



# Be Well Advised

"Your Employee Health & Wellness Newsletter"



## Prevent the Flu! Get A Flu Shot This Year

**Present Your Butler Health Plan Insurance Card at the Flu Shot Wellness Event for 100% Coverage. Pricing for non-BHP plan participants is \$23.00.**

### **When is the flu shot scheduled for my school district?**

The Wellness Coordinator in each school district schedules the flu shot event in the fall. Watch for flu shot flyers at your school district or work site.

### **How do you get the flu?**

Flu is spread by aerosol droplets. An infected person may propel infectious droplets as far as 25 feet with a simple cough or sneeze. Studies have shown that the flu virus can survive on surfaces like door knobs and tables from 2 to 8 hours.



### **When is the flu season?**

In the United States, the flu season can range from November to March.

### **How do you prevent the flu?**

The best prevention is to wash your hands, cover your mouth and nose when you cough or sneeze, and get a flu shot.

### **When should you get a flu shot?**

The best time to get vaccinated is in October or November. December is not too late.

### **I am not covered by the Butler Health Plan. May I pay for the shot at the school wellness event?**

Yes, if you are not covered by the Butler Health Plan, you may pay the provider and submit a claim for reimbursement to your insurance company. The fee is \$23.



## **Butler Health Plan Open Enrollment is November 1–30**

- You may enroll in medical or dental plan or change your medical plan option without a qualifying event.**
- Your plan change is effective January 1, 2009.**

Each year, as a school employee, you may participate in the medical and dental plan for the first time. You may also add your dependents (spouse or child) without a qualifying event.

**ACTION STEP:** You must return a completed BHP Enrollment/Change Form to your Treasurer's or Human Resource's office to enroll or add a dependent by November 30, 2008. If you are adding a spouse to the medical plan, you must complete a Coordination of Benefit (COB) questionnaire.

- You may download an Enrollment Form or COB Questionnaire Form at [www.butlerhealthplan.org](http://www.butlerhealthplan.org), click on FORMS.**
- You do not have to complete an enrollment form if you are not making a change.**

## Support Your District Wellness Coordinator & Participate in Wellness Events at Your Work Site!



- ☺ Wellness Coordinators volunteer their time and effort to plan health promotion programming, schedule flu shots and health screenings at your work site, and are genuinely interested in helping to educate their fellow employees on healthy lifestyle habits. Please let your Wellness Coordinator know you appreciate their work!
- ☺ If you are interested in joining your district wellness committee, please contact your district coordinator.



School District	Contact	Email	Phone
Butler Co. Educational Service Center	Barb Houchin	houchinb@bcesc.org	887-5526
Butler Technology & Career Dev Schools	Shannon Duff	duffs@butlertech.org	645-8333 x4389
Butler County MRDD	David Swaine	davids@butlermrdd.org	867-5962 x28
Edgewood City Schools	Beth Birchwell	birchwb@edgewood.k12.oh.us	988-0111
Fairfield City Schools	Chris Skolnik	skolnik_c@fairfield-city.k12.oh.us	829-4433 x103
Great Oaks Institute of Technology	Paula Losey	loseyp@greatoaks.com	612-3615
Hamilton City School District	Sharon Francis	sharon_francis@fc.hamilton-city.k12.oh.us	868-4446
Lakota Local Schools	Sharon Frentzel	sharon.frentzel@lakotaonline.com	777-2258
Madison Local Schools	Mary Fose	mfosem@yahoo.com	420-4760 x159
Middletown City Schools	Debbie Ingram	dingram@middletowncityschools.com	420-4549 x3318
Monroe Local Schools	Judy Lavash	jlavash@monroelocalschools.com	360-0510
New Miami Local School District	Jo Ann Lambert	nm_lambert@swocai.swoca.net	896-7153
Ross Local School District	Jane Johnson	ro_johnson@swoca.net	863-1251
Talawanda School District	Amy Macechko	macechkoa@talawanda.org	273-3390

### Fool Your Taste Buds With Healthy Substitutions\*



\* Resource: [www.cancer.org](http://www.cancer.org)

Instead of...	Try this...	And save this much fat!
Whole milk	1% (low-fat)	5 grams per cup
2% milk	Skim milk (nonfat)	5 grams per cup
Cheddar cheese	Reduced-fat cheddar cheese	8 grams per ounce
Ice cream	Ice milk or frozen yogurt	4.5 grams per 1/2 cup
Sour cream	Non-fat sour cream	2 grams per tablespoon
Potato chips	Baked potato chips	10 grams per ounce
Buttered popcorn	Light popcorn	7 grams per serving
Ice cream bar	Frozen fudge pop	12 grams per bar
Pepperoni pizza	Vegetable pizza	7 grams per slice