



March is Colorectal Cancer Awareness Month 45 IS THE NEW 50

Now “45 is the new 50” to start screening for everyone at average risk for colorectal cancer. Your gastroenterologist can find colon polyps early so they can be safely removed and help to prevent colorectal cancers.

Learn About Your Screening Options for Colorectal Cancer

One-Step Screening vs. Two-Step Screening for Colorectal Cancer

1-Step Test

COLONOSCOPY

Your doctor can see and remove pre-cancers called polyps and prevent or detect or confirm colorectal cancer all in 1 step.



2-Step Test

1st Step:

STOOL-BASED TEST

- FIT Test (Fecal Immunochemical Test)
- Multitargeted Stool DNA

or

FLEXIBLE SIGMOIDOSCOPY

or

IMAGING TESTS

- CT Colonography
- Colon Capsule

– Positive Test? –



2nd-Step: COLONOSCOPY

The American College of Gastroenterology 2021 Guidelines on Colorectal Cancer Screening explain the difference between recommended tests that are “one-step tests” and “two-step tests.” In many instances, the best screening test is the one that gets done.

To learn more about colorectal cancer, colonoscopy, in-home testing kits, or for help with finding a provider, please call The Health Plan at **1.877.903.7504**. We are here for you!

Colorectal Cancer: You Can Prevent it | gi.org/coloncancer 🍏

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. 🍏



Spring Health & Safety Checklist

As we “spring” forward and head into warmer months, it’s time for Spring cleaning. Here is a list of items we often forget about but are very important to you and your family’s safety!

Window Safety

It’s nice to open the windows and let a breeze come inside as temperatures rise! Be sure to practice window safety, especially in homes with young children. When the windows are closed, keep them locked. When windows are open, be sure to supervise young children. It is also a best practice to avoid placing furniture near windows to prevent children from climbing and gaining access to windows.

Medicine Cabinet

Clean out any unwanted or expired medications. These can be taken to a prescription drop box. The next National Drug Take Back Day is Saturday, April 26th. For more information visit dea.gov/takebackday. You can also call your local pharmacy or police department and they can direct you to the nearest drop off location.



Family Emergency Plan

What would your family do in the event of a natural disaster? What if you lost power for multiple days? Take some time to discuss a plan with your family. If you live alone, choose a trusted person that you will communicate with in an emergency. Be sure to prepare both a home and a car emergency kit. If you already have an emergency kit, check it and replace items that have expired.

Smoke Alarms

Test your smoke alarms to make sure they are working. Replace the batteries at least once a year. If your smoke detector is “chirping,” replace the batteries immediately. Smoke alarms should be placed in every bedroom and in the common areas on each floor.

Carbon Monoxide Detectors

Carbon monoxide is a dangerous gas that has no smell. Carbon monoxide exposure can cause death. Like smoke alarms, test the batteries of your carbon monoxide detectors and change the batteries once a year. It is also important to make sure the vents for your gas appliances are clear of any debris. Carbon monoxide detectors should be located outside every bedroom and in the common areas on each floor.

Cleaning Product

Are you getting the urge to clean? Don’t forget to store your cleaning products in a safe place and out of the reach of young children. Safety latches on drawers or cabinets can also prevent children from accessing chemicals and cleaners.

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 help with nutrition, health weight management, encouraging physical activity, and managing stress. To talk with one of our health coaches, call 1.877.903.7504.
- Our Life Coaches can help with resume building, finding job training or additional schooling, finding legal representation, and helping to access care. To talk with a life coach, call 1.877.236.2293.
- Our Social Workers can help you find food resources, transportation, housing support, and additional resources in your community. To talk with a social worker, call 1.800.475.3624.
- Our Tobacco Cessation Facilitators can help with the process to quit smoking or using other forms of tobacco. To talk 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 talk with a nurse, please call one of the numbers below.
 - Chronic Disease Management: 1.800.776.4771
 - Pregnancy Care: 1.877.236.2288
 - Medical or Behavioral Case Management: 1.800.624.6961 ext 7644



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.



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.

Fruit Pizza

Number of Servings: 1 **Calories:** 161 per serving
(Fat 2g, Carbohydrate 30g, Protein 9g)



Ingredients

- Whole wheat English muffin
- 2 Tablespoons fat-free cream cheese
- Strawberries
- Blueberries
- Mandarin Oranges

Directions

1. Toast English muffin until brown and crispy.
2. Spread cream cheese on English muffin.
3. Apply fruits to the top of cream cheese.

Note

Different flavors of cream cheese can be used for this recipe. 🍏



Have You Read Your THP Member Handbook?

Your member handbook is your go-to guide for health services. It tells you how you can get the most from your benefits. All new members receive a handbook in their welcome packet.

The Member Handbook explains:

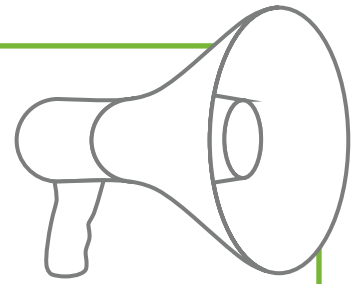
- What benefits are covered, and what benefits are not covered
- How to access benefits & get care
- How to see a specialist
- How to get care when you are away
- How to access behavioral health services
- Pharmacy benefit information
- How to ask for an interpreter or other language services
- What to do if you get a bill
- How to submit a complaint or appeal a decision
- How to report fraud and abuse
- Your member rights and responsibilities
- Our privacy policy

You can also read your Member Handbook online at healthplan.org/wv-medicaid/current-members/member-materials.

If you have any questions, you can 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.