

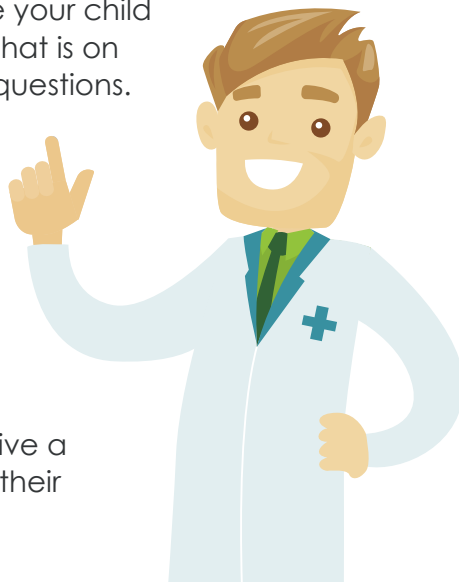
## Getting Your Child to See Their Doctor Every Year

Some people think you should only take a child to the doctor when they are sick. But it is best if you take your child each year to see their doctor for what is called a “well child” visit.

During these visits your child's doctor will do a physical exam. Your child's doctor will also talk about how to stay healthy. They will give your child time to talk about anything that is on their mind and answer their questions.

By having this time with their doctor every year, your child will learn how to stay safe and healthy and know who they can trust if they need something when they are sick or stressed and worried.

Members ages 3-21 will receive a \$25 gift card for completing their wellness exam. 🍏



## Redetermination

You need to update your information each year for WV Medicaid and WV CHIP. This also occurs with SNAP benefits if you receive SNAP. You will get a packet in the mail about a month before you are due. If you don't fill out the packet you could lose important health benefits. Even if you are not sick it is important to keep your insurance. Keeping your insurance covers you if you have an accident or get sick. Do not throw away anything received from the DHHR without carefully reading and taking action, if needed. 🍏

## Getting Your Child to See Their Dentist Every Year

Seeing your dentist is a great way to stay healthy. Your dentist will help keep your teeth clean and healthy.

Even if your teeth seem ok, your dentist can catch problems early on and answer any questions you have. Members under the age of 21 will receive a \$25 gift card for completing their preventative dentist visit. 🍏



## How Screening for Colorectal Cancer Can Make a Difference

Colorectal cancer happens when cells that aren't normal grow in your colon. These cells often form in small growths called polyps. Not all polyps turn into cancer, but colon cancer starts in a polyp. Polyps found early can be removed before turning into cancer.

Some people are at higher risk for this kind of cancer because of their family history. Be sure to talk to your doctor to find out if you are at higher risk.

This is why regular screenings are important. Talk to your doctor about which screening is right for you. There are a few different screenings available to you at no cost. Starting July 1st, if you are 45 years old or older you are eligible to get a \$25 gift card for being screened. This is for any service after July 1st. Please allow up to 6 months to get your gift card. 🍏

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## Member Rights and Responsibilities

To view your member rights and responsibilities, please visit our website at [healthplan.org/Medicaid](https://healthplan.org/Medicaid). For a printed copy, please call 1.888.613.8385. 🍏

## 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](https://healthplan.org/for-you-and-family/get-care/talk-nurse). Please note it may be up to 24 hours before you receive a response. 🍏



## Summer Safety Tips

Summertime is here and warmer weather means doing more outside! Here are some tips to stay safe while enjoying the activities you love:

- Make sure to wear sunscreen when outside. Getting too much of the ultraviolet (UV) rays from sunlight can harm your skin.
- Wear a helmet when riding a bicycle.
- Drink plenty of liquids to stay hydrated. Avoid drinking alcohol as it increases risk of dehydration.
- Wear lightweight or loose-fitting clothing if you are active outside.
- Use an EPA-registered insect repellent or wear long-sleeved shirts and pants to prevent bug bites.
- Don't leave a child unattended in a pool.
- Never leave a child or pet enclosed in a vehicle on a hot day. 🍏



## Don't Lose Your Coverage!

Have you moved or had your address updated by 911? Do you have your current and correct address on file with the DHHR? If not, you could lose Medicaid or CHIP coverage when the public health emergency ends! Please reach out to your local DHHR office to update your address.

Here's how to update your address with DHHR:

Email: [dhhrbcfchangectr@wv.gov](mailto:dhhrbcfchangectr@wv.gov)

Online: [wvpath.org](http://wvpath.org)

Phone: 1.877.716.1212

Fax: 304.558.1869

Mail: P.O. Box 1668

Charleston, WV 25326-1668 🍏



## Men Need Check Ups Too!

Is the man of the house getting the care he deserves? Having a well visit with your doctor each year is recommended to stay healthy. During this visit, your doctor will take a health history and talk about your risk of conditions such as diabetes, heart disease, and stroke. They will check your blood pressure, listen to your lungs and heart, and may order additional testing and screening. You may be eligible for vaccines and other immunizations.

Depending on your age, there are many screenings that can be done as part of this visit. Receiving a screening can help find conditions early so your doctor can treat you.

Here is a list of some of the screening services your doctor may want you to have:

- Cholesterol screening
- Colorectal cancer screening (ages 45 – 75)
- Depression screening
- Type 2 diabetes screening (men ages 40 -70 who are overweight or obese)
- HIV screening
- Prostate exam (men age 50 and up)
- Tobacco and alcohol use screening 🍏

# Avocado Breakfast Bruschetta

Total Prep Time: 20 mins

Number of Servings: 4



## Ingredients

- 1 ripe avocado
- 2 medium tomatoes
- 1 green onion
- 1/2 cup chopped fresh basil (plus 2 tbsp for garnish)
- 4 eggs (hard-boiled)
- 12 slices whole-wheat baguette bread
- 1/4 cup ricotta cheese (reduced fat)
- Cracked black pepper to taste

## Directions

1. Dice avocado, tomatoes, and green onions.
2. Peel and chop hard-boiled eggs.
3. Reserving 2 tbsp. basil for garnish, gently toss first five ingredients in a small bowl. Add pepper to taste.
4. Toast baguette slices and smear with ricotta cheese.
5. Top with avocado mix and garnish with chopped basil. 🍏



Source: [myplate.gov/recipes/myplate-cnpp/avocado-breakfast-bruschetta](https://myplate.gov/recipes/myplate-cnpp/avocado-breakfast-bruschetta).

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