



March is Colorectal Cancer Awareness Month

45 IS THE NEW 50

Now “45 is the new 50” to start screening for everyone at average risk for colorectal cancer. Your gastroenterologist can find colon polyps early so they can be safely removed and help to prevent colorectal cancers.

Learn About Your Screening Options for Colorectal Cancer One-Step Screening vs. Two-Step Screening for Colorectal Cancer

1-Step Test

COLONOSCOPY

Your doctor can see and remove pre-cancers called polyps and prevent or detect or confirm colorectal cancer all in 1 step.



2-Step Test

1st Step:

STOOL-BASED TEST

- FIT Test (Fecal Immunochemical Test)
- Multitargeted Stool DNA

or

FLEXIBLE SIGMOIDOSCOPY

or

IMAGING TESTS

- CT Colonography
- Colon Capsule

– Positive Test? –

2nd-Step: COLONOSCOPY

The American College of Gastroenterology 2021 Guidelines on Colorectal Cancer Screening explain the difference between recommended tests that are “one-step tests” and “two-step tests.” In many instances, the best screening test is the one that gets done.

To learn more about colorectal cancer, colonoscopy, in-home testing kits, or for help with finding a provider, please call The Health Plan at 1.877.903.7504. We are here for you!

Colorectal Cancer: You Can Prevent it | gi.org/coloncancer 🍏



Community Events

Tyler County Family Support Center Wellness Series*

250 Charles Street
Sistersville, WV 26175

- April 16, 2025 1 p.m.
Stress Management
- May 14, 2025 1 p.m.
Tobacco Cessation

* Dates and Topics are subject to change.

If you would like more information, please call 1.877.903.7504.

Mobile Pantries

Mobile Pantries provide food where accessibility is limited. Fresh, healthy foods are available including fresh fruits, vegetables, dairy products, and baked goods.

Click the link below to learn more and see when the next Mobile Pantry will be in your county!

mountaineerfoodbank.org/mobile-pantry 🍏

Spring Health & Safety Checklist

As we “spring” forward and head into warmer months, it's time for Spring cleaning. Here is a list of items we often forget about but are very important to you and your family's safety!

Window Safety

It's nice to open the windows and let a breeze come inside as temperatures rise! Be sure to practice window safety, especially in homes with young children. When the windows are closed, keep them locked. When windows are open, be sure to supervise young children. It is also a best practice to avoid placing furniture near windows to prevent children from climbing and gaining access to windows.

Medicine Cabinet

Clean out any unwanted or expired medications. These can be taken to a prescription drop box. The next National Drug Take Back Day is Saturday, April 26th. For more information visit dea.gov/takebackday. You can also call your local pharmacy or police department and they can direct you to the nearest drop off location.



Family Emergency Plan

What would your family do in the event of a natural disaster? What if you lost power for multiple days? Take some time to discuss a plan with your family. If you live alone, choose a trusted person that you will communicate with in an emergency.

Be sure to prepare both a home and a car emergency kit. If you already have an emergency kit, check it and replace items that have expired.

Smoke Alarms

Test your smoke alarms to make sure they are working. Replace the batteries at least once a year. If your smoke detector is “chirping,” replace the batteries immediately.

Smoke alarms should be placed in every bedroom and in the common areas on each floor.

Carbon Monoxide Detectors

Carbon monoxide is a dangerous gas that has no smell. Carbon monoxide exposure can cause death. Like smoke alarms, test the batteries of your carbon monoxide detectors and change the batteries once a year. It is also important to make sure the vents for your gas appliances are clear of any debris.

Carbon monoxide detectors should be located outside every bedroom and in the common areas on each floor.

Cleaning Product

Are you getting the urge to clean? Don't forget to store your cleaning products in a safe place and out of the reach of young children. Safety latches on drawers or cabinets can also prevent children from accessing chemicals and cleaners. 🍏

How Can THP Help YOU?

At THP we have a team of health coaches, life coaches, social workers, tobacco cessation facilitators, and nurses on staff. They provide support and education to our members on a variety of topics. All members are eligible to enroll in these programs. Phone lines are open Monday – Friday 8am – 5pm.

- Our **Health Coaches** can assist with nutrition, health weight management, encouraging physical activity, and managing stress. To speak with one of our health coaches, call 1.877.903.7504.
- Our **Life Coaches** can assist with resume building, finding job training or additional schooling, finding legal representation, and helping to access care. To speak with a life coach, call 1.877.236.2293.
- Our **Social Workers** can assist with finding food resources, transportation, housing support, and additional resources in your community. To speak with a social worker, call 1.800.475.3624.
- Our **Tobacco Cessation Facilitators** can assist with the process to quit smoking or using other forms of tobacco. To speak with a tobacco cessation facilitator, call 1.888.450.6023.
- Our **Nurses** can help with a variety of topics, including chronic disease management, pregnancy care, and medical or behavioral health case management. To speak with a nurse, please call one of the numbers below.
 - o Chronic Disease Management: 1.800.776.4771
 - o Pregnancy Care: 1.877.236.2288
 - o Medical or Behavioral Case Management: 1.800.624.6961 ext 7644 🍏

Talk to a Nurse:

The nurse information line provides members with access to a THP nurse 24 hours a day, 7 days a week. The nurse information line is available to help support access to urgent and emergent care after hours.

Contact the nurse information line by calling **1.866.NURSEHP (1.866.687.7347)**.

Or fill out the online form healthplan.org/for-you-and-family/get-care/talk-nurse. 🍏



Notice of Privacy Practices

The privacy and security of your health information is very important to The Health Plan. The Health Plan's Notice of Privacy Practices explains how we use and disclose your protected health information and your rights under the Health Insurance Portability and Accountability Act (HIPAA). The notice is available on our website. You may also contact us at **1.800.624.6961** if you wish to obtain a written copy. 🍏

Word to Know: Copay

Your copay is a fee that you pay for covered health care services, such as doctor appointments, laboratory tests, or filling prescriptions. Copays will be collected until your deductible has been met.

Example:

If your health plan has a \$20.00 copay for primary care visits and you have a visit with your primary care provider, you will owe \$20.00. This is often collected at the time of service but may also be billed to you from your health care provider.

Please see your annual member handbook or annual schedule of benefits to determine what health care services are covered and how much your copays are. 🍏



Urinary Incontinence

Urinary incontinence is the loss of bladder control. It is a common problem for both men and women. It is more common as people get older, but anyone can experience incontinence.

An increased risk of urinary incontinence is associated with age, pregnancy, childbirth, diabetes, and increased body mass index.

Urinary incontinence may:

- Lead to a lower quality of life
- Restrict your activities and social interactions
- Increase your risk of falling
- Indicate a more serious condition

If urinary incontinence affects your daily activities, you should talk to your doctor. It can be uncomfortable to bring up, but it is important that your doctor is aware. There may be simple changes you can make to improve your quality of life!

5 Ways To Improve Your Bladder Health



Wear cotton underwear and loose-fitting clothing. Tight-fitting pants and nylon underwear can trap moisture and help bacteria grow.



Use the bathroom when needed. Take the time to fully empty your bladder. If urine stays in the bladder for too long, it can make a bladder infection more likely.



Watch what you eat. Some people find that certain foods, such as spicy foods, make bladder problems worse. Adjusting your diet may help.



Drink enough fluids, especially water. The amount of water you need may vary, but try to drink enough fluids so that you need to urinate every few hours.



Do pelvic floor exercises. Daily exercises can help strengthen your muscles and may help avoid infections.

To learn more about bladder health visit:

nia.nih.gov/health/bladder-health-and-incontinence/15-tips-keep-your-bladder-healthy



Yoga and Sleep: A Winning Combination for Healthy Aging

March is National Sleep Awareness Month — a time to recognize the importance of sleep for overall health and explore ways to improve it. Nearly 50% of older adults have trouble sleeping, which has been shown to affect their memory, focus and physical well-being.

But there's good news: regular yoga practice can help. Research shows that yoga not only enhances your brain health but also improves sleep quality. Through gentle movements, breathing exercises and meditation, yoga helps calm the mind, reduce stress and prepare your body for restful nights. Kundalini yoga has been shown to benefit cognition and memory on older adults.

By combining yoga with healthy sleep habits, you're not just getting better rest — you're laying the foundation for long-term wellness and sharp thinking as you age 🍏

Yoga Poses for Better Sleep



Upward Facing Dog



Hero



Bridge Pose



Butterfly Fold



Corpse Pose



Knees to Chest Pose



Camel Pose



Spine Twist Pose



Straight Seated Forward Pose

Chickpea Pasta with Mushrooms and Kale

Nutrition:

Servings: 4. Calories per serving: 340, Protein: 17g, Carbohydrates: 38g, Fat: 18g



Ingredients:

- 8 ounces chickpea rotini or penne
- 2 large garlic cloves, sliced
- ¼ cup extra-virgin olive oil
- 8 cups chopped kale
- 8 ounces cremini mushrooms, quartered
- Pinch of crushed red pepper
- ½ teaspoon salt
- ½ teaspoon dried thyme
- Grated Parmesan cheese for serving



Directions:

1. Cook pasta according to package directions. Reserve 1 cup of the cooking water, then drain.
2. Meanwhile, heat oil in a large skillet over medium heat. Add crushed red pepper and garlic; cook for 1 minute, stirring once. Add kale, mushrooms, thyme, and salt; cook, stirring occasionally, until the vegetables are soft, about 5 minutes.
3. Stir in the pasta and enough of the reserved water to coat; cook, stirring until combined and hot, about 1 minute more. Serve topped with Parmesan. 🍏

Source: [eatingwell.com/recipe/7939117/chickpea-pasta-with-mushrooms-kale/](https://www.eatingwell.com/recipe/7939117/chickpea-pasta-with-mushrooms-kale/).



Customer Service Reps

When you call The Health Plan, expect to speak with a real, local person. If you have questions or need assistance, call customer service at **1.888.847.7902** now! 🍏

Member Rights and Responsibilities

To view your member rights and responsibilities, please visit our website at [healthplan.org/legal/member-rights-and-responsibilities](https://www.healthplan.org/legal/member-rights-and-responsibilities). For a printed copy, please call **1.888.847.7902**. 🍏



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1110 Main Street
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You're Invited!



*Join Other Members from The Health Plan on a
Commercial Member Advisory Committee*

MEETINGS ARE HELD QUARTERLY AND ALL YOU NEED IS A PHONE TO PARTICIPATE



Why Participate?

Because your opinions about how THP offers benefits and services to you matter to us.

Together you can help us help you by:

- Identifying opportunities for improvement
- Understanding members barriers to care
- Increasing your health literacy
- Opportunity to interact with other THP members
- And much more!



Let us know today if you are interested or call **1.888.847.7902** (TTY:711) for more information.