

Secure Connection



Spring
2026

Health and Wellness or Prevention Information

A Publication of
TheHealthPlan



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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!

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. You should place smoke alarms 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. Test the batteries of your carbon monoxide detectors. Change the batteries once a year. It is also important to make sure the vents for your gas appliances are clear of any debris. You should place carbon monoxide detectors outside every bedroom. They should also be in the common areas on each floor.

Family Emergency Plan.

What would your family do in the event of a natural disaster? What if you lost power for many 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.

Medicine Cabinet.

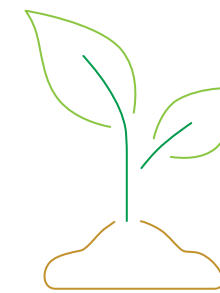
Clean out any unwanted or expired medications. You can take them to a prescription drop box. The next National Drug Take Back Day is Saturday, April 25th. For more information, visit dea.gov/takebackday. You can also call your local pharmacy or police department to find the nearest drop off location.

Cleaning Products.

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. Put safety latches on drawers or cabinets. Safety latches can prevent children from accessing chemicals and cleaners.

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. Keep windows locked when closed. When windows are open, be sure to supervise young children. Don't place furniture near windows. This will help prevent children from climbing and gaining access to windows. 🍏



Community Events

Mobile Pantries

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

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

mountaineerfoodbank.org/mobile-pantry

If you are outside of WV, Feeding America is everywhere:

feedingamerica.org/our-work/hunger-relief-programs 🍏



Be an Active Participant in Your Health Care

Many people are more satisfied with their health care if they share the responsibility with their health care provider. Your health care provider is an expert on medical care, but you are the expert on yourself. By being a partner with your health care provider, you can help choose the option that best fits your values, beliefs, and lifestyle. Here are some tips to make the most of your next visit:

- Health care providers can include different provider types like doctors (MD or DO), physician assistants (PA), nurse practitioners (NP), and pharmacists. Primary Care Physicians (PCP) are healthcare professionals who partner with you to manage your health. PCPs can be doctors, physician assistants, and nurse practitioners.
- It is important to schedule a preventive visit with your PCP at least once a year. Preventive visits are a great time to plan with your PCP to prevent future health issues.
- Build a relationship with your health care provider. Let your health care provider know that you want to be a partner in your health care. Tell the health care provider what your expectations are.
- Tell your health care provider if you have accessibility concerns. Tell your health care provider if you need help moving around at your visit. For example, you could ask for a wheelchair or help getting on the exam table. Tell your health care provider if you are hard of hearing. Ask your health care provider if they have handouts in larger print or in a different language. Tell your health care provider if you need an interpreter to speak a language you feel more comfortable using.
- Be an active participant in each appointment. Listen carefully to what your health care provider says. If you do not understand a diagnosis or treatment, ask questions. Tell the health care provider if you think that following the prescribed treatment will be hard for you.
- Have a family member or friend with you during your appointment, if possible. They can take notes, ask questions to clarify information, and help you remember what your health care provider says.
- Bring your medicines to your appointment. If you take prescription or over-the-counter medicines, including herbal remedies or vitamins, bring all of them with you to any appointment with your health care provider. If you cannot bring the medicines, bring a list of the medicines that you take.
- Ask for instructions. Before you leave the health care provider's office, make sure you know what you are supposed to do to care for yourself. Ask for written information, links to videos and websites, and any other instructions.
- Be sure to make and go to all appointments. Call your health care provider if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

Source: healthplan.org/library/articles/hw226888 🍏



Vendor List

For a list of partners that The Health Plan works with, please visit myplan.healthplan.org/Account/Login and refer to section "Updates to 2026 Benefits" to find the list. You may also reach out to our customer service department at **1.877.847.7907**, **TTY: 711** to have a copy mailed to you. 🍏

Colorectal Cancer Screening



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, detect or confirm colorectal cancer all in one 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.” No matter which test you and your provider choose, getting tested is what matters.

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

The Bladder Brief: You Know Your Body Best

Bladder leaks are common.

Bladder leaks happen to many people. You are not alone. If something feels different, trust your gut. Your body is talking to you.



It's okay to bring it up.

It might feel awkward to talk about bladder leaks. Your doctor talks about this all the time. A quick conversation can help you find answers.

Write it down.

Before your visit, write down when leaks happen and how often. This helps your doctor understand what's going on.

At your next visit, ask your PCP about bladder health. 🍏



Member Rights & Responsibilities



To view your member rights and responsibilities, please visit our website at healthplan.org, scroll to the bottom of the page, and select “**Member Rights and Responsibilities**” in the lower right corner. For a printed copy, please call **1.877.847.7907**. 🍏

Advisory Committee

THP is always looking for members to join the Medicare Member Advisory Committee. Your opinions about how THP offers benefits and services to you matters to us. You can help us, help you, by:

- Identifying opportunities for improvement
- Understanding barriers to care
- Increasing your health literacy

The meetings are held virtually every quarter and all you need is a phone to participate. Call today to learn more. **1.877.847.7907, TTY: 711**. 🍏

Are You on MyPlan? Have You Set Up Multi-Factor Authentication?

Activating Multi-Factor Authentication (MFA) on the MyPlan member portal adds an extra layer of security to help protect your personal health information. MFA is a simple security feature that requires you to verify your identity using two steps – such as entering a code sent to your phone or email – before accessing your account. This helps prevent unauthorized access, even if someone has your password. Signing up is quick and easy, and it gives you peace of mind knowing your health data is safer. To access step-by-step instructions for setting up MFA, please visit The Health Plan's website at healthplan.org and click the Portal Login button located at the top of the homepage. You will be redirected to the MyPlan portal login screen. On that page, locate the "[Click here to get started with MFA](#)" link, found midway down on the right-hand side. Clicking this link will download a PDF guide with detailed setup instructions.



If you have questions or need additional assistance with your portal login or MFA setup, please contact The Health Plan's Customer Service team at **1.877.847.7907 (TTY: 711)**

April 1 – September 30
8 a.m. to 8 p.m.
Monday-Friday
October 1 – March 31
8 a.m. to 8 p.m.
7 days a week. 🍏



90-Day Refills



Did you know you may fill a 90-day supply of your daily medication?

Travelling to the pharmacy every month can be time consuming. The Health Plan offers the choice of 90-day refills for your daily medications. Talk to your provider about the benefits of switching to 90-day refills. You can get 90-day refills through your local pharmacy or our home delivery service partner, Express Scripts. Getting a 90-day supply can help you stay healthy. It can also save time and money!

Visit our website at healthplan.org to learn more about 90-day refills. You can also learn about our home delivery service through Express Scripts. 🍏

Medical/Behavioral Health Case Management

Are you having trouble navigating the health care system to get the help you or your minor child need? A nurse case manager is available to help you with medical, substance use or behavioral health care issues or conditions.

Our nurses will work with you and your health care providers to customize a plan of care that will:

- Help you understand your disease or condition
- Manage or control your symptoms
- Follow your prescribed medication regimen
- Remove or overcome any barriers to care
- Help you take control of your health and live your best life

Information can be provided by phone, mail, secure email or in the secure member portal. To enroll in a case management program, please call **1.800.624.6961, ext. 7644** Monday through Friday from 8 am to 5 pm. You can also complete the online enrollment form at

healthplan.org/for-you-and-family/get-care/clinical-programs-and-enrollment. All members are eligible for case management services. Risk levels are taken into consideration for assignment to complex case management. 🍏



How to Report Fraud Waste and Abuse

Contact us if you suspect fraud, waste, or abuse has occurred. Our FWA/Compliance Hotline is **1.877.296.7283**. 🍏

Contact Us

1.877.847.7907 (TTY: 711)

April 1 – September 30,
8 a.m. to 8 p.m., Monday-Friday

October 1 – March 31,
8 a.m. to 8 p.m., 7 days a week

**Have You Changed Your Phone
Number, Email or Mailing Address?**

Don't forget to update your addresses and phone number with us and your provider's office. 🍏



Word Search

U K U U E R A L O C O M M I T T E E K W
 F M A L K H Q U S S R C X R C Y S V P C
 P Z C S M O K E T O C E H E L Y Y R P K
 M P A V U K H Z D H F R F E S M A O N B
 S W H M F I A Y U C E R E I C C U T N W
 C Y R A Y H G O C O L N Y E L K Z Y M U
 F V C I R P L N T M F H T R N L L X D Y
 T B E W G M L I E M C G E I V I U I V A
 O E E K F H A A B U O G A A C X N U S Y
 M H M W E P T C N N L W V L L A R G D T
 A A T U F A H S Y I O H X E H T T K B H
 N V P N K Z C Y L T N D J J A H H I H V
 A I **S P R I N G** S Y O R N I E I J F O Q
 G O L G C E G Z I I S O C W Z W F B G N
 E R A C O N T A C T C E G N C N R L G I
 M A U B P K S W K L O I T G K I A A Z F
 E L T T A Z W R H Y P R A O C R U D L B
 N I U C Y P B T F V Y C B N I B D D B I
 T H M R E S P O N S I B I L I T I E S K
 O D N Q C M N A H L Z V F T Z H Z R G V

SPRING

- Smoke
- Checklist
- Community
- Health
- Physician
- Colonoscopy
- Screening
- Bladder
- Rights
- Responsibilities
- Committee
- MyPlan
- Authentication
- Management
- Behavioral
- Refill
- Pharmacy
- Fraud
- Contact
- Copay

Italian Caprese Avocado Toast



Makes 4 Servings

Ingredients:

- 4 slices whole-grain or whole-wheat bread, toasted
- 1 medium avocado, coarsely chopped
- 1/4 cup fresh basil leaves, finely sliced
- 1/8 teaspoon pepper
- 1 pint cherry tomatoes, halved
- 1/4 cup shredded fat-free mozzarella cheese
- 2 teaspoons balsamic vinegar

Directions:

1. In a small bowl, using a fork, mash the avocado. Gently stir in the basil and pepper.
2. Spread the avocado mixture on each slice of toast. Top with the tomatoes cut side down.
3. Sprinkle the mozzarella over the tomatoes. Drizzle with the balsamic vinegar.

Nutrition:

Calories: 188. Protein: 8g.
 Carbs: 22g. Fat: 8.5g.

Source: [recipes.heart.org/en/recipes/italian-caprese-avocado-toast](https://www.heart.org/en/recipes/italian-caprese-avocado-toast) 🍅



Word to Know: Copay



Your copay is a fee that you pay for covered health care services. These may include doctor appointments, laboratory tests, or filling prescriptions. Copays will be collected until your deductible has been met.

Example:

If your health plan has a \$20.00 copay for primary care visits, you will owe \$20.00 after each primary care visit.

To determine what health care services are covered and how much your copays are, please see your:

- Annual Member Handbook
- Annual Schedule of Benefits 🍏





1110 Main Street
Wheeling, WV 26003-2704

Health and Wellness or Prevention 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](#)

Portal Login

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](#)

My Account

Manage Account

Change your password

Manage your MFA

Yes No

Communication Preferences

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

Email Paper Mail

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

Do Not Call I would like to receive communications

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 dental programs.

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

4 Enter your Email Address and click Continue

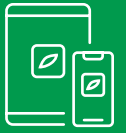
5 You will be prompted for additional information Complete the questions and click Continue

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

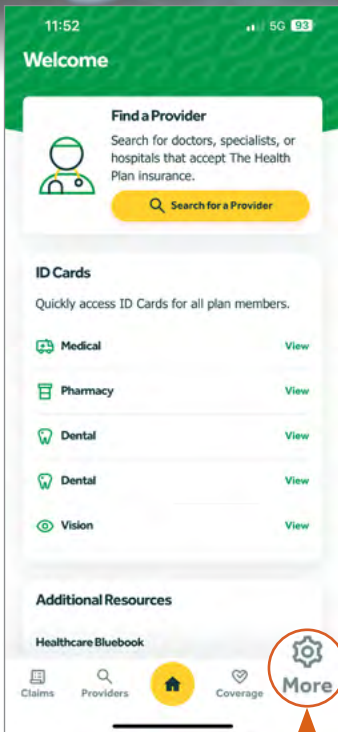
8 Enter the code sent to your phone and click Verify Code

9 MFA is now activated

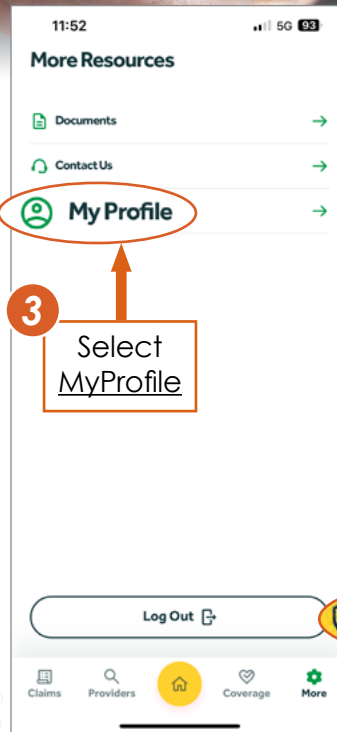


Activating Multi-Factor Authentication (MFA) Using the *MyPlan App*

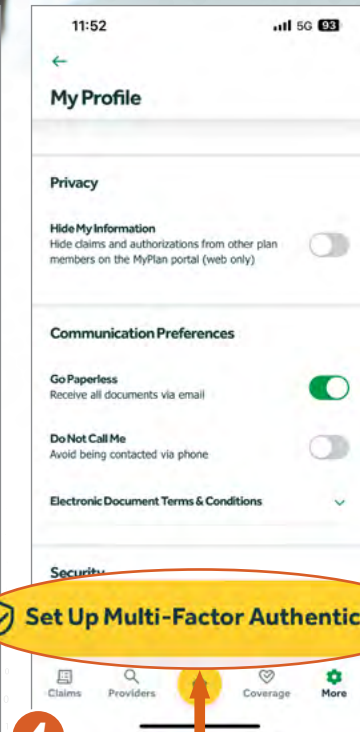
1 Sign Into the app on your Smart Device



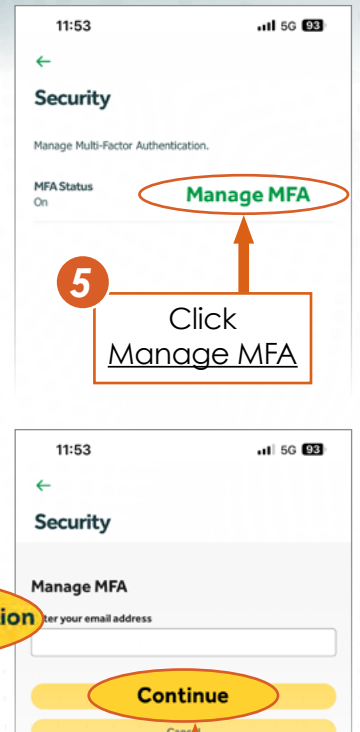
2 From the Home page, click More



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

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

