

# BGIA Wellness Initiative

Dear Middlesex County Joint Health Insurance Fund (The Fund ) Member,

We wanted to introduce you to a **new state-of-the-art wellness program** being implemented by **The Fund** to incorporate health education, sound medical advice, and discount programs for fitness tools. The Fund believes that supporting and encouraging its employees to take part in this program will initiate positive steps to **promote their long term health and wellness**.

Working alongside The Fund, your benefits broker Business & Governmental Insurance Agency (BGIA), has developed the Wellness Program for **no additional cost** to either the County or its employees. The program involves an interactive health tracking website; educational outreach; customized wellness plan; regular health fairs; and access to nutritionists, physicians and local gyms. It is designed to **help you find long term solutions to your health welfare needs** such as helping you to stop smoking, to lose weight and to effectively deal with any health issues you might be facing.

## Here's what you can expect to see this year:

- Soon you will receive information on completing a 20-minute Health Risk Assessment (HRA) – the basis for your customized wellness plan. Everyone who completes an HRA is eligible to win fantastic prizes!
- Later this year, look for a Biggest Loser Competition amongst departments in your organization to encourage weight loss and healthier eating habits.
- We will also be working to connect you with local wellness professionals through various health fairs and seminars throughout the year.

## **If you ever have any questions or need any support, help is always available.**

- Horizon Healthcare of New Jersey 1-800-355-BLUE (24 hours a day, 7 days a week)
- Aetna 1-800-US-AETNA (7am – 7pm EST)
- Cigna 1.800.CIGNA24 (24 hours a day, 7 days a week)
- Oxford On-Call 800-201-4911 (24 hours a day, 7 days a week)

BGIA has created a dedicated employee benefits website specifically for The Fund members:

<https://hrportal.plansource.com/Hr/bgia/main/login/q1181.asp>.

User ID: MCJHIFemployee

Password: employee

For more information on how you can take the next steps toward a healthier lifestyle, please visit your wellness committee representative, or call Brenda De Santis at BGIA, at 800-272-6771 Ext. 267.

**“You owe it to your family” to take the next step!**

# BGIA Wellness Initiative

---

**The wellness representatives specifically assigned to work with employees in The Fund are listed below, please feel free to contact them for any information you might need:**

Steve Edwards  
(BGIA)

[SEdwards@bgiains.com](mailto:SEdwards@bgiains.com)

Stuart Migdon  
(BGIA)

[SMigdon@bgiains.com](mailto:SMigdon@bgiains.com)

Sara Simon  
(BGIA)

[SSimon@bgiains.com](mailto:SSimon@bgiains.com)

Robert Recine  
(Middlesex County Administration)

[Robert.Recine@co.middlesex.nj.us](mailto:Robert.Recine@co.middlesex.nj.us)

Laura Cahill  
(Middlesex County College)

[LCahill@middlesexcc.edu](mailto:LCahill@middlesexcc.edu)

Jane Leal  
(Middlesex County Improvement Authority)

[JL@mciauth.com](mailto:JL@mciauth.com)

Daniel Healy c/o Linda Seguire  
(Middlesex County Mosquito Commission)

[LSequire@middlesexmosquito.org](mailto:LSequire@middlesexmosquito.org)

Rose Mallari-Withers  
(Roosevelt Healthcare)

[Rose.Withers@roosevelthealth.org](mailto:Rose.Withers@roosevelthealth.org)

Joseph Jennings  
(Middlesex County Board of Social Services)

[JJennings@xbp.dhs.state.nj.us](mailto:JJennings@xbp.dhs.state.nj.us)

Jayne Gelder  
(Middlesex County Utilities Authority)

[JDugan@MCUA.com](mailto:JDugan@MCUA.com)

Joe Peake  
(Middlesex County AFSCME 3841)

[Joseph.Peake@co.middlesex.nj.us](mailto:Joseph.Peake@co.middlesex.nj.us)