

Happy
HolidaysEVERYDAY
WELLBEING

December/January/ February
Are The Months for:
National Drunk & Drugged Driving
• Prevention Month
Give the Gift of Sight Month
Cervical Cancer Awareness Month
Stalking Awareness Month
Children's Dental Health Month
Teen Dating Violence Awareness Month

HOW TO OBSERVE NATIONAL DRUNK AND DRUGGED DRIVING PREVENTION MONTH

1. Do a sober period

During December, try to challenge yourself and set a period of time without drinking alcohol. Be it one week, two weeks, make it as long as you would like. You may even see some benefits on laying off the drinks for a while, save money, lose weight, and much more.

2. Take a cab or use a ride-sharing app after a party or visiting a bar

No one says you can't party and let loose for a while. But if you've had too much, get home safely. Call a cab, or better yet, use your ride-sharing app and let the professionals do the driving. That way, you'll be around for the festivities next year.

3. Be a Designated Driver

You'll make a great impression for being the one friend others can trust to drive back home. It is an overall small sacrifice for a night that won't affect your chances to have a great time, so offer yourself up and give your friends a helping hand!

WHY NATIONAL DRUNK AND DRUGGED DRIVING PREVENTION MONTH IS IMPORTANT

A Traffic-related deaths spike between Thanksgiving and New Year's Day

With all the drinking during the holiday season, it's not a stretch to see why so many people are dying on the roads. Consider this dreadful statistic: Over 45 people are killed each day by an alcohol-impaired driver and those numbers climb at the end of the year. Additionally, in 68 percent of traffic fatalities involving a drunk driver, there was a Blood Alcohol Concentration (BAC) of 0.15 or higher with the legal limit being 0.8.

B Drugs also contribute to traffic deaths

Mothers Against Drunk Driving (MADD) has expanded its mission statement to include drug-impaired driving. Mixing alcohol with opioids may increase a driver's sedation, which can lead to serious consequences on the road. In 2017, researchers at Columbia University reported a seven-fold jump (since 1995) in the number of drivers killed while operating a vehicle under the influence of prescription drugs.

C Pedestrian deaths increase

It's especially true on Fridays, Saturdays, and Sundays when holiday parties are in full swing and the bars are packed. So the fatality risk goes both ways. It's more likely that an alcohol or drug-impaired driver will accidentally kill either themselves, their passengers, or a pedestrian - or that an inebriated pedestrian will walk into the path of an innocent driver.

LEARN
MORE

<https://www.nhtsa.gov/drive-sober-december-and-every-month>

Happy Holidays

EVERYDAY WELLBEING

Celebrate Give the Gift of Sight Month by Prioritizing Vision Health

Every December, we celebrate Give the Gift of Sight Month, a time dedicated to raising awareness about the importance of eye health and the transformative impact of restoring vision. Sight is one of the most precious gifts we can give ourselves or others, whether through preventative care, corrective treatments, or donations to eye health initiatives.

How You Can Support Give the Gift of Sight Month

1. Schedule an Eye Exam

Regular eye check-ups are critical for detecting and addressing vision issues early. If you or a loved one haven't had an eye exam recently, December is the perfect time to prioritize this essential step.

2. Donate to Vision Charities

Support organizations dedicated to providing vision care and treatments to underserved communities. Your donation could fund surgeries, provide eyeglasses, or contribute to research efforts.

3. Spread Awareness

Share the importance of eye health with your family and friends. Encourage conversations about regular eye exams, protective eyewear, and recognizing early signs of eye conditions.

4. Gift Vision-Enhancing Services

Consider gifting a loved one an eye exam or contributing towards a corrective procedure like LASIK or cataract surgery. These gifts can be life-changing.



Why Give the Gift of Sight Month Matters

Vision impairment affects millions of people worldwide, yet many cases are preventable or treatable. According to the World Health Organization (WHO), at least 2.2 billion people globally have a vision impairment, and nearly half of these cases could have been prevented with timely intervention.

For those suffering from vision loss, everyday tasks can become challenging, impacting their independence and quality of life. "Give the Gift of Sight Month" reminds us of the power of vision care and the significant improvements it brings to a person's well-being.

Lifestyle Tips for Better Eye Health

Good vision health starts with daily habits. Here are some practical tips to incorporate into your routine:

1. Protect Your Eyes: Wear sunglasses with UV protection and safety goggles when engaging in activities that pose a risk to your eyes.
2. Eat a Vision-Friendly Diet: Include foods rich in vitamin A, omega-3 fatty acids, and antioxidants to support eye health. Carrots, spinach, salmon, and nuts are great options.
3. Take Breaks from Screens: Follow the 20-20-20 rule: Every 20 minutes, look at something 20 feet away for 20 seconds.
4. Stay Hydrated: Drinking enough water helps prevent dry eyes and maintains overall eye health.
5. Avoid Smoking: Smoking increases the risk of eye diseases such as macular degeneration and cataracts.

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Take a few moments to learn about cervical health to prepare for a year of better health awareness.

According to the Centers for Disease Control and Prevention:

11,500 cases

Around 11,500 cases of cervical cancer are diagnosed in the United States every year.

4,000 women

About 4,000 women die from cervical cancer annually.



Cervical cancer rates are highest in the southern United States.

6 to 7 of every 100,000

Around 6 to 7 of every 100,000 women in New York and New Jersey are diagnosed with cervical cancer.



HPV can also cause oral, penile and anal cancer, along with genital warts.

80 percent

In young women, the HPV vaccine has led to an 80% reduction in infections that could cause cancer.

40 percent

Rates of cervical precancers have dropped by over 40% in women who received the HPV vaccine.

Cervical cancer screening should start at age 25 and continue to at least age 65.

Anyone with a cervix should receive an HPV test once every 5 years between the ages of 25 and 65.

If an HPV test alone is unavailable, an HPV/Pap cotest every 5 years or a Pap test every 3 years is suitable.

Women over 65 who have had abnormal results or cervical cancer may need to continue screening.

Source: The American Cancer Society



 Cervical cancer rates are also higher in Hispanic, Native American and Black populations.

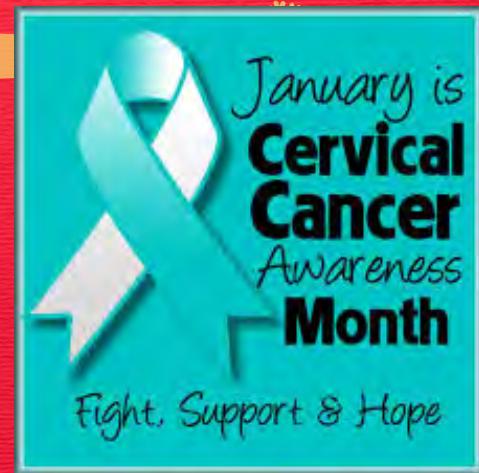
 99% of cervical cancers are caused by HPV (human papillomavirus).



Children should get the HPV vaccine by age 11 or 12, before they become sexually active.

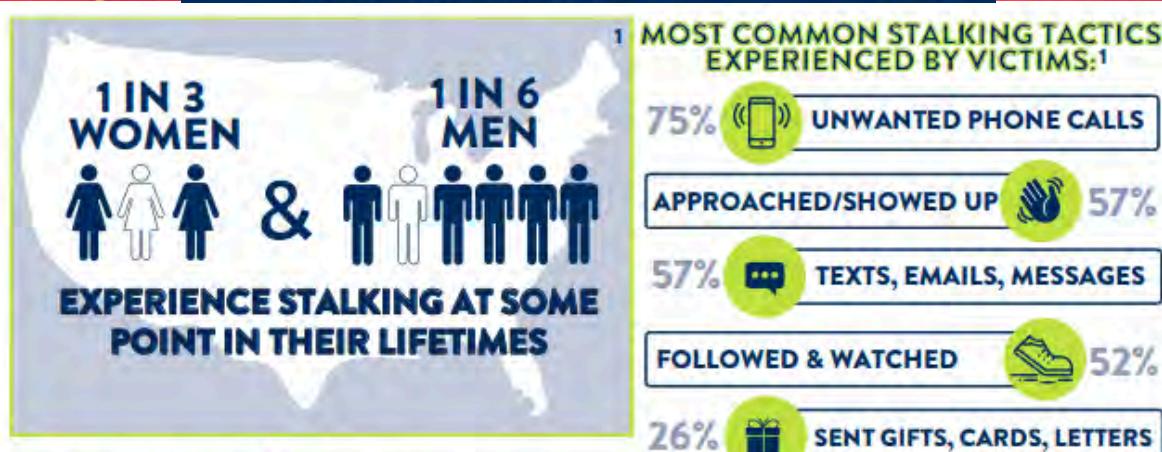


You may be able to get the HPV vaccine up until age 45, although it may not be as effective.



LEARN MORE

<https://www.nccc-online.org/cervical-health-awareness-month/>

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APPROX. 13.5 MILLION PEOPLE¹ ARE STALKED IN A 1-YEAR PERIOD



GET INVOLVED

[https://www.stalking
awareness.org/](https://www.stalkingawareness.org/)

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NATIONAL
CHILDREN'S DENTAL
HEALTH MONTH
FEBRUARY

Tips for Healthy Teeth



WHAT YOU CAN DO

Poor eating and brushing habits put kids at higher risk for cavities. Keep an eye on brushing habits even as your kids get older, and use these tips to help them keep teeth healthy.



Begin using fluoride toothpaste at age 2.

BRUSH 2X A DAY

Remind kids to brush teeth at least 2 times a day with a small amount of fluoride toothpaste.

BRUSH 2-3 MIN.

Spend at least 2 to 3 minutes brushing teeth in a circular motion - once in the morning and again before bed.

After brushing, teach your child to rinse and spit out any extra toothpaste.

LESS SUGAR, MORE FLUORIDE

Limit sweets and replace sugary snacks with breads, fruits, and nuts.



Choose healthier drinks for kids without added sugar, like milk and water.



Encourage kids to drink water with fluoride and rinse with fluoride mouthwash to kill germs between teeth.

BABY TEETH MATTER

Take care of all 20 baby teeth that show up in your child's mouth by 3 years old. They are meant to last up to 10 years. Eating, speech and future tooth placement depend on the health of these teeth.

If your dentist finds tooth decay in your child's baby tooth, it's important to follow through on the treatment.

FIND A DENTAL HOME

Find a Dental Home for your child around the age of 1 to help keep their mouth and teeth healthy with regular dental visits.



FLOSS DAILY

Help kids floss daily between teeth, especially in the back areas.

Teach kids to floss first before brushing their teeth. By age 7, they can start flossing on their own.

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NATIONAL
**TEEN DATING
VIOLENCE
AWAWARENESS &
PREVENTION MONTH**
FEBRUARY

If you or someone you know feels unsafe
in a relationship, help is available!

National Teen Dating Abuse Helpline:
Text: LOVEIS to 22522
Call: 1-866-331-9474

Trevor Lifeline (for LGBTQ youth):
Text: 678-678
Call: 1-866-488-7386

New Jersey Domestic Violence Hotline:
Call: 1-800-572-SAFE (7233)
Video Phone: 609-528-7216

National Suicide Prevention Lifeline:
Text or Call: 988

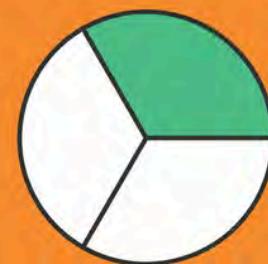
njcedv.org

loveisrespect.org

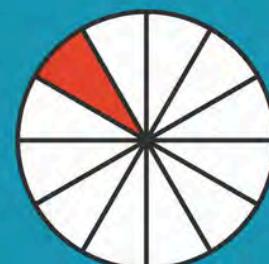
Teen Dating Violence Awareness

What is Teen Dating Violence?

A pattern of behavior used by one person to gain power and control over their dating partner. It can include physical, sexual, psychological, verbal, digital, and/or emotional abuse.



1 in 3
adolescents in the U.S. will be
the victim of physical, sexual,
emotional or verbal abuse
from a dating partner.



1 in 12
U.S. high school students
experienced physical dating
violence.

Some teens are at greater risk.

Female students experienced higher rates of physical and sexual dating violence than male students. Students who identified as lesbian, gay, bisexual, transgender, or queer (LGBTQ) or those who were unsure of their gender identity experienced higher rates of physical and sexual dating violence compared to students who identified as heterosexual.



Sources:
Center for Disease Control and
Prevention
Love is respect

Call the National Teen Dating Abuse Helpline at
1-866-331-9474 or
Text: LOVEIS to 22522



**NEW PROGRAM
STARTING
1/1/2026**

Cylinder



Better health starts in the gut

Cylinder is a no-cost digestive health program for all employees and dependents (18+) enrolled in a Newark Board of Education health plan. Our team of experts provides real relief from gut issues like bloating, gas, heartburn, chronic conditions like IBS, and more.

This no-cost program includes the following and more:



- Microbiome test kit and analysis



- Virtual unlimited access to dedicated Registered Dietitians and Health Coaches



- Better overall physical and emotional wellbeing!

Explore more in the app

Live events, expert articles, on-demand courses, and easy tracking tools for food, symptoms, and progress.

Ready to see how Cylinder can help? Scan the QR code or visit:

Go.CylinderHealth.com/NBOE-print

Access code: NBOE

Questions? Contact us at (800) 982-4080 or getsupport@cylinderhealth.com





SPOTLIGHT ON LONG TERM CARE

New Benefit Coming Soon!

ACTION REQUIRED FOR ALL EMPLOYEES

Open Enrollment:
January 12th - January 30th

Allstate Whole Life with Long Term-Care Insurance

Very Important

This new option is Voluntary. If you do not waive coverage or take no action, you will not be enrolled automatically. Only employees who take action to enroll in the Long Term Care benefit will be enrolled and receive the coverage.

Did You Know?

- 70% of Americans over 65 will need long-term care services (US Dept. of Health & Human Services)
- Average annual nursing home cost: \$111,325 (Genworth 2024 Study)
- In-home health aid cost: \$77,792 per year (Genworth 2024 Study)

How to Prepare:

- Enroll or waive by **January 30th, 2026**
- **Guaranteed Issue** (No Medical Questions) for ages 18-70 – Available only during this enrollment!
- **Coverage options:**
 - Up to \$200,000 Life / \$400,000 Long-Term Care for employees
 - Up to \$75,000 Life / \$150,000 Long-Term Care for working spouses



LEARN MORE

Scan the QR code to the left for FAQs, brochures, rates, and more!

SCHEDULE AN APPOINTMENT

Scan the QR code to the right to meet with a benefit counselor for questions and to enroll or decline!





Welcome to your health and well-being resource

SPOTLIGHT
ON
AETNA HEALTH
YOUR WAY



Explore Aetna Health Your Way™

As part of **Aetna Health Your Way™** you have access to a digital health platform that helps you achieve your best health in a whole new way. You'll get personalized resources and challenges to help you earn rewards every year. So it makes it easier to stay on track and reach your goals.

Three simple steps:

1. Take your health assessment and get your MyHealth100 score.
2. Choose a personalized pathway that can help you achieve your health goals.
3. Connect your device or app to make tracking your progress easy and convenient for you.

Plus, you can:

- Read, watch and listen to health content on a wide variety of topics
- See what's trending among other users in the platform
- Search by specific topic

Ready to explore Aetna Health Your Way today?

Just sign in at Aetna.com and select "Well-being Tools." Or download the ActiveHealth® mobile app.

Aetna® is the brand name used for products or services provided by one or more of the Aetna group of companies, including Aetna Life Insurance Company and its affiliates (Aetna). Aetna and Active Health Management, Inc. are part of the CVS Health® family of companies. Refer to Aetna.com for more information about Aetna® plans.

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Aetna.com

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 **aetna**

DOWNLOAD NOW >

Aetna Health Your Way Presentation



Important Announcements



You can view your benefits profile 24/7/365. Please visit www.NBOEbenefits.com using your district username and password to view your benefits elections for 2026.



LOOKING AHEAD

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

- **Everyday Wellbeing:** March, April, May
- **Spotlight on New Programs**
- **Voluntary Benefits**
- **Important Announcements**

