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NBOE Benefit Services Newsletter Spring 2026

EVERYDAY WELLBEING

March/ April/ May Are The Months for:

National Nutrition Awareness Month

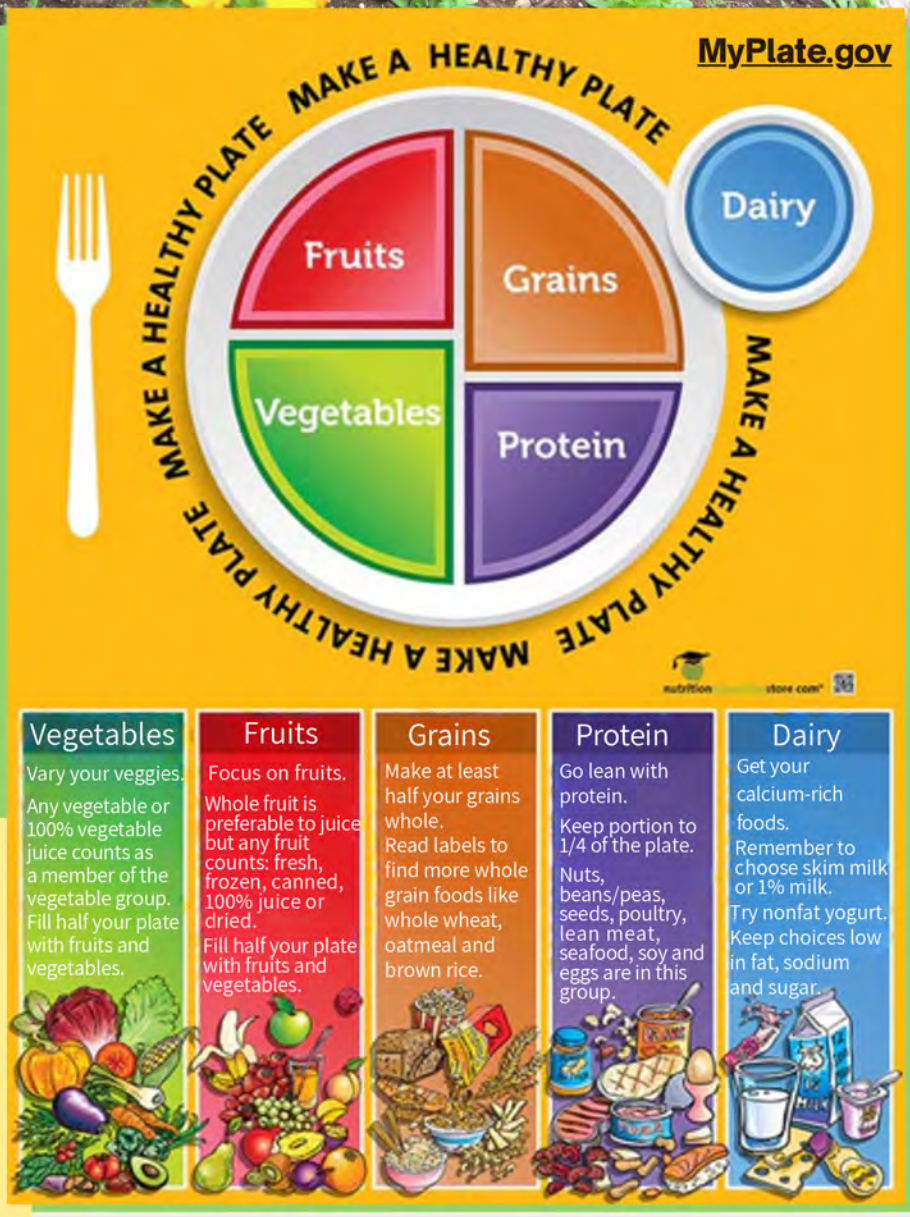
National Kidney Awareness Month

National Donate Life Month

National Child Abuse Prevention Month

National Stroke Awareness Month

National Arthritis Awareness Month



National Nutrition Month®

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EVERYDAY WELLBEING

NATIONAL KIDNEY MONTH
MARCH

35.5 million
Americans living with kidney disease

9 out of 10
People with kidney disease are unaware they have it

555,000
Americans on dialysis

KNOW YOUR KIDNEYS
The Villages Health

8 PROBLEMS KIDNEY DISEASE CAN CAUSE

- Nerve Damage
- Anemia/ low blood cell count
- Kidney Failure
- Stroke
- Cardiovascular Disease
- Weak Bones
- High Blood Pressure
- Heart Attack

7 SYMPTOMS

- Swelling
- Blood in urine/ Foamy urine
- Puffy Eyes
- Difficult/ Painful Urination
- Increased Thirst
- Fatigue

6 WAYS KIDNEYS KEEP YOU HEALTHY

- Regulates Fluids
- Activates Vitamin D
- Filters Blood Waste
- Directs Red Blood Cell Production
- Regulates Blood Pressure
- Balances Blood Minerals

4 RISK FACTORS

Diabetes → Family History → High Blood Pressure → Age 60+

2 TESTS TO TAKE

Urine albumin-to-creatinine ratio

Glomerular Filtration Rate (GFR)

LEARN MORE

https://www.kidney.org/

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National DONATE LIFE Month

Donate Life℠ is the national symbol for the cause of organ, eye and tissue donation.

National Donate Life Month is celebrated every April. It features local and national activities to educate and encourage Americans to register as donors and consider living donation, as well as to celebrate those who have saved and healed lives through the gift of donation.

DONATE LIFE BLUE & GREEN DAY is April 10!

The public is encouraged to wear blue and green to help share the Donate Life message.

100,000+ people are waiting for a lifesaving transplant

6,000 + people die each year waiting for a transplant

Every 10 minutes someone is added to the transplant waiting list

Who Can Be A Donor?

People of all ages and medical histories should be considered. If you have a medical condition, you can still register.

What Can Be Donated?

Organs - Heart, Lung, Kidney, Liver, Intestines, & Pancreas

Tissue - Tendons, Valves, Veins, Bones, Corneas, & Skin

How To Become A Donor

- Register through the National Donate Life Registry
  - **donatelife.net**
- Register on the NJ State Registry through your local MVC office
  - **https://www.nj.gov/mvc/drivertopics/organdonor.htm**

Living Donation

86% of patients waiting are in need of a kidney.

Living donors can provide a kidney or a portion of their liver to a waiting patient.*

*Living donation is not included in your donor registration.

Did You Know?

The liver is the only organ that grows back! The donated part of the liver regrows in 4 months.

Learn more at DonateLife.net

Top Frequently Asked Questions

Does registering as a donor change my patient care?
Your life always comes first. It is important to know that the hospital care team does not know the patient's donor status. Doctors work hard to save every patient's life, but sometimes there is a complete and permanent loss of brain function. The patient is declared clinically and legally dead. Only then is donation an option.

Does donation affect funeral plans?
Funeral arrangements of your choice are possible, including a viewing. Through the entire donation process the body is treated with care and respect. Following donation, funeral arrangements can continue as planned.

Does my religion support organ, eye and tissue donation?
All major religions support donation as a final act of compassion and generosity.

Does my social and/or financial status play any part in whether or not I will receive an organ if I ever need one?
No. A national system matches available organs from the donor with people on the waiting list based on blood type, body size, how sick they are, donor distance, tissue type and time on the list. Race, gender, income, celebrity and social status, sexual orientation, gender identity or expression does NOT prevent someone from registering as an organ donor.

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APRIL IS
NATIONAL
CHILD ABUSE
PREVENTION
MONTH

Pinwheels for PREVENTION
Prevent Child Abuse America

TAKE ACTION

https://preventchildabuse.org/

NCJTC National Criminal Justice Training Center of Fox Valley Technical College

National Child Abuse Prevention Month

Child Abuse in the United States

4.28 million children referred to child protective services, resulting in

7.17 million substantiated reports of child maltreatment, identifying

559,000 unique count victims of child abuse and neglect

Victimization Rate per 1,000 in their Population

8.7 Girls | **7.5** Boys

14.3 American-Indian or Alaska Native children

12.1 African-American children

Of these Victims

3/4 of the children were neglected

17.0% were physically abused

10% were sexually abused

1,990 in Federal fiscal year 2022, an estimated 1,990 children died due to abuse and neglect.

WE CAN PREVENT CHILD ABUSE!

US Department of Health & Human Services Administration for Children and Families Administration onChildren Youth and Families, Children's Bureau (27) Child Maltreatment 2022 For more information, visit ncjtc.org/maltreatment2022

Rev. 04.10.24

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EVERYDAY WELLBEING

NATIONAL STROKE AWARENESS MONTH
MAY

May is National Stroke Awareness Month

While each individual may experience different stroke symptoms, the ones below are most common. Time is crucial when treating and recovering from a stroke. Act quickly. Don't wait. Stroke is a medical emergency and every second counts.

B	E	F	A	S	T
BALANCE	EYES	FACE	ARMS	SPEECH	TIME
Loss of balance, headache/sudden or "thunderclap" headache or dizziness	Blurred vision	One side of the face is drooping	Arm or leg weakness	Speech difficulty	Time to call for ambulance immediately

RWJBarnabas HEALTH

rwjbh.org/neuroscience

Let's be healthy together.

Be Stroke Aware

Each year, stroke kills twice as many women as breast cancer. Yet, only 1 in 4 women can name more than two of the six primary stroke symptoms, according to the National Stroke Association. Taking time to learn the signs of stroke might save someone's life, maybe even your own.

6 Primary Stroke Symptoms:

1. Sudden numbness or weakness of face, arm or leg, especially on one side of the body
2. Sudden confusion or trouble understanding
3. Sudden trouble speaking
4. Sudden trouble seeing in one or both eyes
5. Sudden trouble walking, dizziness, loss of balance or coordination
6. Sudden severe headache with no known cause

370,000 NUMBER OF MEN WHO SUFFER A STROKE EACH YEAR

Stroke Symptoms Unique to Women:

- Sudden shortness of breath
- Sudden hiccups
- Sudden face and limb pain
- Sudden heart palpitations
- Sudden chest pain
- Sudden nausea
- Sudden general weakness

425,000 NUMBER OF WOMEN WHO SUFFER A STROKE EACH YEAR

80% PORTION OF STROKES THAT ARE PREVENTABLE

Ways to Prevent a Stroke:

Maintain a healthy weight.
Control your blood pressure.
Don't smoke.
Get tested for diabetes.
Have your cholesterol and triglyceride levels checked.
Find healthy ways to cope with stress.
Drink no more than one alcoholic beverage per day.

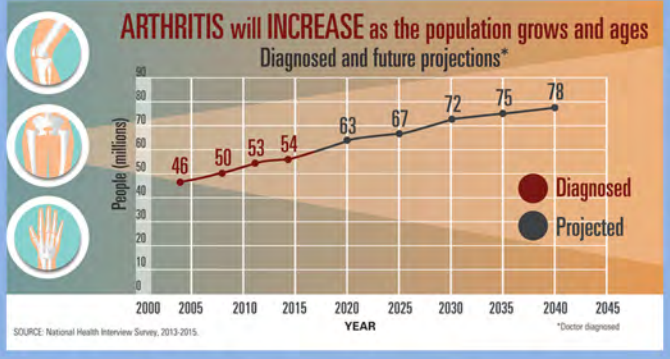
Source: U.S. Department of Health & Human Services Office on Women's Health; National Stroke Association

LEARN MORE

https://www.stroke.org/en/about-the-american-stroke-association/stroke-awareness-month

EVERYDAY WELLBEING

NATIONAL ARTHRITIS AWARENESS MONTH MAY



About 1 in 4 (54 million) US adults have arthritis.

About 24 million adults are limited in their activities from arthritis.

Adults with arthritis can decrease pain and improve function by about 40% by being physically active.

Arthritis effects can be reduced with physical activity.

Arthritis in daily life

- One-third of adults over age 45 with arthritis report anxiety or depression. About 3 in 10 find stooping, bending, or kneeling very difficult.
- More than 20% of adults with arthritis find it very difficult or cannot walk 3 blocks, such as from a parking deck or subway to work.
- African Americans and Hispanics with arthritis are more limited in their activities due to their arthritis.

Managing arthritis

- Arthritis aches and pains are not a normal part of aging.
- Physical activity-walking, swimming, biking—is good for arthritis.
- Physical activity can reduce pain and improve function.

Who has arthritis?

- About 23% of adults have arthritis.
- Nearly 60% of adults with arthritis are women.
- Nearly 60% of people with arthritis are working age.

SOURCE: CDC Vital Signs, March 2017

SPOTLIGHT ON PROGRAMS

Did You Know?

If you participate in any of the district's health plans, you have access to the following benefits:

- Noom
- Maven
- Fitonic
- Hinge Health
- Cylinder
- brightline
- AbleTo

Aetna Health Your Way™

LEARN MORE →

www.nboehrs.com/enhanced-medical-programs/
www.nboehrs.com/wellness/

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Voluntary Benefits

Newark Public Schools Discount Marketplace

Scan this QR code to visit Newark Public Schools Discount Marketplace to find more offers

Get To Know Your Benefits

You have access to group discounts on a variety of insurance products so you can protect what matters most.

Scan QR code or click the link to visit website

Choose the best deals and offers

Find amazing exclusive offers & deals

More savings, more of what makes you happy

Featured Offers

Explore these and hundreds of other offers at https://npsk12.savings.beneplace.com

Gift Cards
Save up to 25% on gift cards for everyone on your list!

Theme Parks and Attractions
Save on tickets to theme parks nationwide

Discount Movie Tickets
Save up to 25% on Movie Tickets!

Disney+
Bundle Disney+, Hulu, and ESPN+ for one low monthly price

Cruises
Up to $1,000 Onboard Credit on Cruises

Discount Flight Reservations
Save up to 20% on flights

Disclaimer: By accessing Newark Public Schools Discount Marketplace, you accept the policies documented in our terms and privacy documents, which can be reviewed at https://npsk12.savings.beneplace.com/common/terms/of-use.

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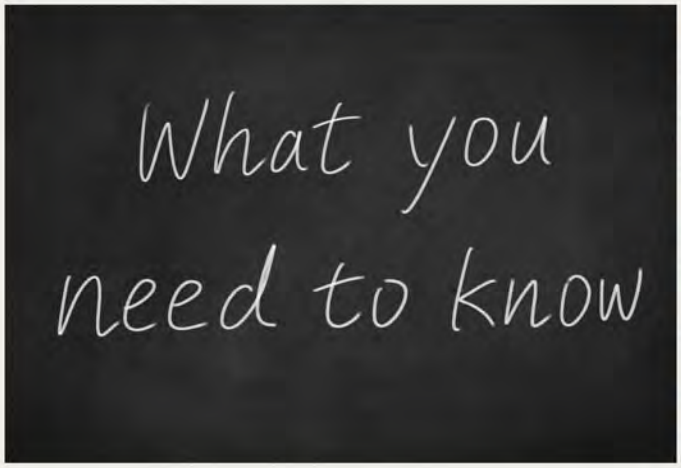
NBOE BENEFITS BENEFITS OPEN ENROLLMENT

WEDNESDAY MAY 13TH – WEDNESDAY MAY 27TH 2026



Open Enrollment is your once-a-year opportunity to pick your plans or make changes to your existing medical, prescription, dental, and or vision coverage.

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

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.

The choices you make during Spring Open Enrollment will take effect on July 1, 2026 through June 30, 2027.

You will NOT be able to enroll into the Health Care Flexible Spending Account (FSA) or Dependent Care Account (DCA) in 2026.

FSA Open Enrollment will be in the fall 2026!

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

To view your benefits - log onto **www.NBOEbenefits.com**

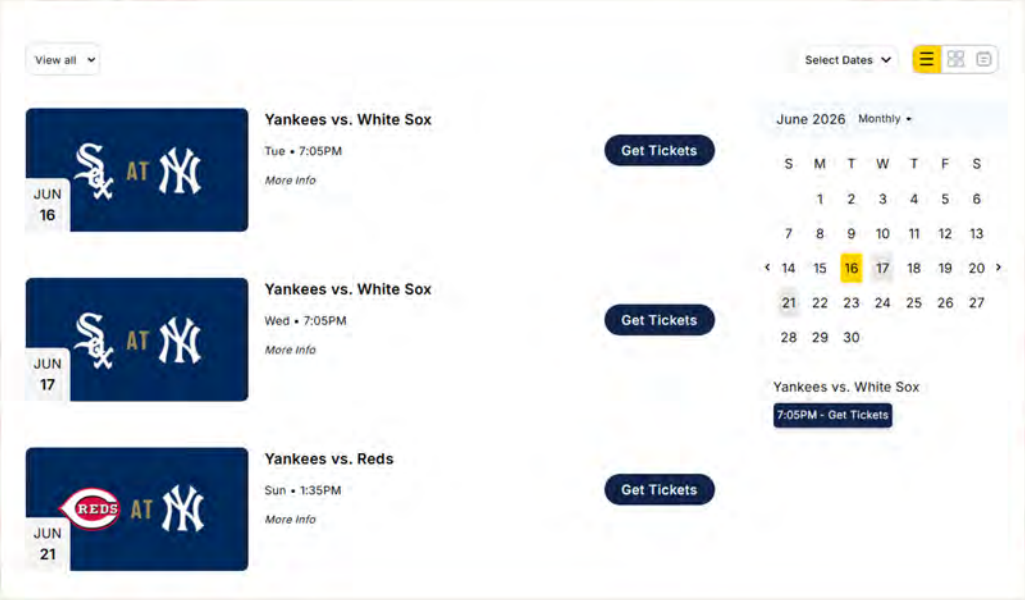
NY Yankees Baseball

2026 TEACHER APPRECIATION SPECIAL OFFER

JUNE 16TH - JUNE 19 AS WELL AS SUNDAY, JUNE 21ST

EACH SPECIAL EVENT TICKET INCLUDES:

-ALL TICKETS PURCHASED WILL INCLUDE A $15 MEAL AND BEVERAGE VOUCHER, AND THE CHOICE BETWEEN A TUMBLER OR A TOTE BAG



ORDER TICKETS HERE

FOR ADDITIONAL INFO PLEASE EMAIL:

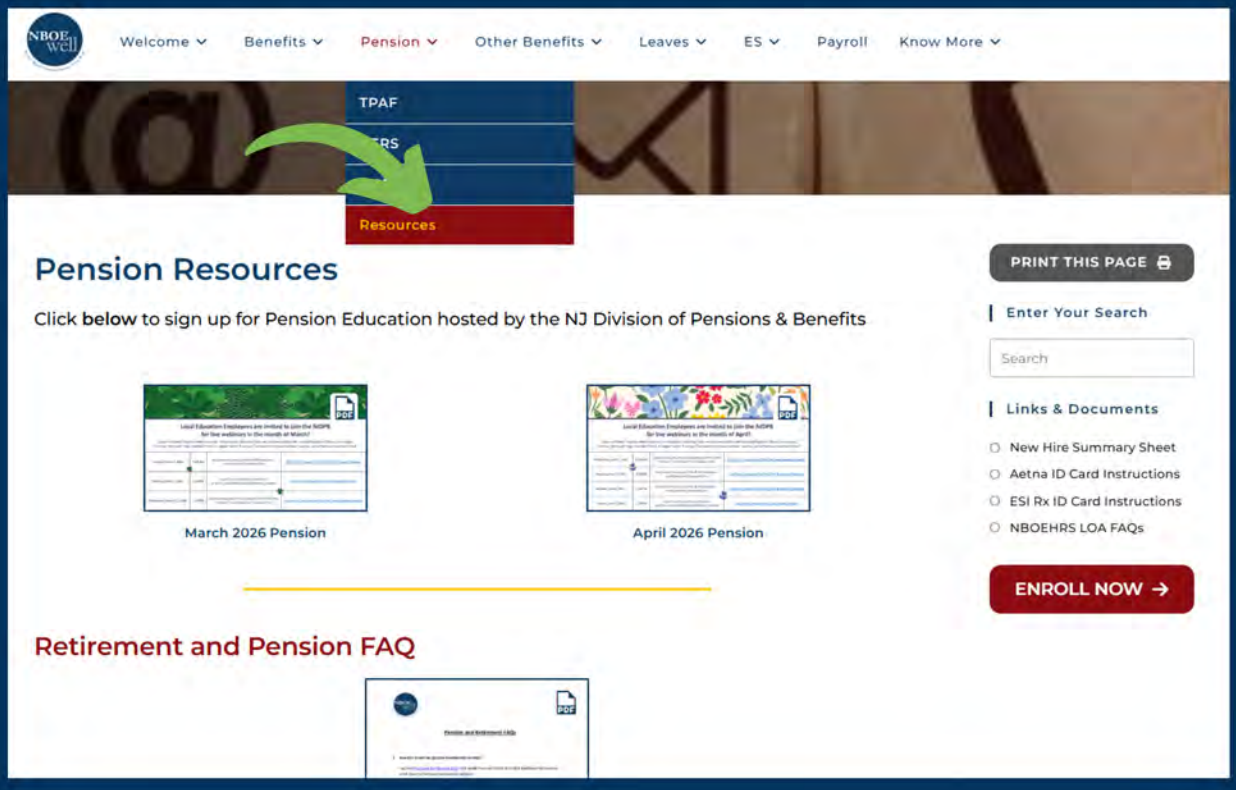
JTRAGALE@YANKEES.COM

OR CALL : **(646) 977-8090**

Important

Reminders: Pension

You can learn more about your pension and retirement! Please visit the microsite here: https://nboehrs.com/resources/ available to you 24/7 !



LOOKING AHEAD

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

- Everyday Wellbeing: June, July, August
- Spotlight on Men's Health
- Summer Wellness
- Important Announcements