

Healthy Sense

Winter 2022

A Publication of
The Health Plan

Health and Wellness or
Prevention Information



Holiday Safety

The holidays are for good times with friends, family, and gifts. It's important to remember holiday safety tips so your good time doesn't turn bad.

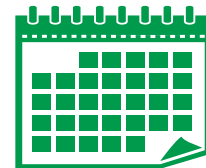
If traveling this holiday season:

- Prepare your car for winter weather and keep an emergency kit with you
- Stay rested and avoid driving while you are sleepy
- Plan ahead for heavy traffic
- Don't use a cell phone when driving

When decorating:

- Keep poisonous plants, for example mistletoe or holly berries, away from kids and pets
- Put your tree at least 3 feet away from fireplaces and other heat sources.
- Only use indoor lights inside and outdoor lights outside and use a safe ladder
- Turn off lights and decorations when you go to bed or leave the house

The Health Plan wishes you the happiest of holiday seasons and we look forward to having you as our member in 2023. 🍏



Annual Appointments

Are you and your children on track with your annual screenings, lab work, and immunizations? Take a look at this handy check list and check off which appointments you have scheduled for 2023 and write dates in if you want:

Annual Wellness Visit:

Dental Visits:

Mammogram:

Lab work and Blood Tests:

Diabetic eye exam:

Flu Vaccine:

Age Appropriate Vaccines:

Flu Vaccine Myths

The flu vaccine saves lives but sometimes it can be hard to know if you have all the right information about the vaccine. Here are some common questions and myths about the flu vaccine:

Q: Getting the flu isn't a big deal, so why do I need the vaccine?

A: At best, getting the flu isn't fun. But at worst, getting the flu can be a very serious illness. It's especially risky for older adults, young children and babies, and people with chronic health conditions.

Q: Can the flu vaccine make me sick?

A: You cannot get the flu from the vaccine. However, some vaccines can make you feel a little under the weather. This is normal and does not mean you have the flu. This means that your immune system is learning to fight off the actual virus and building antibodies.

Q: What's the point of getting the flu vaccine if I can still get the flu?

A: If you get the flu after getting the flu vaccine, your symptoms will be much less severe than they could have been if you hadn't gotten the vaccine. Getting the vaccine also protects those around you that may not be able to get the vaccine themselves.

Whether or not to get the flu vaccine is a personal choice that only you can make. But it's about more than just you. If you get the flu, you could spread it to others than may not be able to fight off the virus like you may be able to do. By choosing to get the vaccine, you're helping protect those you care about as well as yourself. 🍏



Redetermination

WV Medicaid stopped enrollee reviews since the start of the COVID Public Health Emergency. WV Medicaid should start completing enrollee reviews again in April 2023. This review will disenroll you from Medicaid if you are no longer eligible. Please make sure your address information is up to date with your local DHHR so that you get your review packet in the mail when it is time for you to complete that process. 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 take action, if needed.

It's also important to get preventive medical and dental care each year. Don't forget, you have \$1,000 in dental care available to you! 🍏

AIDS Awareness

World AIDS Day is December 1. This day is used to think about the worldwide response to HIV/AIDS and honor those lives lost to AIDS-related illnesses. HIV testing is encouraged for all adults to prevent AIDS. There are close to 1.5 million new cases of HIV every year around the world. 🍏



Handwashing

Handwashing is easy, cheap, and effective to prevent the spread of germs. It keeps kids and adults healthy. When your family is healthy, you don't have to worry about missing school, work or other activities.

The family plays an important role in teaching children to wash their hands. Teach kids the five easy steps for handwashing:



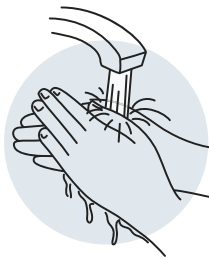
1. Wet



2. Lather



3. Scrub



4. Rinse



5. Dry

Find ways to make handwashing fun, such as turning it into a game or singing a song while you do it. 🍏

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. 🍏

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. 🍏



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**. 🍏

Minestrone

Total Prep Time: 3 to 8 hours Number of Servings: 8 Calories Per Serving: 270



Ingredients

- 1 cup carrots, sliced
- 1 cup celery, sliced
- 1 ½ cups yellow onion, diced
- 1 cup diced zucchini
- 1 ½ cups small pasta of choice
- 1 ½ cups baby spinach
- 28 oz can diced tomatoes, with juices
- 2 tbsp tomato paste
- 2-3 tbsp minced garlic
- 1 ¼ tbsp Italian seasoning
- 4 cups vegetable stock
- 2 cups water
- 15 oz can dark red kidney beans, drained and rinsed
- 15 oz cannellini beans, drained and rinsed

Directions

1. Add carrots, celery, onion, diced tomatoes, seasonings, stock, water, and beans into a 6 quart or larger slow cooker. Stir to combine, cover, and cook on Low for 6-8 hours or High for 3-4 hours.
2. 30 minutes before you want to serve the soup, add the zucchini and small pasta of your choice. Stir again and cook on High for the remaining time.
3. Add spinach about 5 minutes before serving, giving it just enough time to wilt and cook through. 🍏

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