

Get Ready for Flu Season

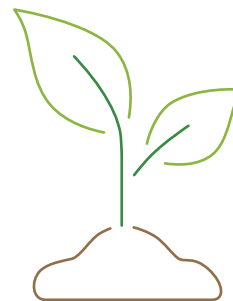
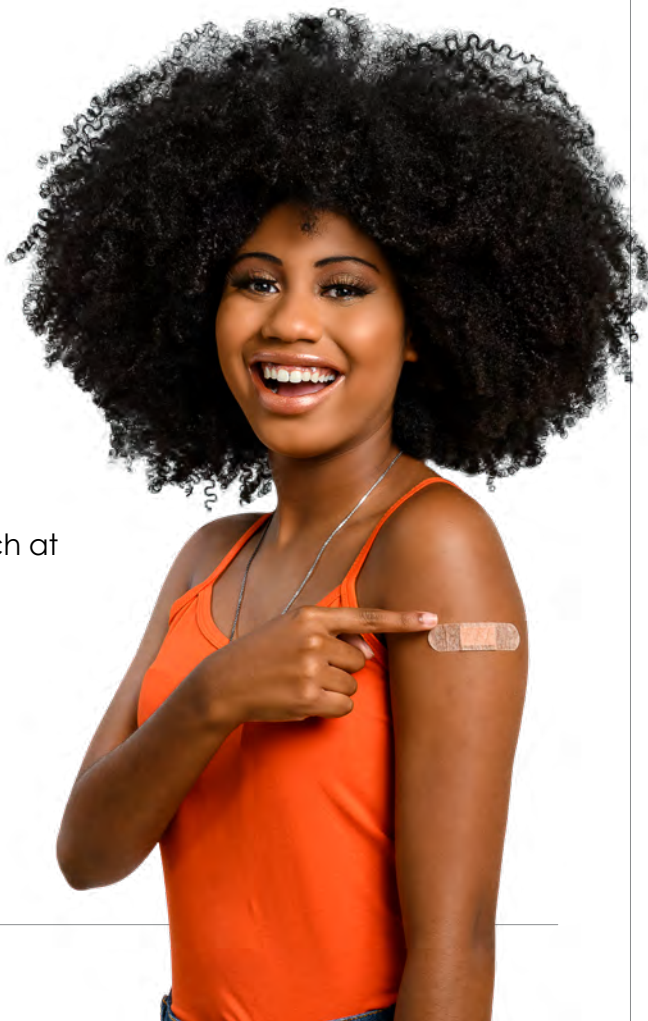
The flu is a contagious respiratory illness caused by a virus (influenza). It infects the nose, throat, and lungs. It can cause mild to severe illness and can also lead to death in more severe cases.

The people most at risk are those who have:

- Asthma
- Diabetes
- Heart disease
- People with a body mass index (BMI) of 40 or greater
- Pregnant people
- Children younger than 5 years
- People that are over age 65

You cannot get the flu from the vaccine. The vaccine causes no side effects in most people.

Ask your pharmacist or primary care provider about getting a flu vaccine. You can visit [vaccines.gov/find-vaccines](https://www.vaccines.gov/find-vaccines) and enter your zip code to see where you can get a flu vaccine. If you have questions about where you can get a vaccine that is covered by The Health Plan, call a Health Coach at **1.877.903.7504**. 🍏



Community Events

THP Wellness Exhibition

November 7, 2025

9:00 a.m. - 3:00 p.m.

Highlands Sports Complex,
Triadelphia, WV

[healthplan.org/marketing/
thp-wellness-exhibition-2025](https://healthplan.org/marketing/thp-wellness-exhibition-2025)

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) 🍏

Childrens Oral Health

Your child's oral health is just as important as their overall health. What is oral health? Oral health is the health of your teeth, tongue and gums. It can affect your physical, mental, and social health. Starting your child on a good oral health routing early in life will set them up to have good oral health into their adult lives. Brushing and flossing teeth to keep clean and visiting your dentist regularly will help in making sure your child has good oral health. Good oral health in young children helps decrease the amount of school missed. This can encourage better academic performance and confidence. You can take these simple steps towards good oral health:

- Start when they are an infant. Cleaning your infant's gums with a wet soft cloth at least twice a day or after every feeding.
- Most babies get their first tooth around 6 months of age. The American Dental Association recommends to schedule an appointment within 6 months of that first tooth. You should have an appointment before their 1st birthday. One dental visit before the age of one can help prevent cavities.
- Once the first tooth appears you should start brushing the teeth and gums. Use a small, soft toothbrush designed for children with a small amount (the size of a piece of rice) of toothpaste. Brush for at least 2 minutes. Do this at least 2 times a day. Once in the morning and before bedtime.
- When your child reaches around 3 years old start teaching them to brush on their own. When your child's teeth start touching each other it is a good time to start flossing at least once a day. Again, reminding them to brush at least 2 minutes.
- At age 10+ your child should be able to brush their teeth on their own. You may have to remind them occasionally to brush twice a day and floss once a day.
- Limit sugary foods and drinks. Encourage healthy choices.
- Follow regularly with a dentist and as needed for broken teeth, gum/tooth/mouth pain and cavities.

Doing the above as well as seeing your pediatrician who may apply a fluoride varnish will ensure good oral health in your child.

For more information regarding oral health for children including a parents FAQ page please visit mychildrensteeth.org/resources-for-parents/ 🍏



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. 🍏

Breast Cancer

Mammograms (breast x-rays) are the best tests we have to find breast cancer early, when it may be easier to treat. Talk with your health care provider about when you should get a mammogram. Here's what you need to know about getting a mammogram.

What is a Mammogram?

A mammogram is an x-ray of the breast that's used to find breast changes. Mammograms are done with a machine that only looks at breast tissue. The machine takes x-rays at lower doses of radiation than the x-rays done to look at other parts of the body.

Who Should Get a Mammogram?

Women ages 40-74 may get a mammogram yearly or at least every 2 years as recommended by a health care provider.

Men older than 45 with certain risk factors may need a mammogram if recommended by a health care provider.

What (and What Not) to Wear

Wear a 2-piece outfit because you will need to remove your top and bra. Do not use deodorant, antiperspirant, powder, lotion, or ointment on or around your chest on the day of your mammogram. These products can appear as white spots on the x-ray.

What to Expect

The entire process takes about 20 minutes. The breast is compressed between 2 plastic plates for a few seconds while an x-ray is taken. The plates are moved to a new position and the breast is compressed again to take another view. The same process is done on the other breast. Flattening the breast can be uncomfortable but is needed to provide the clearest view.

Getting the Results

You should get your results within 10 days. If you don't, you should call to ask about them. If doctors find an area that looks different from the rest of your breast, you'll likely need to get new x-rays taken or get other tests. But that doesn't mean you have cancer. The doctor may have seen dense breast tissue or a cyst. Other times, the image just isn't clear and needs to be retaken. If this is your first mammogram, your doctor may want to look at an area more closely because there is no previous mammogram to compare it with.

For more information, visit The American Cancer Society at cancer.org/cancer/types/breast-cancer

Please call The Health Plan to speak to a Health Coach if you for more information or with help finding a health care provider at **1.877.903.7504**, Monday – Friday, 8:00 a.m – 5:00 p.m. 🍏



Beef and Noodles

Number of Servings: 2 **Calories:** 375 per serving
(Fat 10g, Carbohydrate 42g, Protein 26g)



Ingredients

- 2 1/2 cups uncooked yolk-free noodles
- 1/3 cup sliced fresh mushrooms
- 1/3 cup chopped onion
- 1 tablespoon olive oil
- 1 1/4 cups reduced-sodium beef broth
- 1/8 teaspoon pepper
- 6 ounces deli roast beef, cubed

Directions

1. Cook noodles according to package directions. In a large skillet, sauté mushrooms and onion in oil until tender. Add broth, roast beef and pepper. Bring to a boil. Reduce heat; simmer, uncovered for 10 minutes.
2. Drain noodles; stir into skillet. 🍏



Source: tasteofhome.com/recipes/quick-beef-and-noodles/



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. 🍏