

Summer Health & Safety Checklist

Summer is a time for sunshine and outdoor fun. It is important to take simple precautions to enjoy the season safely. Being prepared can help prevent common summer health issues. A little planning goes a long way in keeping you and your loved ones healthy all season long!



- Sun safety** – Protect your skin from skin cancer and sunburn by wearing a hat, sunglasses, and clothing that blocks UV light. Wear sunscreen and reapply often.



- Vehicle safety** – Always wear a helmet when on wheeled vehicles. Remember to check child's helmet for proper fit. Use seatbelts when available and follow age and weight requirements.



- Water safety** – Always wear approved floatation device when on or near the water. Know the depth of water before diving into a body of water. Supervise children when swimming. Don't go swimming alone.



- Food safety** – Wash your hands before preparing food. Rinse produce before using. When grilling, avoid using the same platters and utensils for uncooked and cooked meat products.



- Handle fireworks safely** – Never relight a firework that doesn't go off. Always have a water hose nearby. Use fireworks away from buildings and keep a safe distance. Supervise children closely around fireworks.



- Stay hydrated** – When temperatures and humidity are high, drink plenty of water to stay hydrated. 🍏



Mobile Food Pantries

Mobile Pantries provide food where accessibility is limited. Fresh, healthy foods are available including fresh fruits, vegetables, dairy products, and baked goods.

Click the link below to learn more and see when the next Mobile Pantry will be in your county!

[mountaineerfoodbank.org/
mobile-pantry](http://mountaineerfoodbank.org/mobile-pantry) 🍏

Nutrition Labels

What is a nutrition label?

A label that is found on food to explain what nutritional value is in it. An example is shown below.

Why is this important?

By reading the label, you can make healthier choices and understand what you are putting in your body.

What do I look for on the label?

- Always check the serving size. This will explain how much you can have for one serving.
- Consider the number of calories and know your daily calorie amount. Ask your provider what your daily calorie goal should be.
- Read the % Daily Values. Usually 5% or less is considered low and 20% or higher is considered high.
- Look for foods lower in sodium, saturated fat, and sugars.
- To learn more visit: myplate.gov

How to read a nutrition label

1. Serving size is the size for one serving. The total number of servings is found directly above the serving size. If you wanted to know how much was in the whole package you would need to multiply the number of servings by the serving size. In this example, one serving is 2/3 cup or 55 grams. The number of servings is 8. This container has 8 2/3 cups or 440 grams. NOTE: serving size is not the recommended amount of food or drink you should have.

2. Calories are a unit of energy. In this example, one serving is 230 calories. If you were to eat the entire box, you would have had 1840 calories.

3. This section breaks down how many fats, cholesterol, sodium, carbohydrates, sugar and proteins are in the food. Many diets focus on this section. For example, someone with high blood pressure may monitor how much sodium (salt) they eat.

4. This section shows the amount of nutrients the food contains. Here you will find vitamins, calcium, potassium, and dietary fiber.

5. This section tells us what the percent daily value for each ingredient is based on. Usually this is based on a diet of 2000 calories a day. 🍏



Nutrition Facts

1 8 servings per container
Serving size 2/3 cup (55g)

2 Amount per serving
Calories 230

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	

4 Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

5 *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet 2,000 calories a day is used for general nutrition advice

Don't Get Caught Without Coverage



Checkup Checklist

It is important that you and your family visit the doctor to stay healthy. Use this checklist to prepare for your next appointment.

- ✓ Take your member ID card. Show it before you get services.
- ✓ Be on time. If you have to cancel, call 24 hours in advance.
- ✓ Write down any questions you have and take them with you.
- ✓ Make a list of all the medications you are currently taking to show the doctor. Include over-the-counter (OTC) drugs or vitamins.
- ✓ Ask questions. Make sure your doctor explains anything you don't understand.
- ✓ Take paper and a pen to write down important details you need to remember. 🍏



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. 🍏

Bruschetta Pasta Salad

Nutrition: Servings: 4 Calories: 364. Protein: 15.5g. Carbs: 49g. Fat: 11.5g



Ingredients:

- 2 cloves garlic
- 1/4 cup shallots
- Kosher salt
- Black pepper
- 1/4 cup fresh basil
- 4 ounces mozzarella
- 2 cups plum tomatoes
- 1 tablespoon balsamic glaze
- 1 tablespoon extra-virgin olive oil
- 2 1/2 tablespoons red wine vinegar
- 2 cups rigatoni pasta (or bowtie pasta) 8 oz dry



Source: skinnytaste.com/bruschetta-pasta-salad/

Directions:

1. Bring large pot of salted water to a boil.
Once boiling, add pasta and cook according to package directions.
2. In a bowl, combine shallot, garlic, olive oil, red wine vinegar, 1/4 teaspoon salt, and 1/8 teaspoon black pepper. Let sit for 5-10 minutes to marinate.
3. Add tomato, mozzarella and cooked pasta. Mix to combine. Add basil and mix.
4. Top with balsamic glaze. 🍅

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**. 🍅



You're Invited!



*Join Other Members from The Health Plan on a
WV Medicaid & CHIP Member Advisory Committee*

MEETINGS ARE HELD QUARTERLY AND ALL YOU NEED IS A PHONE TO PARTICIPATE



Why Participate?

Because your opinions about how THP offers benefits and services to you matter to us.

Together you can help us help you by:

- Identifying opportunities for improvement
- Understanding members barriers to care
- Increasing your health literacy
- Opportunity to interact with other THP members
- And much more!



Let us know today if you are interested or call **1.888.613.8385** (TTY:711) for more information.

The Health Plan

Activating Multi-Factor Authentication (MFA)



Are you on MyPlan?

Setting up multi-factor authentication, also called MFA, will make it harder for someone else to gain access to your account without your permission.

What is MFA?

MFA is a login process that requires users to verify their identity through a second step, such as by entering a code that is sent to their email. MFA is sometimes called two-factor authentication.

Why should I sign up for MFA?

MFA helps protect your personal information from would-be hackers.

MFA is a strong security measure that can prevent your account from being hacked or compromised because it adds an extra layer of security. You should use MFA on all accounts that contain private or sensitive information.

How do I sign up for MFA?

It's easy! Just login to your MyPlan account and follow the steps below. A few minutes setting up MFA now may help to protect you from identity theft.





Activating Multi-Factor Authentication (MFA) on [MyPlan.HealthPlan.org](https://myplan.healthplan.org)

1 Select [Portal Login](#) from healthplan.org or log on to myplan.healthplan.org and sign into your account

2 Once you have logged in, click [My Account](#)

3 Click [Manage your MFA](#)

Activating Multi-Factor Authentication (MFA) on MyPlan.HealthPlan.org

4 Enter your Email Address and click Continue

5 You will be prompted for additional information Complete the questions and click Continue

6 Choose Protect my login via SMS or Phone Call and click Continue

7 Enter your phone number and choose Send Code or Call Me

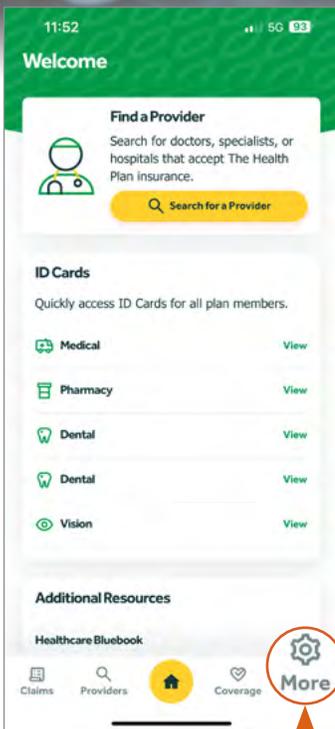
8 Enter the code sent to your phone and click Verify Code

9 MFA is now activated



Activating Multi-Factor Authentication (MFA) Using the *MyPlan App*

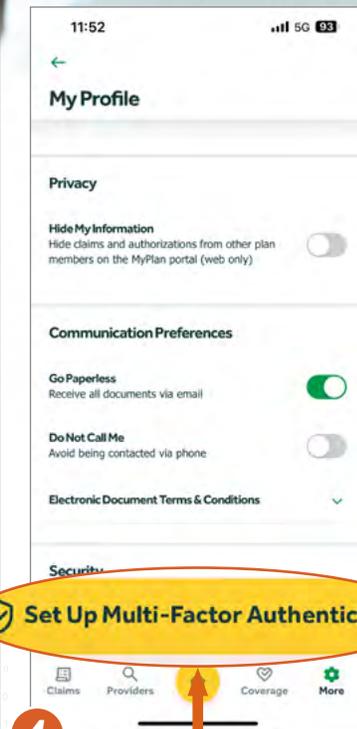
1 Sign Into the app on your Smart Device



2 From the Home page, click More



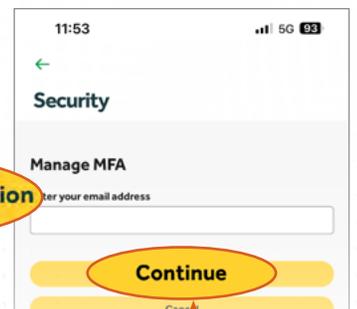
3 Select MyProfile



4 Scroll to the bottom of My Profile and select Set Up Multi-Factor Authentication

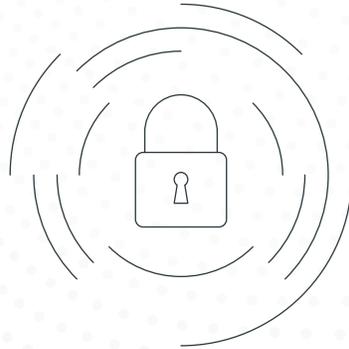


5 Click Manage MFA



6 Enter the email you used to set up to register the account and click Continue

Activating Multi-Factor Authentication (MFA) Using the MyPlan App



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Security

We need to ask you a few questions to verify your identity. Your Member HID can be found on your ID card. If you do not have your ID card you can enter the last 4 digits of your social security number instead.

Your THP Member HID Last 4 digits of your SSN

First Name

Last Name

Date Of Birth

Month Day Year

Continue

Cancel

7 Enter your information and click Continue

11:55 5G 93

Security

Please choose your login security preference.

Protect my login via SMS or Phone Call

Do not add additional login security

Continue

Cancel

8 Select Protect my login via SMS or Phone Call and click Continue

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Security

Multi-factor authentication

Country Code

United States (+1)

Phone Number

Send Code

Call Me

9 Enter your phone number and choose verification method

11:55 5G 93

87892 Use verification code 502679 for MyPlanLogin authentication

Security

Multi-factor authentication

+1304XX1979

Type your verification code below, or [Send a new code](#)

Verify Code

Cancel

10 Complete verification

11:56 5G 93

Security

Phone/SMS verification has now been activated for your account.

Continue

11 Phone/SMS verification is now activated

