



Halloween tips:

- Do not use masks. Masks make it hard for children to see what's around them, including cars. Try a hypoallergenic (less likely to cause an allergic reaction), non-toxic make-up kit instead.
- Make or buy costumes in light-colored material.
- Place strips of reflective tape on the back and front of costumes, so that drivers can better see your child.
- Costumes should fit properly to prevent trips and falls. Avoid items such as oversized shoes, high heels, long dresses and long capes.
- Dress your child for the weather. Add layers if needed.
- Children under 10 should be accompanied by an adult for trick or treating. By the age of 10, some children are ready to go trick-or-treating with a group of friends. If going without an adult, go in groups of 3 or more.
- Keep in mind that gum and hard candy can pose a choking risk for young children.
- Remove make-up before bedtime to prevent possible skin and eye irritation. 🍏



National Epilepsy Month

November is National Epilepsy Awareness Month. Epilepsy is a neurological disorder that causes seizures. Formally recognized by Congress since 2003, the Epilepsy Foundation has long since promoted its importance to bring awareness to the incurable disease. To learn more about epilepsy, visit epilepsy.com. 🍏

Member Rights and Responsibilities

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

Diabetes Awareness

Diabetes is a disease that affects how your body turns food into energy.

Most of the food you eat is broken down into sugar (glucose) and released into your bloodstream. When your blood sugar goes up, it tells your pancreas to release insulin. Insulin acts like a key to let the blood sugar into your body's cells for use as energy.

If you have diabetes, your body either doesn't make enough insulin or can't use the insulin it makes well. When there isn't enough insulin, too much blood sugar stays in your bloodstream. Over time, that can cause serious health problems. Some health problems it can cause are heart disease, vision loss, or kidney disease.

There isn't a cure yet for diabetes. Losing weight, eating healthy food, and being active can really help. Taking medicine as needed, getting diabetes education, and keeping doctor's appointments can also help.

The Health Plan has a team of nurses and health coaches that can assist with managing your diabetes as well as making healthy lifestyle changes. For more information, call us at 1.877.903.7504. Medicaid and WVCHIP members ages 18-75 are eligible to receive \$25 for completing an HbA1C blood test and \$25 for a diabetic eye exam. 🍏



Here for You!

The Health Plan has a team of nurses, social workers, health coaches, and life coaches that can help you find resources in your area. For more information call The DHHR also has resources for your area. Contact your county office for more information. 🍏

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. 🍏



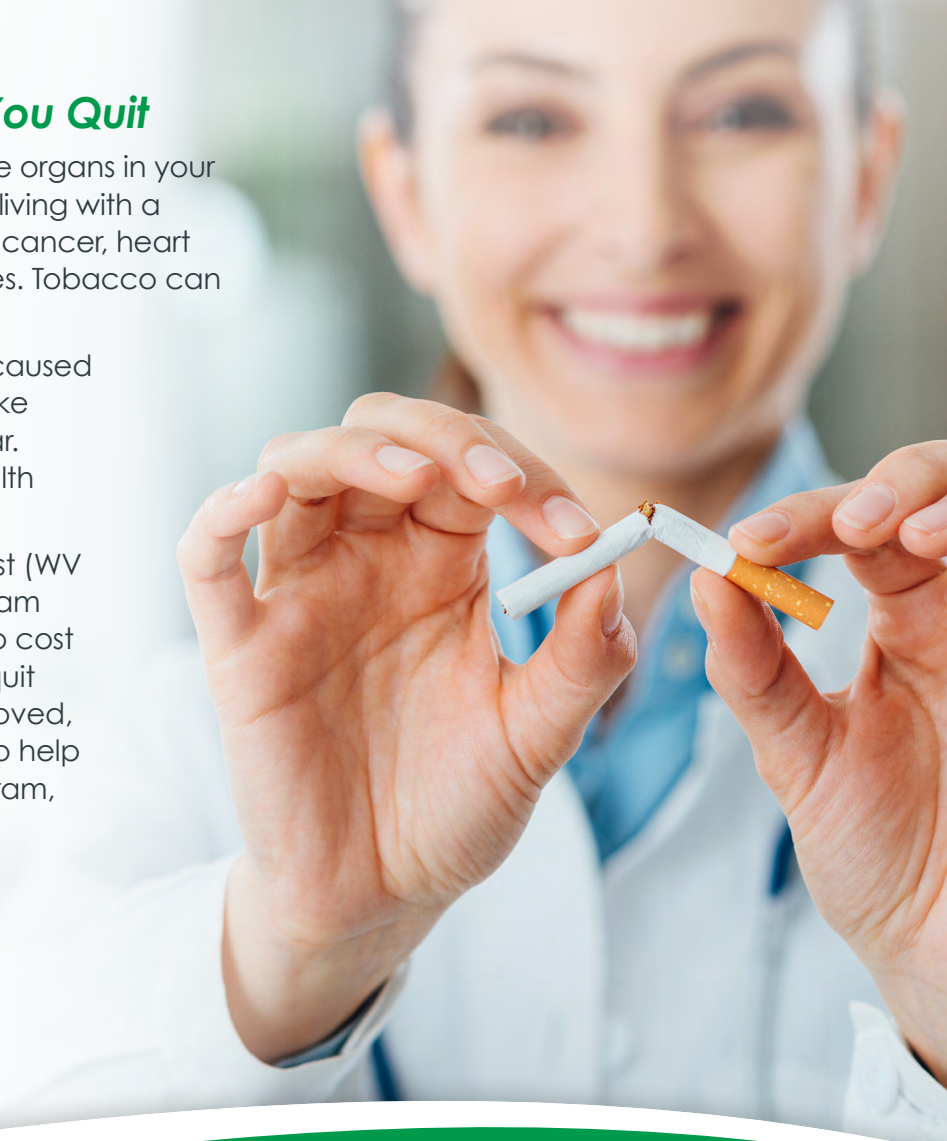
Tobacco Resources to Help You Quit

Tobacco leads to disease and can hurt the organs in your body. More than 16 million Americans are living with a disease caused by tobacco. It can cause cancer, heart disease, stroke, lung diseases, and diabetes. Tobacco can lead to other health problems as well.

41,000 adults die each year from disease caused by secondhand smoke. Secondhand smoke also causes 400 deaths in infants each year. Secondhand smoke can cause many health problems for both adults and children.

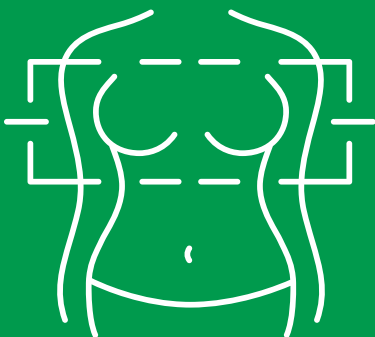
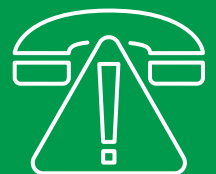
The Health Plan offers Mountain Health Trust (WV Medicaid and WVCHIP) members a program to help you stop using tobacco. There is no cost to enroll in our program. We will help you quit using tobacco and get prescriptions approved, if needed. A counselor will work with you to help you reach your goals. To enroll in the program, call us at 1.888.450.6023.

Medicaid and WVCHIP members completing our THP Tobacco Cessation Course are eligible to receive a \$25 gift card. 🍏



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**. 🍏



Mammogram

A mammogram is a low-dose x-ray picture of the breast. Mammograms can help save lives. They are the best way to screen for breast cancer. Mammograms won't find every cancer, but they can help find breast cancer at an early stage. This can lead to early treatment, a range of treatment options, and better chances of survival.

Medicaid and WVCHIP members aged 40 and up are eligible to receive \$50 for receiving an annual mammogram.

To learn more about mammograms, visit:

[fda.gov/consumers/womens-health-topics/4-mammography-myths](https://www.fda.gov/consumers/womens-health-topics/4-mammography-myths) 🍏

Apple Cinnamon Bars

Total Prep Time: 60 mins

Number of Servings: 24



Ingredients

- 4 apples (medium)
- 1 cup flour
- 1/4 teaspoon salt
- 1/2 teaspoon baking soda
- 1 cup brown sugar
- 1/2 teaspoon cinnamon
- 1 cup oats (uncooked)
- 1 cup shortening

Notes: You can use applesauce (16 ounces) or canned apples in place of fresh apples. You can use either peeled or unpeeled apples.

Directions

1. Preheat the oven to 350 degrees.
2. Put the flour, salt, baking soda, cinnamon, brown sugar, and oats in the mixing bowl. Stir together.
3. Add the shortening to the bowl. Use the 2 table knives to mix the ingredients and cut them into crumbs.
4. Lightly grease the bottom and sides of the baking dish with a little bit of shortening.
5. Spread half of the crumb mixture in the greased baking dish.
6. Remove the core from the apples and slice them. Put the apple slices into the baking dish.
7. Top the apples with the rest of the crumb mixture.
8. Bake in the oven for 40 – 45 minutes.
9. Cut into squares. It will fall apart easily. 🍏

Source: myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/apple-cinnamon-bars.

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