Managing your Medical and Behavioral Health

Your family doctor can help you manage your care. This includes your medical care and behavioral health care. We suggest that you share your behavioral health records with your primary care physician. This can help your PCP keep track of your complete care.

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The HealthPlan

Health Guides and Tips
CoreWellness Journeys

Do you want to...breathe easier, get rid of back pain, eat better, move more, sleep better, have less stress, quit smoking, or lose weight? CoreWellness Journeys are fun and quick ways to learn easy tips to boost your health. It’s like going to a health class right from the comfort of your own home!

Our CoreWellness program allows you to track your activity, diet, test results, and ways that you live well. Examples are:

• Activity – active breaks, biking, walking, yard work
• Eat healthy – fruit, whole grains, water
• Live well – new learning, relaxation, spending time with friends and family
• My numbers – blood pressure, glucose, cholesterol, weight
• …and much, much more!

Have you ever wondered what your health status is and what areas you should focus on? The Compass Health Assessment can help you spot your strengths and risks. The survey takes about 15 minutes to finish. Once you finish the assessment, specific steps to improve your health are provided.

To get started, all you have to do is login or register as a new user on healthplan.org and click on “Access CoreWellness.”

The HealthPlan
If you have diabetes, COPD, heart failure or heart disease, it is important that you see your doctor regularly. Your doctor can monitor your blood pressure, cholesterol, medications, and other blood work. If you have COPD, you should have a yearly breathing test. This can help the doctor see if your treatment plan is working.

If you have diabetes, you need to have the A1c test every three months. You also need tests for eye and kidney disease once every year. These tests and regular checkups can catch problems early. If you have questions about any of these tests, call the number above.

You can also make a request for a nurse to call you. Visit healthplan.org, choose “Solutions” and then click “Disease Management” from the drop-down box. You can fill out a form to request a call.

The Health Plan has nurses who can help you with your care. They can help you with serious health problems, injuries or mental health problems. If you think you would like help, call the Medical Department at 1.800.624.6961, ext. 7644 or 7643. Contact Behavioral Health Services at 1.877.221.9295.

Also, you can submit a Member Referral Form online by going to healthplan.org, and choosing “Solutions,” then “Case Management” from the drop-down box.
The Importance of Well Visits

A well visit is not the same as a trip to the doctor when you're sick. Well visits are a time to "check in" with your doctor, without a clear-cut concern. Your doctor will:

• take your health and family history
• get your height, weight, body mass index (BMI), and blood pressure
• assess for depression or anxiety
• discuss any vaccines or tests that you need
• refer you to other help if needed, such as a dietitian or a program to help you stop smoking

Yearly doctor visits will help you to avoid future problems. Your doctor will talk to you about things that you can do to keep healthy. A well visit gives you the chance to ask questions and to talk about any concerns that you might have. Adult members between the ages of 19 and 64 should have a well visit every one to three years and adults over the age of 65 should have one yearly.

Well visits are also very important for children! It will give the doctor a chance to make sure that your child is doing well for their age. The doctor will talk to you about nutrition, sleep, and safety. Before their third birthday, children should have many well visits (nine total). Follow the schedule given to you by your child’s doctor. After their third birthday, well visits should be yearly.

The well visit is a covered benefit for all adults and children in your house who have The Health Plan insurance. Each member who gets a well visit is eligible for a $25 CVS gift card.

An annual summary is available for your review. This is the financial statement of our plan. We send this summary to each local DHHR office in which we manage care. You can see it there. Also, feel free to call The Health Plan for this information.

If You Suspect an Overdose

An opioid overdose needs fast medical care. It is important to get medical help as soon as possible. Call 911 right away if you or someone you know shows any of the signs of overdose. All you have to say is, “Someone is unresponsive and not breathing.” Give a clear address or describe your location.

Signs of overdose, which is a life-threatening emergency, include:

• Face is very pale and/or clammy to the touch
• Body is limp
• Fingernails or lips have a blue or purple tint
• Person is vomiting or making gurgling noises
• Person cannot be woken up or cannot speak
• Breathing is very slow or stopped
• Heartbeat is very slow or stopped

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Member Rights and Responsibilities

Go to healthplan.org for information about your member rights.

The Health Plan Fraud Waste & Abuse Hotline

1.877.296.7283 or 740.699.6111
The Health Plan is pleased to announce our flu clinics for 2016.

The flu shot is free to THP members. It requires no prescription and you don’t need an appointment! You can get the flu shot at any pharmacy that has it available this year and accepts The Health Plan insurance.

All family members who have The Health Plan coverage and are at least 19 years of age can come! Those under the age of 19 must get the flu vaccine at a doctor’s office and can’t go to a pharmacy or a flu clinic of The Health Plan to get it.

Please bring your ID card with you.

If you need directions, please call 1.800.624.6961.

2016 Flu Clinics
Just the shot in the arm you need!

Saturday, September 17, 2016
9 a.m. – 1 p.m.
Bridgeport High School
55707 Industrial Drive
Bridgeport, OH 43912

Saturday, October 1, 2016
9 a.m. – 1 p.m.
Massillon Rec Center
505 Erie Street North
Massillon, OH 44646

Do you have an appointment with a specialist, but you need to see that doctor sooner? If you think the time frame is unreasonable, or if your condition worsens, we can help. Our nurses can help you get the care you need. They will work on your behalf to get you an earlier appointment with a specialist. Call 1.800.624.6961 ext. 7644 or 7643 for help getting specialist care.

Need Help Getting Specialist Care?