

Healthy Sense

Spring 2022

A Publication of
The Health Plan

Health and Wellness or
Prevention Information

Health, Wellness, Prevention, Risk Reduction and Community-based Resources

At The Health Plan, we have a team of Health Coaches, Social Workers and Member Advocates on staff. They provide support and education to our members with topics including:

- Nutrition
- Healthy weight maintenance
- Encouraging physical activity
- Managing stress
- Identifying depressive symptoms
- Avoiding at risk behaviors
- Smoking or tobacco cessation



They can also direct you to tools, resources and services in your community to help meet your needs.

- Transportation
- Food resources
- Housing support
- Other resources to keep you healthy and maximize your benefits

All members are eligible to enroll in these programs. Contact a health and wellness team member and get personalized support. Call **1.877.903.7504** Monday through Friday from 8 a.m. to 5 p.m. EST. 🍏

Health Risk Assessment

Having a health risk assessment on file with The Health Plan plays an important role in allowing us to help best meet your health care needs. If you have not completed your annual health risk assessment, give us a call at **1.877.903.7504** to do so. All members should have an assessment on file so we can make sure you are receiving the care you need. Members under the age of 21 that complete an assessment will receive a \$25 gift card. 🍏



Tobacco Cessation Program

The Health Plan offers Mountain Health Trust (WV Medicaid and WVCHIP) members a program to help you stop smoking, rubbing, or chewing. There is no cost to enroll in our program. We will help you quit using tobacco and get prescriptions approved, if needed. A counselor will work with you to help you reach your goals.

Starting January 1st, 2022, you are able to get a \$25 gift card for completing our program. To complete, you must:

- Be coached on all required topics from our counselor
- Fill all prescriptions for the length of the program

For more information on our program, call us at **1.888.450.6023**. 🍏

Tips to get Healthy for Spring!

Spring is right around the corner. This can be a great time to make healthy habits. Making healthy choices now can make a difference down the road.

- Eat healthy – choose healthy options like fruits, vegetables, low-fat dairy, lean meats, and whole grains
- Get active – aim to get at least 150 minutes of moderate-intensity aerobic exercise every week, add muscle strengthening exercises at least twice a week
- Go to sleep – try to get at least 7 hours of sleep each night
- Choose water – Replace sugary drinks and alcohol with water to reduce calories
- Brush your teeth – brush your teeth twice a day and floss too. Members under 21 years of age can receive a \$25 gift card for having an annual dental exam.
- Quit smoking – if you are smoking, now is the time to quit. Call a tobacco cessation counselor at **1.888.450.6023** to get started
- See your doctor – schedule your annual wellness visit with your primary care doctor. If you need help finding a doctor near you, talk to a health coach at **1.877.903.7504** for assistance. Members aged 3-21 years of age can receive a \$25 gift card for completing a wellness visit with their primary care doctor. 🍏



How to Report Fraud Waste and Abuse

Contact us if you suspect fraud, waste, or abuse has occurred. Our FWA/Compliance Hotline is **1.877.296.7283**. 🍏

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. Please note it may be up to 24 hours before you receive a response. 🍏

Getting Enough Sleep

1 in 3 adults do not get enough sleep. Adults need at least 7 hours of sleep each night. Sleep is an important part of staying healthy. Lack of sleep has been linked to developing chronic diseases such as obesity, cardiovascular disease, type 2 diabetes, and depression.

If you have trouble getting enough sleep, adding good sleep habits can help. Some tips for getting better sleep include:

- Try going to bed at the same time each night and waking up at the same time each morning. Try this on the weekends too.
- Avoid caffeine, alcohol, and large meals before bed.
- Keep your bedroom dark and quiet. Set the temperature to a comfortable level.
- Remove electronic devices like TVs, computers, and smart phones from the bedroom.
- Increase your physical activity and exercise during the day. 🍏



Don't Delay Care

Now is the time to get back on track with managing your healthcare. If you put off seeing your doctor or getting your preventive screenings last year, call your doctor today to schedule.

Schedule your annual wellness visit and screening today! 🍏

What is an annual Wellness Visit?

The annual wellness visit is your time to talk and plan with your doctor about your health. It's about preventing health problems and disability. And it's about making sure you get the medical care you need. Together, you and your doctor create a health care strategy that's right for you.

Mountain Health Trust members ages 3 – 21 years old will receive a \$25 gift card for completing their annual wellness visit. 🍏



Mom's Meals Program

As of January 1st, 2022, The Health Plan has partnered with Mom's Meals to offer 14 days-worth of meals to new moms. Any member having a baby after January 1st will be called by our team to see if you would like to be in the program. There is no cost for this program. Our team can help customize the meals to your needs. Your food box will arrive in 3-5 business days after you finish enrolling.

For more information about Mom's Meals, call **1.888.613.8385**. 🍏



BBQ Chicken Pizza

Total Prep Time: 15 mins Number of Servings: 12

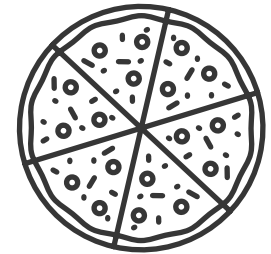


Ingredients

- 6 english muffins
- 3/4 cup barbecue sauce
- 1 1/2 cups chicken (cooked, cut-up)
- 3/4 cup cheddar cheese (shredded, smoked or regular)
- 1 bell pepper (chopped)

Directions

1. Heat oven to 450°F
2. Slice english muffins in half and place on ungreased, large cookie sheet.
3. Cut-up bell pepper
4. Spread barbecue sauce on english muffins to within 1/4 inch of edges.
Top with chicken, cheese and bell pepper.
5. Bake 7 to 12 minutes or until cheese is melted. 🍏



Source: myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/bbq-chicken-pizza.

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