

Healthy Sense

Summer 2024

A Publication of
 The Health Plan

Health and Wellness or
Prevention Information



Health, Wellness, Prevention and 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. This includes:

- Transportation
- Food resources
- Housing support
- Other resources to keep you healthy & 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. 🍏



Renew Your Medicaid or WV CHIP Benefits

WV Medicaid started completing enrollee reviews again. You will be required to renew eligibility with WV DHS at some point over the next 12 months. If your address or phone number has recently changed, call **1.877.716.1212** or go to wvpath.wv.gov to make sure your phone and address information is up to date with your local WV DHS 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 WV DHS without carefully reading and acting, if needed. 🍏

Protecting Your Skin from the Sun

People with darker skin don't sunburn as easily. But they can still get skin cancer. It's important to use sun protection, no matter what color your skin is.

- Stay out of the sun during the peak hours of UV radiation.

Peak hours are from 10 a.m. to 4 p.m. Find shade if you need to be outdoors. You can also find how much UV exposure you are getting by using the shadow rule. If your shadow is longer than you, then UV exposure is low. If your shadow is shorter than you, then UV exposure is high.

- Wear protective clothing.

This can include:

- Wide-brimmed hats that protect the face and neck.
- Loose-fitting long-sleeved clothes that cover as much of the skin as possible.
- Clothes with sun protection factor (SPF) in the fabric that doesn't wash out.

- Wear sunscreen, with an SPF of 30 or higher, every day.

This includes summer and winter, on both cloudy and clear days.

- Use protective lip balm.

Use lip balm or cream that has an SPF of 30 or higher to protect your lips from getting sunburned. 🍏



Staying Active in Hot Weather

Summer is a great time for being active.

Even if you live where it gets hot or humid, there are ways you can stay active and stay safe. Try taking these normal precautions:

- Drink plenty of water.
- Don't exercise as hard when it's hot. Take rest breaks.
- Wear light-colored, breathable clothes.
- Always wear sunscreen.
- Watch for sign of dehydration. Signs of dehydration include having a dry mouth and eyes and feeling dizzy.



When it's hot and humid out, try changing up your routine. Here are some ideas:

- Take morning or evening walks.
- Go swimming on hot days.
- Go for a bike ride. Pick shady areas to ride.
- Do light yard work or gardening.
- Wash your car.

Sometimes it is too hot to be active outdoors. Here are some ideas you can try if so:

- Go for walks indoors. Try walking at the mall with a friend.
- Join a gym or try a fitness class.
- Use an online exercise video or a smartphone app.
- Exercise while watching TV. Get some hand weights or resistance bands.

For more help on staying active in hot weather, call our health coaches at **1.877.903.7504**. 🍏

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. 🍏



How to Report Fraud, Waste & 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.



Member Rights & 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**. 🍏

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. 🍏

Chicken Pesto Roll-Ups

Number of Servings: 4 Prep Time: 15 Minutes Calories: 374



Ingredients

- 4 boneless skinless chicken breast halves (6 ounces each)
- 1/2 cup prepared pesto, divided
- 1 pound medium fresh mushrooms, sliced
- 4 slices reduced-fat provolone cheese, halved



[tasteofhome.com/recipes/chicken-pesto-roll-ups/](https://www.tasteofhome.com/recipes/chicken-pesto-roll-ups/)

Directions

- Preheat oven to 350°.
Pound chicken breasts with a meat mallet to 1/4-in. thickness. Spread 1/4 cup pesto over chicken breasts.
- Coarsely chop half the sliced mushrooms; scatter remaining sliced mushrooms in a 15x10x1-in. baking pan coated with cooking spray. Top each chicken breast with a fourth of the chopped mushrooms and a halved cheese slice. Roll up chicken from a short side; secure with toothpicks. Place seam side down on top of the sliced mushrooms.
- Bake, covered, until chicken is no longer pink, 25-30 minutes. Preheat broiler; top chicken with remaining pesto and remaining cheese. Broil until cheese is melted and browned, 3-5 minutes longer. Discard toothpicks. 🍏

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