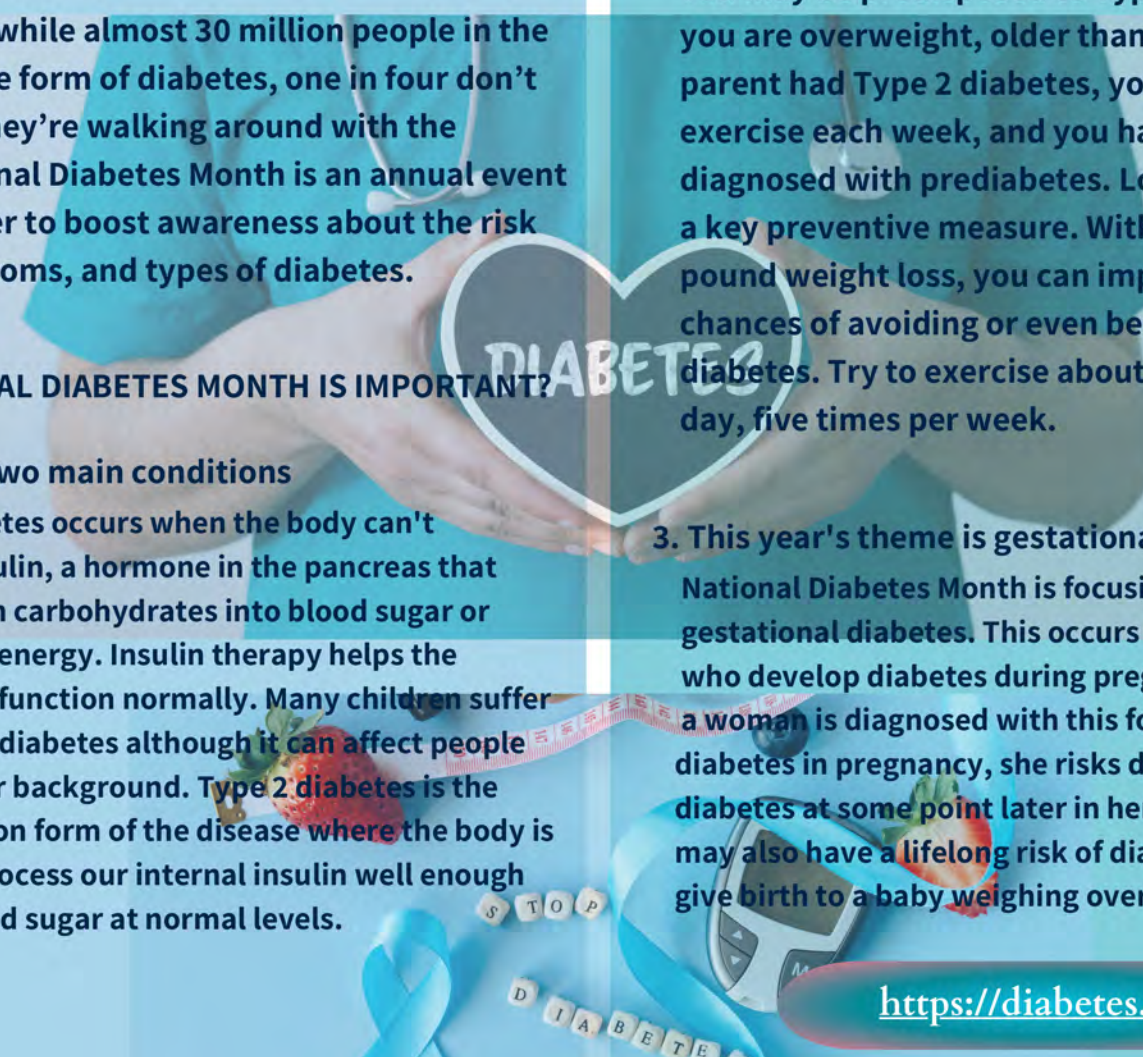
You may be predisposed to Type 2 diabetes if you are overweight, older than 45, your parent had Type 2 diabetes, you barely exercise each week, and you have been diagnosed with prediabetes. Losing weight is a key preventive measure. With a 10-14 pound weight loss, you can improve your chances of avoiding or even beating diabetes. Try to exercise about 30 minutes a day, five times per week.

3. This year's theme is gestational diabetes

National Diabetes Month is focusing on gestational diabetes. This occurs to women who develop diabetes during pregnancy. Once a woman is diagnosed with this form of diabetes in pregnancy, she risks developing diabetes at some point later in her lifetime. You may also have a lifelong risk of diabetes if you give birth to a baby weighing over nine pounds.

<https://diabetes.org/>

READ MORE



NBOE Well & VitalCheck Wellness

On-Site Checkups Extending Lives!

NBOE Well & VitalCheck Wellness

Free On-Site Annual Physicals Returning this Fall

How it Works

1. VitalCheck distributes a link for employees to book their annual physical during their prep periods or at any available time.
2. They bring a primary care medical provider to your school for the day, popping up in a conference room or the nurse's office, for your team's annual wellness check-up.
3. Employees benefit from white-glove service, including an on-site care coordinator booking them in for any referrals and drawing their bloodwork.

By offering on-site clinics, employees can see a medical provider **without disrupting work**.

Top Conditions Diagnosed

- Uncontrolled Diabetes / Pre-Diabetes (1 in 3)
- Uncontrolled Hypertension / High Blood Pressure (1 in 3)
- Alcohol Misuse (1 in 5)
- Kidney Disease (1 in 50)
- Elevated risk of heart attack / stroke (1 in 5)
- Mammogram non-compliance (1 in 2)
- Colonoscopy non-compliance (2 in 3)
- Liver Disease (1 in 25)



WATCH VIDEO





New Hires visit [here](#) to Learn
how to enroll onto NBOE's
comprehensive benefits package

Or join our upcoming Webinar:
Wednesday, September 13 at 3:30pm

Click [here](#)

or Join by the

Webinar number 2620 557 5401

Webinar password: 2023NewHires
(20236394 from phones and video systems)





NBOE BENEFITS ANNUAL OPEN ENROLLMENT

NOVEMBER 1ST – NOVEMBER 20TH



Open Enrollment is your once-a-year opportunity to pick your plans or make changes to your existing coverage.

This is a **PASSIVE** Open Enrollment period, which means you do not need to take any action if you wish to keep your current plans.

All the plan options for Medical, Prescription Drugs, Dental and Vision will remain the same.

Participation in the Health Care Flexible Spending Account (FSA) or Dependent Care Account (DCA)

An Active election is required if you wish to re-enroll for your FSA for the upcoming year.

Click here for more info: <https://nboehrs.com/eligibility/#enrollment>

The choices you make during Open Enrollment will take effect on January 1, 2024 through December 31, 2024.



Webinars are forthcoming



Log onto www.NBOEbenefits.com to enroll or save time and enroll using the **WEX Benefitexpressway Mobile App.**



Back to School Yankees Baseball



Tuesday, September 19th
vs Toronto Blue Jays
Wednesday, September 20th
vs Toronto Blue Jays
Thursday, September 21st
vs Toronto Blue Jays
Friday, September 22nd
vs Arizona Diamondbacks
Sunday, September 24th
vs Arizona Diamondbacks

Also included with each ticket is a
New York Yankees Backpack*

*backpacks can be picked up at the "Item
Redemption Table" by Gate 2 on gameday up
to 45 minutes after originally-scheduled first
pitch



Tickets can be purchased via this link [here!](#)

Important Announcements



- **Student Verification Required! Is your child on your dental and vision plan, and over 19 years old? Visit [here](#) to upload required documents.**
- **Escrow Open Enrollment ending 9/15/2023! Employees who are 10-month & 11-month full time employees can now enroll, discontinue and switch options in the Escrow Program. For more information visit [here](#)!**
- **Need help with preconception, pregnancy and postpartum? Check out upcoming webinars with Maven [here](#)!**



FREE!

• Cheers to
• the Classrooms



EVERY DAY IN SEPTEMBER
IN MID-ATLANTIC STORES*

**FREE Hot
Coffee**

For Teachers & Administration

Learn More Here



LOOKING AHEAD

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

- **Everyday Wellbeing: January and February**
- **Enhanced Programs launching January 2024**
- **Spotlight on: Healthy Actions 2024**
- **Important Announcements**