

Secure Connection



Summer
2023

Health and Wellness or Prevention Information

A Publication of
TheHealthPlan





Tips for a Healthy Summer

Summer is in full swing, but don't let that stop you from staying healthy! Here are a few tips to keep in mind:

• **Wear sunscreen!** Wearing sunscreen can help lower your chances of developing skin cancer and prevent wrinkles. Try to avoid being outside between 10 a.m. and 4 p.m., if you can. If you do need to be outside during peak hours, be sure to wear protective clothing. Protective clothing can be items like a wide-brimmed hat or loose, light clothing. Choose sunscreens that are at least 30 SPF or higher.

• **Wear insect repellent!** Being outside comes with the added risk of getting bit or stung by insects. Mosquitos, biting flies, and ticks can cause annoying bites and sometimes a serious disease. You can buy many types of insect repellents, but some work better than others. DEET provides the longest-lasting protection against mosquito bites and ticks. Be sure to read and follow the instructions on the label.

• **Make smart drink choices!** Staying hydrated is one of the most important things you can do to stay healthy this summer. Drinking water is the best way to ensure that you stay hydrated. If you struggle to drink water, try using fresh fruits and veggies to flavor your water. Try to avoid drinking anything with added sugar or a high sugar content.

• **Move more and sit less!** Summer is the perfect time to fit in some physical activity. Walking and swimming are great, ways to move more in the summer. If you're out and about, be sure to do so in the evenings to stay out of the mid-day heat.



• **Eat healthy, in season foods.** Summer is a great time for fruit and vegetable gardens. Many varieties of berries and apples are in season from July to October. Veggies like cucumbers, green beans, and lettuce are also in season from July to October. Try out our recipe at the end of the newsletter for a fresh, healthy salad!

• **Stay cool in extreme heat.** Be sure to check the weather often and try to avoid being outside in high temperatures. If you do have to be outside in extreme heat, take a lot of breaks and drink water. Try to find shade if it's available.

For more tips on staying healthy this summer, call one of our certified health coaches at **1.877.903.7504**. 🍏

Member Rights & Responsibilities



To view your member rights and responsibilities, please visit our website at healthplan.org, scroll to the bottom of the page, and select "**Member Rights and Responsibilities**" in the lower right corner. For a printed copy, please call **1.877.847.7907**. 🍏

How Can You Safely Dispose of Medications?

Many pharmacies and community entities provide medicine drop boxes to get rid of unused and expired medications. This is called a drug take-back program, and you can discard drugs at these collection sites year-round. Check with your local law enforcement or with the DEA to find a take-back location close to you. It is recommended to dispose of these drugs as soon as possible for the safety of you and others.

Don't Have a Drug Take Back Program Near You?

There are two options:

You may be able to flush your unused and expired medications down the toilet. The FDA has a "flush list" which is a list of drugs that should be flushed, including opioids such as fentanyl patches, methadone, and hydrocodone. You can also check the label or information sheet that comes with your medication. For additional information on flushable medications, visit [fda.gov/media/85219/download](https://www.fda.gov/media/85219/download).

— OR —

Throw away your medications in the trash. This is for medications that DO NOT appear on the "flush list." Follow these steps:

1. Mix the medications with something unappealing (dirt, coffee grounds, cat litter). DO NOT crush tablets or pills.
2. Place the mixture in a sealed plastic bag or container and discard in the trash.
3. Be sure to remove any personal information on the label of prescription bottles or packaging and then throw away or recycle the container.

For used or unwanted needles and sharps, simply place them in a sharps container or empty plastic jug and check your community guidelines (trash service or health department) of how to dispose of the container. These containers should be discarded when they are 3/4 full and are not to be reused.

If you have any questions about discarding unused/expired medications, reach out to your local pharmacy or call The Health Plan at **1.877.847.7907**. 🍏

Medication Therapy Management

Did you know you may qualify for a service that can help you stay on track with your health? This service is called Medication Therapy Management, or MTM. The Health Plan provides this service through our partnership with Express Scripts (ESI) who collaborates with Tabula Rasa and Outcomes Rx.

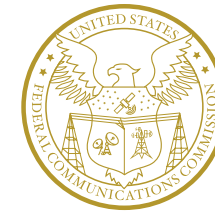
If you qualify for MTM, you will receive a phone call from The Health Plan, ESI, Tabula Rasa, or Outcomes Rx. A pharmacist will speak with you one-on-one to review your medications for safety, drug interactions, and side effects. They can also answer any questions or concerns you have.

MTM aims to help you and your doctor make sure your medicines are working together to improve your health.

**And guess what...
it's FREE!** 🍏



Did You Know You May Qualify for the Affordable Connectivity Program?



What is it?

The Affordable Connectivity Program (ACP) is a program through the Federal Communications Commission (FCC) that helps connect families and households struggling to afford internet service.

What the Benefit Provides:

- Up to \$30/month discount for internet service;
- Up to \$75/month discount for households on qualifying tribal lands; and
- A one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider.

Who is Eligible?

A household is eligible if the household income is at or below 200% of the Federal Poverty Guidelines, OR if a member of the household meets at least ONE of the following criteria:

- Participates in any of the following programs: SNAP, Medicaid, Federal Public Housing Assistance, Veterans Pension or Survivor Benefits, SSI, WIC, or Lifeline;
- Participates in any of the following Tribal specific programs: Bureau of Indian Affairs General Assistance, Tribal TANF, Food Distribution Program on Indian Reservations, or Tribal Head Start;
- Participates in the Free and Reduced-Price School Lunch Program or the School Breakfast Program; including the USDA Community Eligibility Provision;
- Receives a Federal Pell Grant during the current award year; or
- Meets the eligibility criteria for a participating broadband provider's existing low-income internet program.

How Do I Enroll?

- Call the ACP Support Center at **1.877.384.2575**
- Go to [AffordableConnectivity.gov](https://www.AffordableConnectivity.gov) to submit an online application or print a mail-in application. 🍏



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**. 🍏

Blood Pressure Screenings

Blood pressure is a measure of how hard the blood pushes against the walls of your arteries as it moves through your body. Your blood pressure naturally changes throughout the day. Your provider uses a blood pressure monitor to screen for high blood pressure. Sometimes your blood pressure can be higher at your provider's office or clinic than it is at home, this is called white-coat hypertension. If this happens, your provider may ask you to monitor your blood pressure at home to make sure that it is running at a normal range. If your provider doesn't offer this option, feel free to ask if this is something you should do. If you think you may have white-coat hypertension, here are a few things you can try before your appointment to get a more regulated screening:

- Take a few deep breaths before going into the office or clinic to relax yourself. Try to remember that your provider is there to help you stay at peak health and educate you.
- Don't smoke, drink coffee, or exercise for half an hour before your appointment. These things naturally raise your blood pressure.
- Try to get comfortable with your provider's office or clinic. Do what makes sense to you to help you relax while there. If you end up needing to change providers to feel comfortable, know that it's ok to do so. 🍏



Medicare Advantage Vendor Spotlight: GA Foods



The Health Plan is partnered with **GA Foods** to provide a meal benefit to eligible SecureCare HMO members, including DSNP members. To qualify, you must be discharged following either an outpatient procedure, an inpatient hospital stay, or a skilled nursing facility (SNF) stay. GA Foods offers 2 meals a day for 7 days up to 4 times a year. The member can choose from frozen or shelf stable meals, and GA Foods will work with the member's dietary restrictions. Once a referral is placed, GA Foods will contact the member to schedule a delivery time that works best, and the meals will be delivered right to the member's door via FedEx.

For any questions regarding this benefit, including to have a referral placed, call The Health Plan customer service at **1.877.847.7907**, TTY: **711**. 🍏

Tuition Rewards Partnership

Tivity Health®, through a unique partnership with SAGE Scholars Tuition Rewards®, offers the Tuition Savings Program to SilverSneakers® members. By enrolling in a plan that includes SilverSneakers®, members can improve their health and help students in their family with college tuition.

- To verify eligibility, visit [SilverSneakers.com/Check](https://www.silver Sneakers.com/Check)
- There is no cash value. Points can only be redeemed for tuition savings at participating colleges and universities (see [tuitionrewards.com/colleges](https://www.tuitionrewards.com/colleges) for list).
- For more details visit bit.ly/4598niu and bit.ly/3pNYcQa. 🍏

Word Search

A F F O R D A B L E V W A L K I N G P F
 P X D T G X F H P O V P F Z B B W I C V
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Summer

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 Pharmacy
 Medication
 DrugTakeBackDay
 Dispose
 Affordable
 Connectivity
 Internet
 BloodPressure
 Screening
 Hypertension
 Vendor
 Fajita
 Chicken
 Salad
 Hours

Grilled Chicken Fajita Salad



Makes 4 Servings

For Pico de Gallo:

- 2 tomatoes,* chopped
- 1/2 small red onion, diced
- 1 jalapeno, chopped (optional)
- 1/4 cup cilantro, chopped
- Juice of 1/2 lime

For salad:

- 2 chicken breasts
- 1 red bell pepper, cut into bite sized slices
- 1 green bell pepper, cut into bite sized slices
- 1/2 small red onion, sliced
- 1 can no salt added black beans, drained and rinsed
- 3/4 tsp salt-free chili powder
- 3/4 tsp cumin
- 3/4 tsp garlic powder
- 1 head lettuce, chopped
- 1 tbsp olive oil

* Roma tomatoes taste best for this, but any tomato is fine.

Nutrition:

244 calories; 6.8g total fat; 0.5g saturated fat; 64mg cholesterol; 65mg sodium; 17.9g total carbohydrates; 5.3g dietary fiber; 25.6g protein 🍏

Directions:

1. Combine all ingredients for Pico de Gallo in a bowl and stir. The longer you let the flavors mix, the better it will taste.
2. Season chicken with chili powder, cumin, and garlic powder. Grill to an internal temperature of 165 degrees. If you don't have a grill, sauté using about 1 1/2 tsp of olive oil in a frying pan. Once finished, chop into bite sized pieces.
3. Sauté bell peppers and onion in a frying pan over medium high heat with about 1 1/2 tsp of olive oil. Season with the same seasonings as the chicken, if desired. Cook for about 10-15 minutes, stirring regularly until cooked to your desired amount of doneness. If desired, add black beans for a few minutes to heat through. Let cool for about 5 minutes to avoid wilting your lettuce.
4. Pile your plate with lettuce and top with chicken, fajita veggies, black beans, and Pico de Gallo.

Vendor List



A vendor list was sent out to all Medicare Advantage HMO/DSNP and PPO members earlier this year. This vendor list introduces which vendors we use, what they provide, and how to reach them directly. For any assistance or questions regarding the vendor list or programs, please contact The Health Plan Customer Service at **1.877.847.7907**, TTY users should call 711. The vendor list can also be viewed at myplan.healthplan.org/Account/Login. Refer to section "Updates to 2023 Benefits" to find the list. 🍏

Contact Us

1.877.847.7907 (TTY: 711)

April 1 – September 30
 8 a.m. to 8p.m., Monday-Friday
 October 1 – March 31
 8 a.m. to 8 p.m., 7 days a week





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