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Time in the hospital can be stressful, and when the doctor signs the release form, many patients can only think about “going home.” But, it is very important to remember that the information given upon discharge is vital and must be followed in order to prevent a readmission.

When you are being discharged from the hospital, make sure that you address the following:

- Ask the doctor, nurse, or pharmacist to explain anything that you do not understand.
- Repeat the instructions back to the doctor or nurse.
- Ask that medication, follow-up visits, and information on how to take care of your specific condition are written down in a clear and concise manner.
- Ask for a list of symptoms or complications that should be watched for, and which physician you should contact, if they occur.
- Remember to schedule and keep follow-up appointments with your doctor.
- Remember to schedule and keep appointments for follow-up lab testing if indicated.

For more information on preventing readmissions, visit careaboutyourcare.org.

Have you ever had an outpatient procedure or surgery done and the hospital calls you the next day to see how you are doing? This is a great way for the hospital to follow-up on your care to be sure that you are doing okay. Be sure to tell them if you are having any symptoms that may be new or concerning.

Coming Soon, Medicare Annual Election Period

The annual election period (AEP) for Medicare beneficiaries runs from October 15 to December 7, 2014. Information regarding your Health Plan/THP Insurance plan benefits will be mailed to you in the near future.

Be sure to review all of this information. If you have any questions, please call Customer Service, Monday - Friday, 8 a.m. to 8 p.m. at the following phone numbers: Hometown Region: 1.877.236.2290, TTY/TDD: 1.877.236.2291 or the Ohio Valley/Mountaineer Regions: 1.877.847.7907, TTY/TDD: 1.800.622.3925. Beginning October 1, 2014, The Health Plan will have extended hours and will be available seven days a week from 8 a.m. to 8 p.m.
Deep Breathing After Surgery Is Important

Deep breathing after surgery is very important. After surgery, you may take smaller breaths because you are in pain. Certain pain medications can cause you to salivate more or have an increase in the secretions in your mouth and throat. This puts you at a higher risk to develop pneumonia.

However, you can help protect yourself.

Incentive spirometry is a small plastic device that can be used to exercise your lungs. It will help you take the deep breaths you need to keep your lungs clear. Your nurse will teach you how to use it and will tell you how often it should be used.

If you have surgery and incentive spirometry is not offered, ask your nurse.

If you are given an appointment to see a specialist and you feel the time frame may be unreasonable or your condition worsens, please call The Health Plan at 740.695.7644, 740.695.7643, or 1.800.624.6961, ext. 7644 or 7643. We have nurses that can assist you in getting the care you need. They will work on your behalf to secure earlier appointments through contacting local specialists or provider specialists in other regions.
How Do Flu Vaccines Work?

Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine.

When should I be vaccinated?
Flu vaccination should begin soon after the vaccine becomes available, usually by September or October.

Where can I get a flu vaccine?
Flu vaccines are offered in many locations, including doctor’s offices, health departments, and pharmacies.

Does the flu vaccine protect me from the flu right away?
No. It takes two weeks after vaccination for antibodies to develop in the body and provide protection against the influenza virus.

Who should be vaccinated?
The Centers for Disease Control and Prevention (CDC) recommends everybody over the age of six months should be vaccinated.

Can the flu vaccine give me the flu?
No. A flu vaccine can NOT cause the flu illness.

The Health Plan recommends members of all ages to be vaccinated against influenza. Influenza, or seasonal flu, is a serious disease. The flu shot is safe, effective, and gives the best protection against the flu.

If you are unable to attend one of our flu clinics, please contact any of the following places about getting a flu shot:

- monthly health fairs at The Health Plan offices
- your primary care physician’s (PCP) office
- your local health department
- any pharmacy where your Health Plan pharmacy card is accepted

Go to our website, healthplan.org, to view times and locations of our flu clinics.
Take Action Against the Flu

The Health Plan and CDC recommend a yearly flu vaccine. It is the first and most important step in protecting against the flu. Vaccinations of high-risk people are especially important. People at higher risk include those with chronic illnesses, pregnant women, young children, and people age 65 and over. A flu shot is also recommended for health care workers.

By taking everyday preventive actions, you can stop the spread of germs. Avoiding close contact with sick people and washing your hands often with soap and water can help to stop the spread of the flu virus. If you are sick with the flu, it is a good idea to stay at home for at least 24 hours after your fever is gone. Only go out if you need medical care or other things that you must have. Cover your nose and mouth when you sneeze. And do not forget to throw the tissue in the trash after you use it.

Antiviral drugs can treat the flu. They are different than antibiotics. Your doctor will prescribe them. They cannot be bought over-the-counter.


The Health Plan has registered nurses that are certified case managers to coordinate health care services for members with catastrophic illnesses, injuries, or behavioral health problems. If you believe you would benefit from the Case Management Program, you can contact the case managers by calling the Medical Department at 740.695.7644 or 740.695.7643 and toll-free at 1.800.624.6961, ext. 7644 or 7643. Contact the Behavioral Health Unit at 1.877.221.9295.

Also, you can submit a Member Case Management Referral form online by going to The Health Plan website, healthplan.org, and clicking on the Members link.
The Health Plan offers FREE monthly health screenings to our adult members. No reservation is required.

All adult members are invited to attend the following screenings.

- **The Health Plan - St. Clairsville Upper Building**
  52160 National Road East, St. Clairsville, OH 43950
  Third Wednesday of every month from 8 a.m. to Noon

- **The Health Plan - Massillon office**
  100 Lillian Gish Boulevard, Massillon, OH 44648
  Fourth Wednesday of every month from 8 a.m. to Noon

Screenings consist of the following:

- Cholesterol (total lipid profile)
- Blood sugar (blood glucose)
- Hgb A1c (3-month reading of your blood sugar control)
- Body mass index (BMI)

All adult diabetic members are invited to attend the following screenings.

- **Morristown Pharmacy**
  66840 Belmont-Morristown Road, Belmont, OH 43718
  First Tuesday of the odd numbered months from 8 a.m. to 10 a.m.

- **Barnesville Hospital - Hospital Classroom 225**
  639 West Main Street, Barnesville, OH 43713
  First Tuesday of the even numbered months from 8 a.m. to 10 a.m.

Screenings consist of a cholesterol reading and a three-month reading of your blood sugar control.

The assessments performed are for screening purposes only. They are not meant to diagnose medical conditions. Members are advised to discuss the results with their doctor.

For those planning to attend one of our screenings, please fast (have nothing to eat or drink, except water) for 12 hours before your testing. Members are advised to drink plenty of water to remain hydrated. Always ask your doctor any questions you may have regarding taking your prescribed medications before fasting.

There will be no health screenings in the Massillon office in December due to the holiday.
TRIVIA!

1. In 1950, the famous Brinks robbery netted 2.8 million. Where did it occur?
   a. Boston
   b. New York
   c. Chicago

2. Which longest running daytime drama moved from radio to TV in 1952?
   a. Days of Our Lives
   b. General Hospital
   c. Guiding Light

3. What fast-food franchise opened to the jingle, “Hold the pickle! Hold the lettuce!” in 1954?
   a. Burger King
   b. Pizza Hut
   c. McDonald’s

4. What motto did Congress authorize all U.S. currency and coins to say in 1953?
   a. In God We Trust
   b. United States of America
   c. Liberty

5. Which of these is NOT true about Ann Landers?
   a. Her real name is “Eppie” Lederer
   b. She began her column at the LA Times
   c. Her twin sister wrote “Dear Abby”

   1) a; 2) c; 3) a; 4) a; 5)b

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Fall Harvest

S H V H I T E R T L R S S F
U H T E K C A J L S A N E R
M E E U M A P L E M A Y A R
L R S E L P P A A I A E C O
F R N C B W S U V R U K F Y
E E U I E O S U E G T R P S
P E S T N R N T S L U U T E
S S A S O C A F O I M T C R
E R C L H E O O I P N R A R
M P O O W R C S K R I K N A
B C R S L A V I T S E F D S
E G N A H C N L P U Y D Y P
R C O R N S F A L L M A I T
S L A Y E R S H T R A E H C

ACORN       CRISP       PIE
APPLES      EMBERS      PILGRIM
AUTUMN      FALL        PUMPKIN
BONFIRE     FEAST       RAKE
CANDY       FESTIVALS   SCARECROW
CHANGE      HAY         SEASON
CIDER       HEARTH      SOLSTICE
COLORS      JACKET      SUNSET
COOL        LAYERS      SWEATER
CORN        LEAVES      TURKEY
COSTUME     MAPLE

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FRAUD, WASTE, AND ABUSE HOTLINE
740.699.6111 or 1.877.296.7283
healthplan.org

Anyone may report anonymously abuse or compliance issues. There can be NO retaliation against you for reporting suspected noncompliance in good faith.
The Health Plan of the Upper Ohio Valley, Inc.

St. Clairsville Office
52160 National Road East
St. Clairsville, OH 43950
740.695.3585
1.800.624.6961

Massillon Office
100 Lillian Gish Blvd.
Massillon, OH 44647
330.834.2200
1.877.236.2289

healthplan.org

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Directions

1. Heat oil in large saucepan over medium-heat. Add chicken and cook, stirring occasionally, until browned, 3 to 4 minutes. Transfer to a plate.

2. Add zucchini, shallot, Italian seasoning and salt and cook, stirring often, until the vegetables are slightly softened, 2 to 3 minutes. Add tomatoes, broth, wine and orzo; increase heat to high and bring to boil, stirring occasionally. Reduce heat and simmer and cook until pasta is tender, about 8 minutes. Stir in spinach, the cooked chicken and any accumulated juices from the chicken; cook, stirring, until the chicken is heated through.

Makes 2 servings

- 1 tbl. extra-virgin olive oil
- 8 oz. chicken tenders, cut into bite-size pieces
- 1 sm. zucchini, finely diced
- 1 lg. shallot, finely chopped
- 1/2 tsp. Italian seasoning blend
- 1/8 tsp. salt
- 2 plum tomatoes, chopped
- 1-14 oz. can reduced-sodium chicken broth
- 1/4 c. dry white wine
- 2 tbl. orzo or other tiny pasta
- 1 1/2 c. packed baby spinach

If you have questions or concerns, call 1.877.236.2296 in the Hometown Region or 1.877.847.7907 in the Ohio Valley/Mountaineer Region (TTY/TDD: 1.877.236.2291 in the HomeTown Region or 1.800.622.3925 in the Ohio Valley/Mountaineer Region). Our hours of operation are October 1 through February 14: 8:00am to 8:00pm, seven days a week. February 15 through September 30: 8:00am to 8:00pm, Monday through Friday. After hours, you may leave a message, and a representative will return your call the next business day.

Veggie Lovers Chicken Soup
Makes 2 servings

- 1 tbl. extra-virgin olive oil
- 8 oz. chicken tenders, cut into bite-size pieces
- 1 sm. zucchini, finely diced
- 1 lg. shallot, finely chopped
- 1/2 tsp. Italian seasoning blend
- 1/8 tsp. salt
- 2 plum tomatoes, chopped
- 1-14 oz. can reduced-sodium chicken broth
- 1/4 c. dry white wine
- 2 tbl. orzo or other tiny pasta
- 1 1/2 c. packed baby spinach