



# HealthWise

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## A Healthy You in the Digital Age

Go to our website. Click on the Individual tab, go to Solutions and select Health and Wellness. You will find wellness tips, links to screening tools, and a health risk assessment (HRA). This tool is designed to help you and your doctor find out your health risk for certain preventable diseases. It tells you habits you can change to live healthier and preventive screenings you should have.

Members without access to the Internet can call the Quality Improvement Department at **740.695.7659** for a copy of the HRA.

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## Tips for Controlling Asthma May is Asthma Month



You may picture children when you hear the word “asthma,” but many people are diagnosed when they are older. Asthma affects people of all ages. When you have asthma, your airways become swollen and react to irritants such as smoke or pollen. People with asthma make extra mucus when they are having an attack, and this makes it harder to breathe.

Symptoms of asthma include coughing, wheezing, chest tightness, shortness of breath, breathing fast, and feeling tired or weak.

Things that can make asthma worse include: tobacco abuse, dust mites, animal dander, cockroach allergens, indoor mold, food preservatives,

pollen and outdoor mold, wood smoke, strong odors and sprays, exercise, cold air, and certain medicines.

Asthma cannot be cured, but it can be controlled by:

- Keeping your doctor informed about any concerns that you have.
- Being sure to inhale when taking your medication.
- Using a spacer to make it easier to take your medication.
- Make sure that your doctor and/or pharmacist know about all of the over-the-counter and prescription medicines that you take.
- Using a peak flow meter to measure how fast the air is coming from your large airways – early response can likely prevent a serious attack.
- Seeing your doctor at least every six months.
- Asking about getting a flu shot and the pneumonia vaccine.

## Quality Improvement Program Evaluation

The 2014 QI Program Evaluation is a year-end review that determines if the quality of care and service goals set forth at the beginning of the year were met. If a goal has not been met, new programs are put in place to help us reach these goals. The 2015 Quality Improvement Program describes The Health Plan organization and each department’s responsibilities in meeting our goals for quality care and service. Both of these documents are available to you when you call the Quality Improvement Department at 1.800.624.6961, ext. 7659 or 740.695.7659.

# Avoiding and Reporting Scams

## Awareness

### Did you know?

Discount prescription drug cards can save you money. But, some scammers use fake discount cards to steal your identity or your money. Before accepting a card, remember:

- Real discount cards are FREE – you should never pay for one.
- Prescription drug discount cards may come from well-known stores or health care companies.
- Fake discount cards ask for money or claim to replace Medicare.
  - Claim to replace Medicare or insurance.
  - Will not help Medicare Part D enrollees in a coverage gap.
- Talk to someone you trust, like your health plan or pharmacist.

If you are enrolled in Medicare Part D, your prescription drugs are already covered. Call 1.800.MEDICARE with questions about your prescription drug costs and any gaps in coverage.

**Remember:** Never give out your Social Security, Medicare, health plan numbers or banking information to someone you do not know.

[www.cms.gov](http://www.cms.gov)

1.800.MEDICARE (1.800.633.4227)

Our Health Risk Assessment, available online, can help you to pinpoint the areas where changing your habits would have the greatest impact on your health.

### Did you know?

Many legitimate businesses engage in telemarketing, but criminals can also use live or recorded calls to try to steal your identity. Medicare will not call to ask for your bank account, Social Security, Medicare or health plan numbers. Nor will your health plan. Also, Medicare forbids other health plans to call you without your permission.

To protect yourself:

- Never give your personal information to someone you do not know.
- Hang up on recorded messages. Do not press any keys or numbers when prompted – even if it is to take your name off their list.
- Write down suspicious numbers and report them!

### Protect yourself from this scam

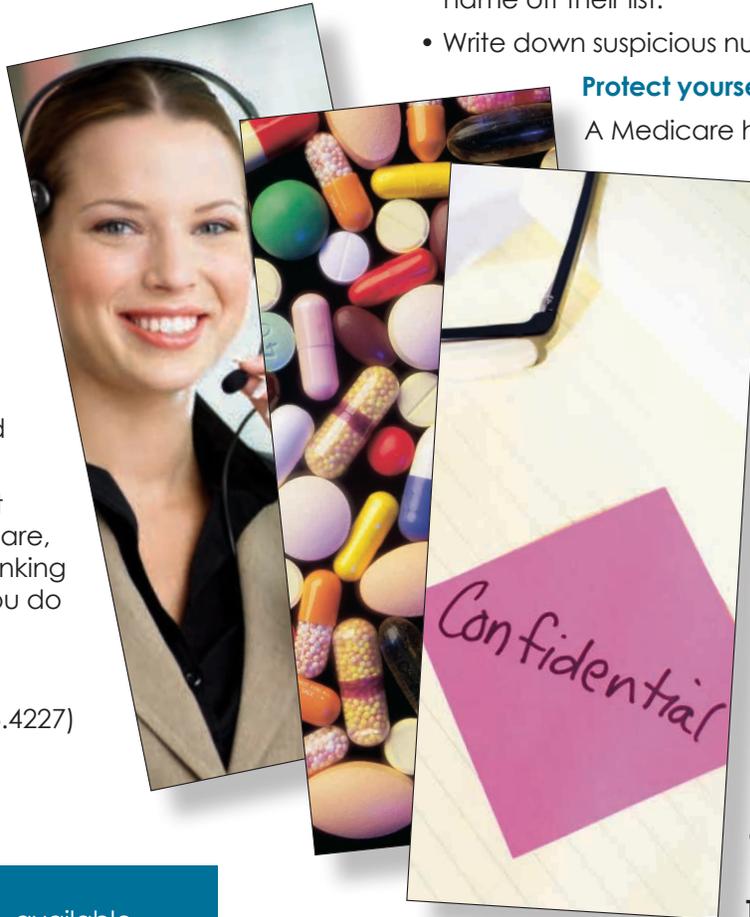
A Medicare health plan member received several calls from “John” who asked for her bank account number to refund her \$399. He said the money was withdrawn from her account a few months ago. Although the member refused to provide her information, John continued to call and ask for her account information.

If someone calls asking for your banking information or Social Security, Medicare or health plan numbers, report it immediately!

**To report telemarketing scams to the FTC, call: 1.888.382.1222**

**To discuss benefits, coverage or claims payment concerns, contact Customer Service at: 1.888.847.7902**

**To report suspected fraud, call: 1.877.7SAFERX (1.877.772.3379)**



## Early Warning Signs and Symptoms

# May is Mental Health Month

Having a combination of symptoms (not just one symptom) indicates that someone might be showing signs of a mental health condition. Be aware of these symptoms when they last longer than a few weeks:



Problems with concentration, memory, or ability to think clearly



Changes in eating such as loss of appetite or overeating



Not being able to complete school or work tasks



Feeling overly worried



Feeling sad, empty, hopeless, or worthless



Sensitivity to sounds, sight, smell, or touchy



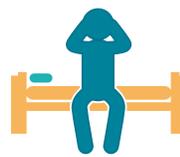
Irritability and restlessness



Loss of interest in activities that are normally enjoyable, withdrawal from others, or disconnection



Feeling like your brain is playing tricks on you. Hearing knocking or scratching sounds, or name being called



Changes in energy level and sleep patterns. Often someone will sleep during the day and be up at night

### Signs and symptoms that require immediate attention:

- Thoughts or plans of killing or hurting one's self or another person
- Hearing voices or seeing things that no one else can hear or see
- Unexplainable changes in thinking, speech, or writing
- Being overly suspicious or fearful
- Serious drop in school or work performance
- Sudden personality changes that are bizarre or out of character

## Tips for Healthy Summer Grilling

- Choose leaner cuts of meat such as an eye of round roast, top round steak, bottom round roast, top sirloin steak, or round tip roast. Grilled skinless chicken breast and turkey breast are both light and flavorful. Many people also enjoy salmon halibut, tilapia, and tuna steaks when it is grilled.
- Try using ground up cherries, tomato products, mashed avocado, or egg whites to make your hamburgers flavorful without adding a lot of fat.
- Vegetables including eggplant, peppers, onion, Portobello mushrooms, sliced sweet potatoes, zucchini, and sliced beets are flavorful and sweet tasting when grilled.
- Cutting meat into smaller pieces before grilling, marinating meats, and avoiding meat that is charred, burned, or dried out can help to reduce or eliminate carcinogens from your meal.



## Member Rights and Responsibilities

Please refer to [healthplan.org](http://healthplan.org) for information regarding member rights and responsibilities.

# Freedom from Smoking

It can be done

Five employees at The Health Plan are now able to teach the Freedom from Smoking program. The eight step program is given both in-person and over the phone by The Health Plan.

Now is the time to help yourself – do it for you and for those who love you. It's not easy to quit smoking, but with the right tools and help, it can be done! It is never too late to quit smoking – it will help you to live a longer and healthier life no matter how old you are.



For more details, please call The Health Plan at 740.695.3585 or 1.800.624.6961, ext. 7659.

## Health Fair Schedule Changes

In the past The Health Plan has held monthly health fairs at our St. Clairsville and Massillon locations. After careful thought, we have decided to offer these on a quarterly basis. The remaining 2015 health fairs will be planned as follows:

### **St. Clairsville:**

- June 17 (last monthly health fair)
- August 19 (3rd quarter 2015 health fair)
- November 18 (4th quarter 2015 health fair)

### **Massillon:**

- June 24 (last monthly health fair)
- August 26 (3rd quarter 2015 health fair)
- November 25 (4th quarter 2015 health fair)

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