

HPV Vaccine Can Protect Your Child From Cancer

HPV (human papillomavirus) is a virus that can cause different kinds of cancers. HPV is most spread through intimate skin-to-skin or sexual contact. There are over one hundred types of HPV. Only some types can lead to cancer. Infections of HPV are so common that nearly all people will get at least one type of HPV at some point in their lives. Most infections will clear up on their own within 2 years, but sometimes infections last longer and can cause cancer later in life.

The HPV vaccine is the easiest way to protect your child from these cancers. The CDC recommends that children get the vaccine between ages 11 or 12, but it can be started as early as age 9. Depending on the age that you child starts the vaccines, they may need 2 or 3 doses. The best time to get your child vaccinated is before they become sexually active and get exposed to the virus.

As a Mountain Health Trust member, when your child finishes their HPV vaccine series, they will get a \$25 gift card. Please allow up to 6 months to get your gift card. 🍏



Stop the Spread of Flu

The flu is a common sickness at this time of the year. The flu can cause coughing, runny nose, and fevers or chills. You may also have a sore throat, stuffy nose, headache or body aches. What's the best way to protect yourself? Get a flu vaccine. The flu vaccine may not stop you from getting the flu, but it will make the flu more manageable if you do get it.

Here are some other ways you can help stop the spread of flu:

- ✓ Wash your hands often.
- ✓ Cover your coughs and sneezes.
- ✓ Don't touch your eyes, nose or mouth.
- ✓ Don't go around others who are sick.
- ✓ Wipe down high-touch places in your home. 🍏

You're Invited!



Member Advisory Meeting

We value your input and want to hear your voice! The Member Advisory Committee meets 4 times a year. You can share opinions and suggestions for ways to improve healthcare. By participating in the group, you can receive a \$25 gift card. You only need a phone to participate. Contact us today to find out how to join in the next meeting: mhmemberexperience@healthplan.org.

Accessibility

The Health Plan offers services in every county of West Virginia. The table below lists how long it should take for you to get an appointment with a provider in different situations. All members of The Health Plan should have the same access to medical care. If you are having trouble getting an appointment with your provider, you can call Customer Service at **1.888.613.8385**.

Primary Care Providers (PCP)	
Routine Care	Within 21 calendar days
Urgent Care	Within 48 hours
Emergent Care	Immediately or referred to an emergency facility
Behavioral Health	
Initial Routine Care	Within 10 business days
Follow Up Routine Care	Within 30 business days (prescribers) Within 20 business days (non-prescribers)
Non-Life-Threatening Emergency Care	Within 6 hours
Emergent Care	Immediately or referred to an emergency facility
OBGYN	
Initial Prenatal Care	Within 14 calendar days of the date the patient is found to be pregnant
Initial or Follow Up Routine Care for Non-OB Patients	Within 30 calendar days
Specialty Care	
Initial Routine Care	Within 30 calendar days
Follow Up Routine Care	Within 30 calendar days

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 & Abuse

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

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**.



Don't Get Caught Without Coverage



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.

Sweet Potato Gratin

Number of Servings: 8 Prep Time: 15 Minutes Calories: 212



Ingredients

- 2 lbs. sweet potatoes
- 1 teaspoon kosher salt
- 1 tablespoon fresh thyme leaves
- Fresh black pepper
- 2 tablespoons melted butter
- 1 oz grated Parmesan cheese
- 3/4 cup grated Swiss cheese

Directions

1. Peel the sweet potatoes and slice them as thin as you can. Put slices in a bowl and add melted butter, salt, pepper, and thyme to the bowl. Toss to make sure potatoes are coated.
2. Take a handful of potatoes and arrange a layer at the bottom of a baking dish. Continue to add more layers. Once you've added all the slices, gently press down to compact slices a bit.
3. Sprinkle the Swiss and Parmesan cheese over the top. Spray one side of a piece of aluminum foil with olive oil spray and cover the pan with the oiled side down.
4. Bake for 30 minutes at 425 degrees F. Uncover and continue to bake until potatoes are tender when pierced with a knife and cheese is melted, around 15 minutes. 🍏

Source: https://www.skinnytaste.com/wprm_print/sweet-potato-gratin-recipe



The Health Plan • 1110 Main Street • Wheeling, WV 26003-2704 • 1.877.847.7907 (TTY: 711) • healthplan.org



1110 Main Street
Wheeling, WV 26003-2704