



Fuel your Motivation

Today is the day to take charge of your story. Healthy aging is about living life on your terms – feeling strong, staying connected and embracing each day with energy and purpose. And the best part? It's easier to start than you think.

Growing older gracefully isn't about slowing down; it's about staying motivated to care for your body and mind. Whether you're managing a chronic condition or simply want to stay active and engaged, small steps today can help you feel your best tomorrow.

Here are 4 powerful ways to fuel your motivation:

- **Get Regular Check-Ups** – Stay on top of your health with routine screenings and preventive care.
- **Nurture Your Relationships** – Staying connected with others can boost your mood and protect your health.
- **Maintain a Sense of Purpose** – Whether it's volunteering, hobbies, or caring for others, finding what lights you up can keep you going strong.
- **Stay Active** – Movement is medicine! Even small steps, like daily walks or simple home exercises, can make a big difference. 🍏



Community Events

Marshall County Health and Resource Fair

June 12, 2025

11 a.m. – 1 p.m.

Benwood Housing Authority,
Benwood, WV

Health and Resource Fair

September 16, 2025

3:30 - 6 p.m.

Bridgeport High School,
Bridgeport, OH

Mobile 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](https://mountaineerfoodbank.org/mobile-pantry) 🍏

Member Advisory Meeting

Your opinions about how THP offers benefits and services to you matter to us. Join Other Members from The Health Plan on a Commercial Member Advisory Committee. Meetings are Held Quarterly and All You Need is a Phone to Participate

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!:

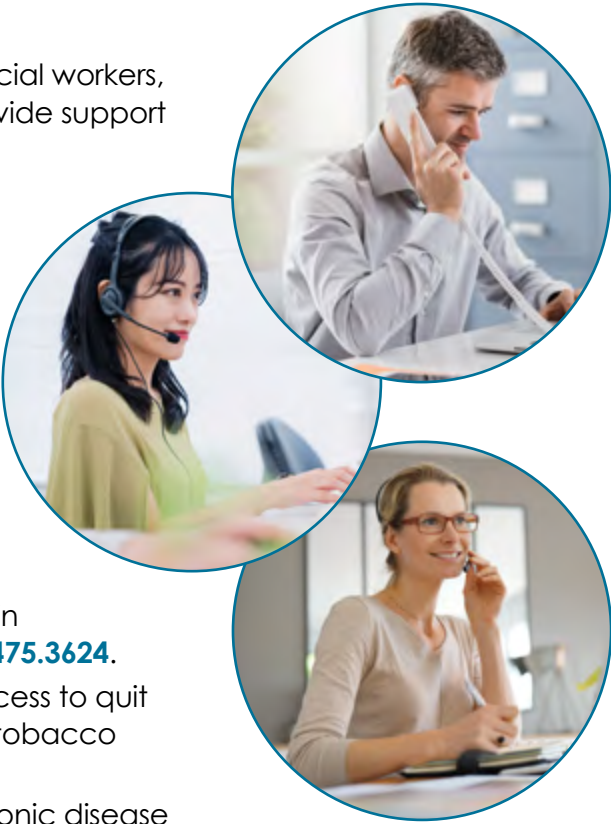
Let us know today if you are interested or call **1.888.847.7902** (TTY:711) for more information. 🍏



How Can THP Help YOU?

At THP we have a team of health coaches, life coaches, social workers, tobacco cessation facilitators, and nurses on staff. They provide support and education to our members on a variety of topics. All members are eligible to enroll in these programs. Phone lines are open Monday – Friday 8am – 5pm.

- **Our Health Coaches** can assist with nutrition, health weight management, encouraging physical activity, and managing stress. To speak with one of our health coaches, call **1.877.903.7504**.
- **Our Life Coaches** can assist with resume building, finding job training or additional schooling, finding legal representation, and helping to access care. To speak with a life coach, call **1.877.236.2293**.
- **Our Social Workers** can assist with finding food resources, transportation, housing support, and additional resources in your community. To speak with a social worker, call **1.800.475.3624**.
- **Our Tobacco Cessation Facilitators** can assist with the process to quit smoking or using other forms of tobacco. To speak with a tobacco cessation facilitator, call **1.888.450.6023**.
- **Our Nurses** can help with a variety of topics, including chronic disease management, pregnancy care, and medical or behavioral health case management. To speak with a nurse, please call one of the numbers below.
 - o Chronic Disease Management: **1.800.776.4771**
 - o Pregnancy Care: **1.877.236.2288**
 - o Medical or Behavioral Case Management: **1.800.624.6961** ext 7644 🍏



Word to Know: Coinsurance

Your coinsurance is the percentage of covered health care services you pay after meeting your deductible. Your insurance pays the remainder.

If you have 20% coinsurance, once you reach your deductible you will pay 20% of the bill and your insurance company pays 80%.

Example:

You have a medical bill of \$1,000. You have already reached your deductible, but you have 20% coinsurance. You will owe \$200 and your health insurance company will owe \$800. 🍏



Notice of Privacy Practices



The privacy and security of your health information is very important to The Health Plan. The Health Plan's Notice of Privacy Practices explains how we use and disclose your protected health information and your rights under the Health Insurance Portability and Accountability Act (HIPAA). The notice is available on our website. You may also contact us at **1.800.624.6961** if you wish to obtain a written copy. 🍏

Member Rights and Responsibilities

To view your member rights and responsibilities, please visit our website at healthplan.org/legal/member-rights-and-responsibilities. For a printed copy, please call **1.888.847.7902**. 🍏



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. 🍏



Preventive Health Screenings

Everyone hears about preventive care, but what is it really? Preventive care is the care that you receive to help keep you healthy, before you ever get sick. Age, medical history, sex, and current health status all play a factor in what kind of care you need and when. Some common examples of preventive care are:

- Annual well visits
- Routine blood screenings
- Vaccines
- Cancer screenings

Annual Well Visits

Annual well visits are an important part of your preventive care. These visits allow your doctor to get to know you and how your body operates at your current health status. These types of appointments typically include the following things:

- Height and weight
- Temperature
- Blood pressure
- Eyes, ears, nose, throat, and skin check
- Heart rate
- If needed, routine blood screenings are also ordered at these appointments.

Vaccines

Vaccines are important at all ages. The most common vaccines are childhood vaccines that help to prevent diseases like polio, measles, mumps, rubella, diphtheria (whooping cough), tetanus, and many others. There are important adult vaccines as well, like the TDAP, flu, and COVID-19 vaccines.

Cancer Screenings

Depending on your age and sex, your doctor will order importance cancer screenings at your annual well visits as well. Some common cancer screenings that are ordered are:

- **Breast cancer screening, or mammogram.** This screening typically starts around age 40, but can be earlier if your doctor recommends it. The age of your screenings is based on your personal and family medical history.
- **Colon cancer screening.** There are many types of colon cancer screenings that you can talk about with your doctor. The frequency that you get screened for colon cancer will depend on your personal and family medical history and what kind of screening you and your doctor decide on. This kind of screening typically starts around age 45.
- **Cervical cancer screenings.** This kind of screening is called a pap smear and typically starts around age 21. The frequency that you get your pap smear is based on your age, personal medical history, and your family medical history.
- **Lung cancer screening.** If you are currently, or if you were a tobacco user in the past, your doctor may recommend having annual lung cancer screenings. This kind of screening typically starts around age 55, but can be based on your personal medical history.



Customer Service Reps

When you call The Health Plan, expect to speak with a real, local person. If you have questions or need assistance, call customer service at **1.888.847.7902** now! 🍏

Other Types of Preventive Care

Depending on your age, your doctor may also recommend the following screenings at your annual well visit:

- **Fall risk screening.** This type of screening is often done to determine the risk that a person has of having a fall. Your doctor will ask questions about any previous falls you may have had, medications you are taking, mobility issues you may have, and many others. They will then take those answers and discuss your risk score and what you can do to help lower your chances of a fall at home or out in public.
- **Skin cancer screenings.** You and your doctor will play an active role in helping to find potential skin cancers. If you notice any moles that you are worried about, it's important to point them out when you go to your annual well visit, or even make a separate appointment to discuss them with your doctor. These kinds of screenings can start as early as 6 months on particularly fair skinned individuals.
- **Osteoporosis screenings.** The most common way to screen for osteoporosis is called a DXA scan. This screening tests your bone density and can help you understand your risk for fractures. This screening typically starts around age 65.

Don't forget, these screenings are typically ordered by your doctor at your annual well visit. The perfect time to take care of yourself, is right now. At The Health Plan, we're here for you. If you need help finding a new doctor, or understanding what screenings you should have, please call our certified health coaches at **1.877.903.7504**. 🍏



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 to the right.

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








8 servings per container	
Serving size	2/3 cup (55g)
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	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

*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

Summer Health & Safety Checklist

Summer is a time for sunshine, travel, and outdoor fun, but it also brings a set of health and safety challenges that can affect you and your family. From heat exhaustion and sunburns to dehydration and foodborne illnesses, it's important to stay informed and take simple precautions to enjoy the season safely. Whether you're planning a beach vacation, spending time at the park, or just soaking up the sun at home, 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. Encourage swimming readiness in children and consider swimming lessons. Know the depth of water before diving into a body of water. Supervise children when swimming and don't go swimming alone. When storming, stay away from water for 30 minutes after the last lightning flashes or thunder roars.

- 
- ☐ **Lawn & yard safety** – Clear mowing area of any debris and avoid mowing steep banks especially when wet. When doing yard work wear close toed shoes. Store lawn chemicals and pesticides in their original containers and out of reach of children.
- ☐ **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.
- ☐ **Stay hydrated** – When temperatures and humidity are high, drink plenty of water to stay hydrated.
- ☐ **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. When in doubt, leave the firework displays to a professional!

Source: mayoclinichealthsystem.org/hometown-health/speaking-of-health/summer-fun-safety-tips.

Bruschetta Pasta Salad

Nutrition:

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



Ingredients:

- 2 cloves garlic
- ¼ cup shallots
- 2 ½ tablespoons red wine vinegar
- 1 tablespoon extra-virgin olive oil
- 2 cups plum tomatoes
- Kosher salt
- Black pepper
- 4 ounces mozzarella
- 2 cups rigatoni pasta (or bowtie pasta) 8 oz dry
- ¼ cup fresh basil
- 1 tablespoon balsamic glaze

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, ¼ 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. 🍏

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



A Publication of

1110 Main Street
Wheeling, WV 26003-2704



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.

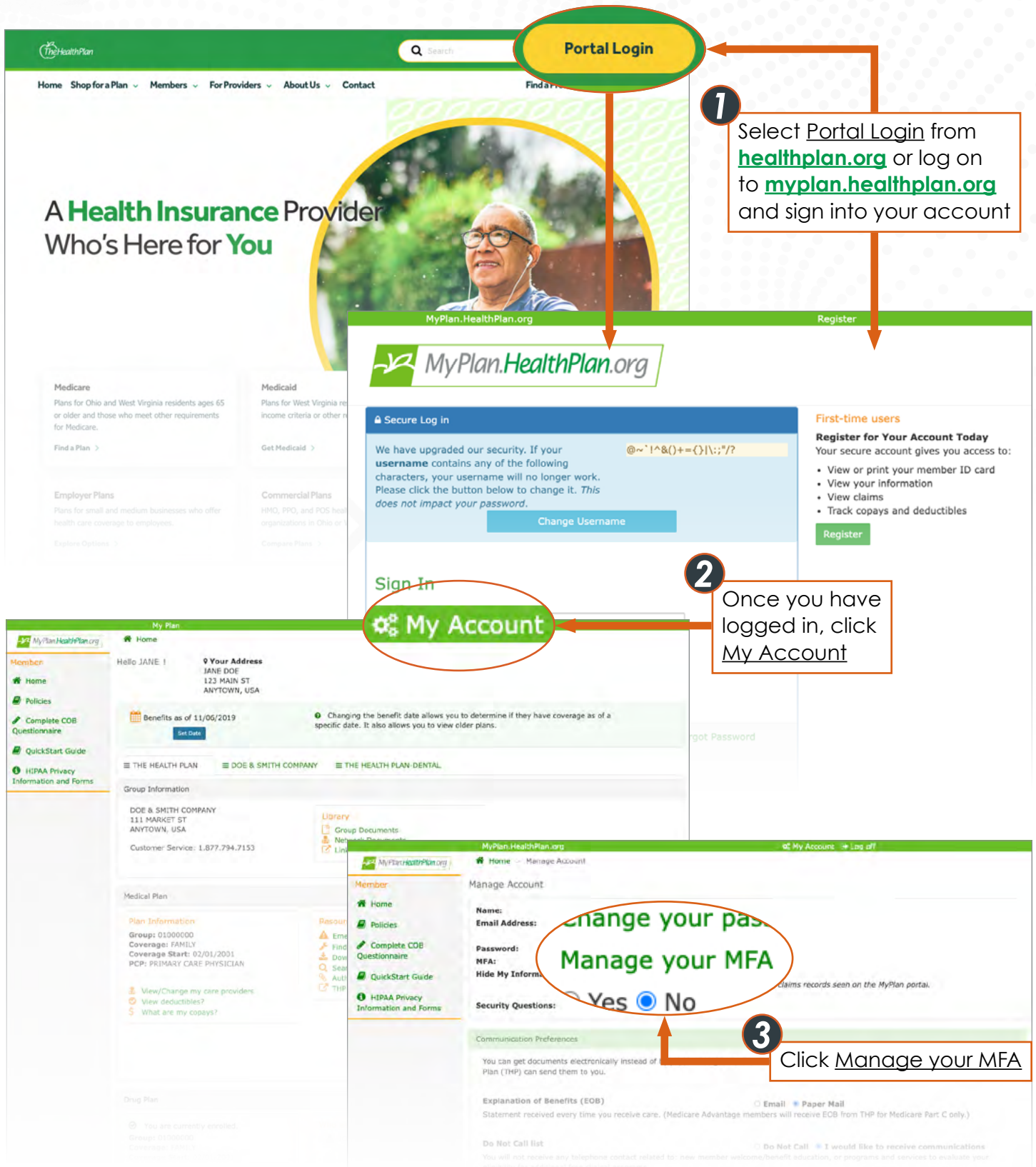
MFA is a strong security measure that can prevent your account from being hacked or compromised because it adds an extra layer of security. You should use MFA on all accounts that contain private or sensitive information.

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**



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

Secure Log in

We have upgraded our security. If your **username** contains any of the following characters, your username will no longer work. Please click the button below to change it. *This does not impact your password.*

@ ~ ' ! ^ & () + = { } \ | ; : ' ?

[Change Username](#)

First-time users

Register for Your Account Today
Your secure account gives you access to:

- View or print your member ID card
- View your information
- View claims
- Track copays and deductibles

[Register](#)

Sign In

My Account

Manage Account

Name:
Email Address:

Password:
MFA:

Security Questions: Yes No

Communication Preferences

You can get documents electronically instead of Plan (THP) can send them to you.

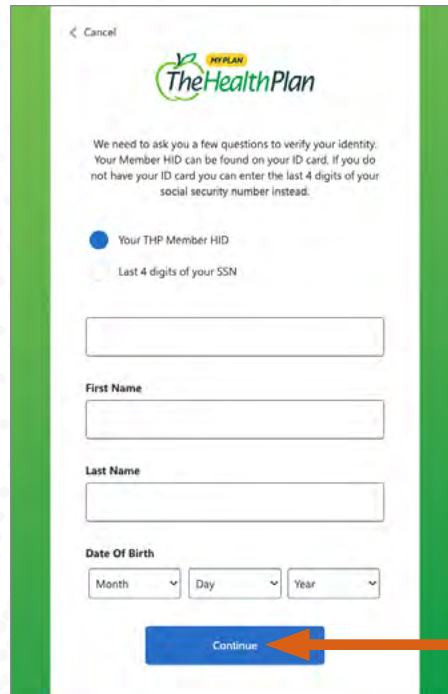
Explanation of Benefits (EOB)
Statement received every time you receive care. (Medicare Advantage members will receive EOB from THP for Medicare Part C only.)

Do Not Call list
You will not receive any telephone contact related to: new member welcome/benefit education, or programs and services to evaluate your eligibility for additional free clinical programs.

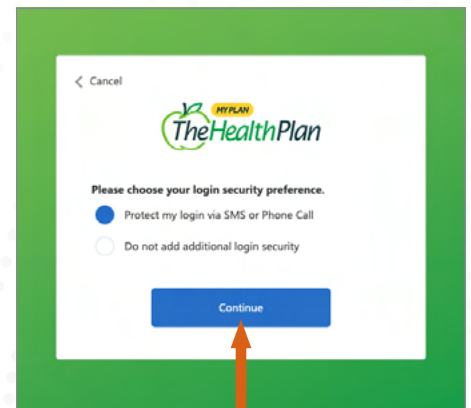
Activating Multi-Factor Authentication (MFA) on **MyPlan.HealthPlan.org**



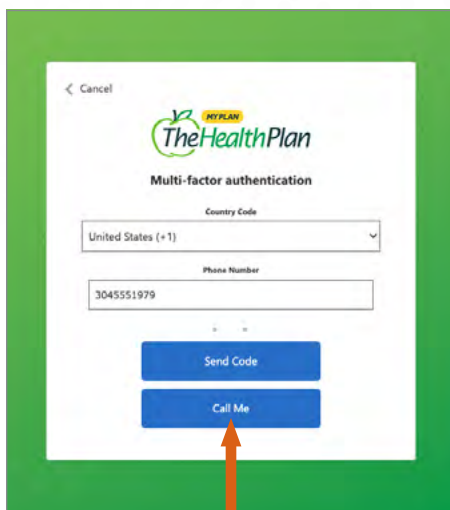
4 Enter your Email Address and click Continue



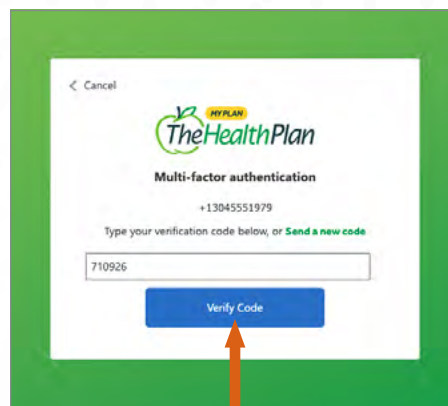
5 You will be prompted for additional information Complete the questions and click Continue



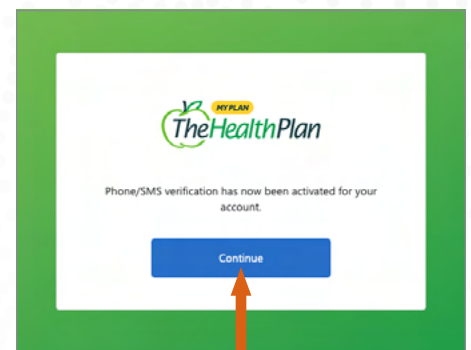
6 Choose Protect my login via SMS or Phone Call and click Continue



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

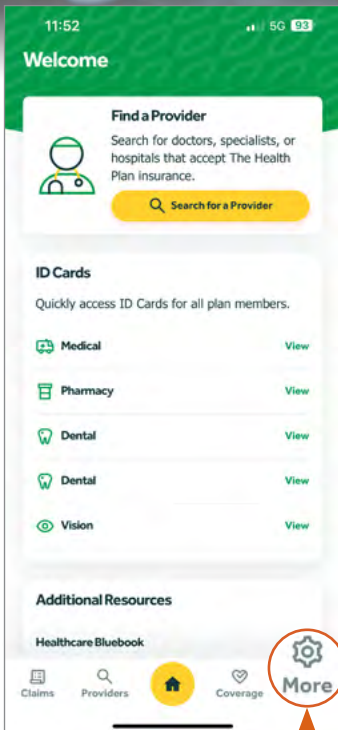
Activating Multi-Factor Authentication (MFA) Using the **MyPlan App**

1

Sign Into the app on your Smart Device

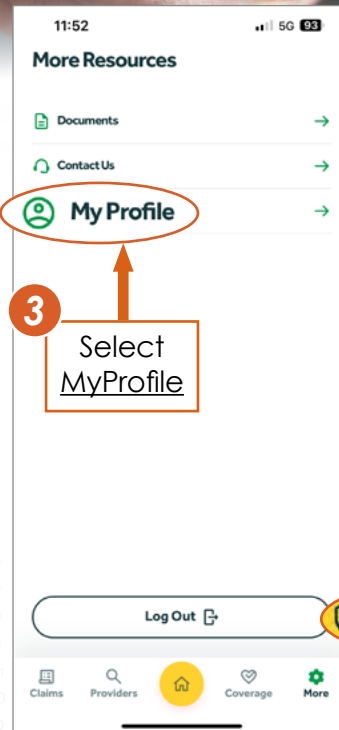
Download on the
App Store

GET IT ON
Google Play



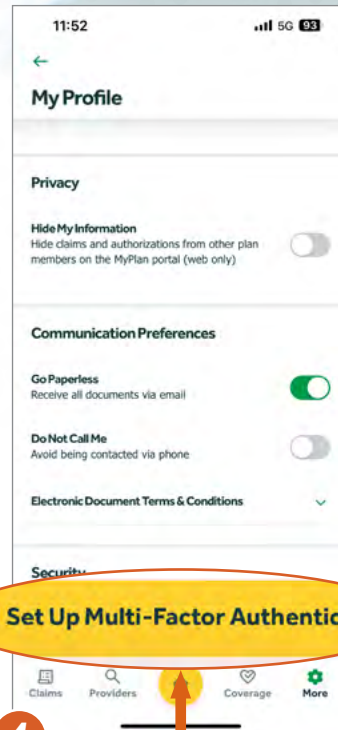
2

From the Home page, click More



3

Select MyProfile



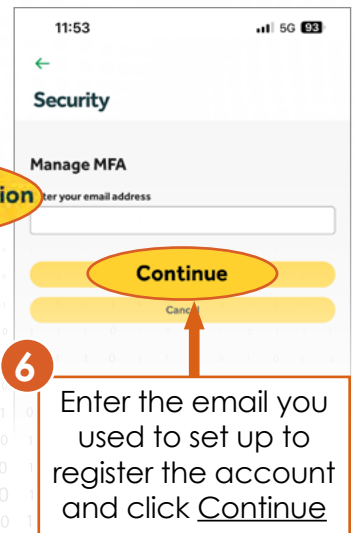
4

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**



11:53 5G 93

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

11:55 5G 93

87882 Use verification code 502679 for MyPlanLogin authentication

Security

Multi-factor authentication

+1304XXX1979

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

11:55 5G 93

Security

Multi-factor authentication

Country Code

United States (+1)

Phone Number

Send Code

Call Me

9 Enter your phone number and choose verification method

