



## Spring Cleaning

### Take Control of Your Cluttered Mind

Studies show having a tidy home can bring calm to your life. Cleaning and decluttering your home can have a positive effect on your mental health.

It can give you a feeling of control in your life. If you have let your home go because you have been busy or feeling down, it can feel overwhelming to get started. Experts say to start in one room or with one task. Washing the dishes is a great place to start. Dirty dishes are an easy task, and one that is easy to measure progress. Then wipe the counters. Pretty soon, the kitchen is clean! Any room you start is a great place. Getting started is the key. It is amazing how much better having a clean room or a clean home can make you feel. 🍏

## Spring Into Self-Care!

The days are getting longer, and the flowers are starting to bloom. Spring is a time for fresh starts. You can start fresh by making time for you! It's important to maintain a healthy mind and body. We have started a self-care checklist for you. These are just a few ways you can make sure you are taking care of yourself.

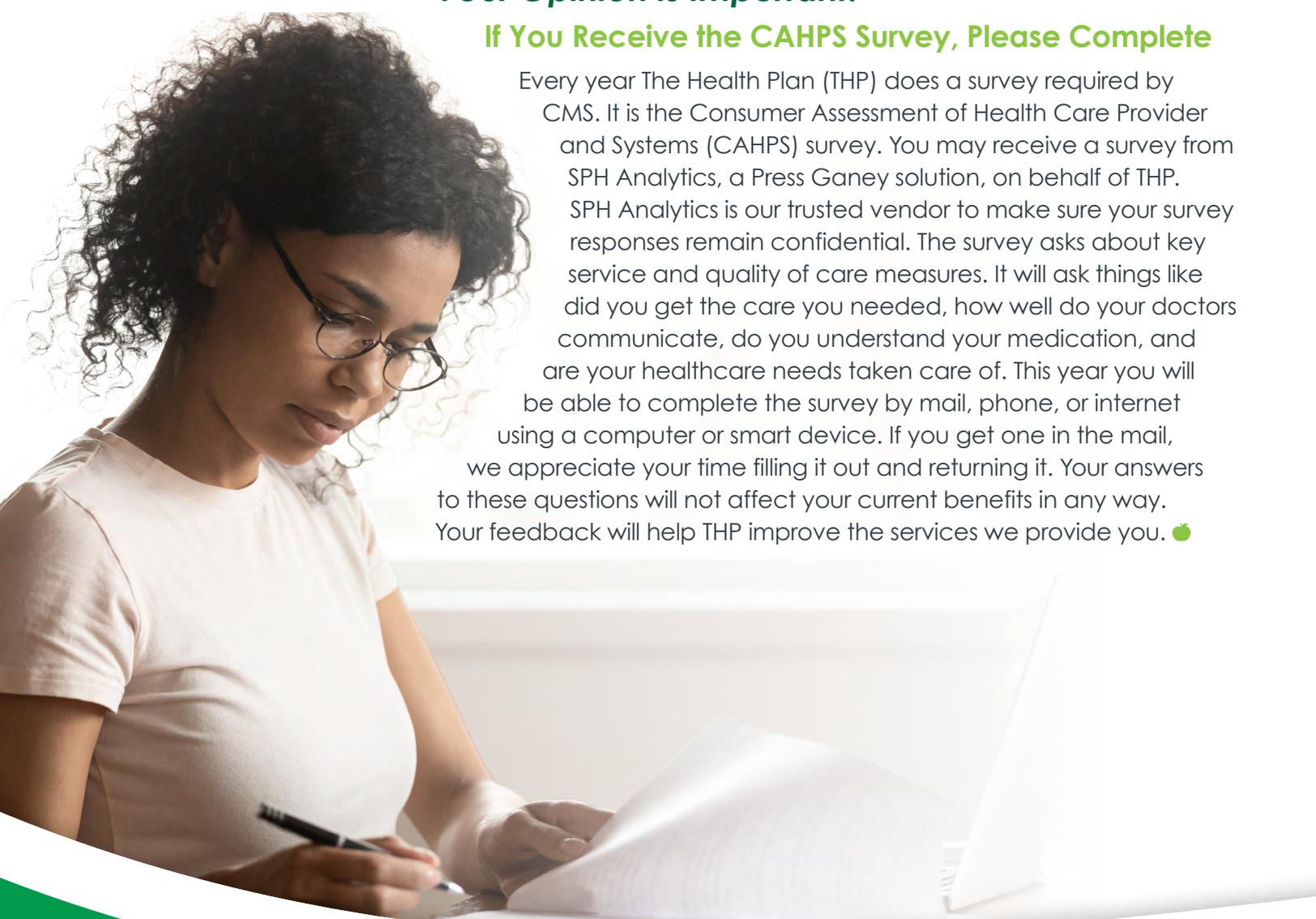
Self-care checklist:

- Drink more water.
- Listen to music.
- Declutter a space.
- Try yoga or stretching.
- Watch a sunrise or sunset.
- Call a friend.
- Eat your lunch outside. 🍏



## Your Opinion is Important!

### If You Receive the CAHPS Survey, Please Complete



Every year The Health Plan (THP) does a survey required by CMS. It is the Consumer Assessment of Health Care Provider and Systems (CAHPS) survey. You may receive a survey from SPH Analytics, a Press Ganey solution, on behalf of THP. SPH Analytics is our trusted vendor to make sure your survey responses remain confidential. The survey asks about key service and quality of care measures. It will ask things like did you get the care you needed, how well do your doctors communicate, do you understand your medication, and are your healthcare needs taken care of. This year you will be able to complete the survey by mail, phone, or internet using a computer or smart device. If you get one in the mail, we appreciate your time filling it out and returning it. Your answers to these questions will not affect your current benefits in any way. Your feedback will help THP improve the services we provide you. 🍏

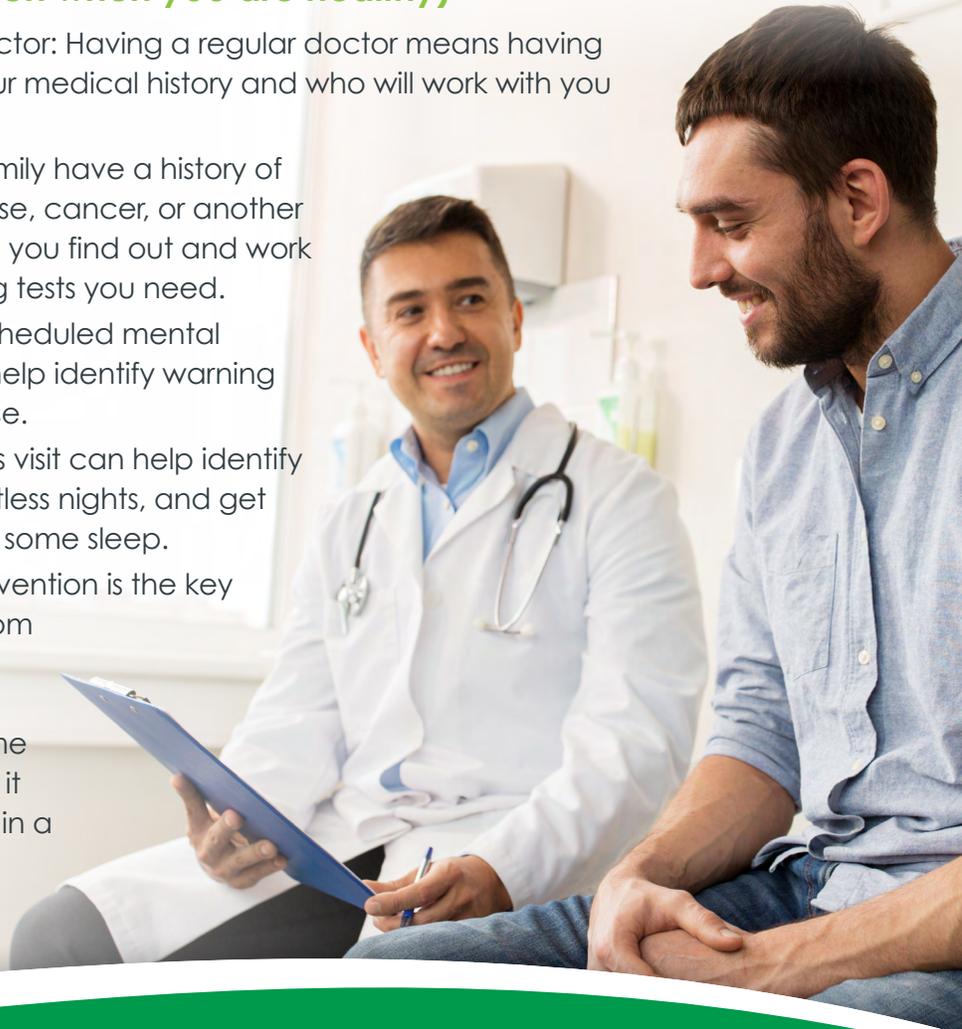
## Renew Your Medicaid or WV CHIP Benefits

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](http://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. 🍏

## Keeping Appointments

### 5 reasons to go to the doctor (even when you are healthy)

1. Form a good relationship with your doctor: Having a regular doctor means having someone who knows the details of your medical history and who will work with you to keep you in the best health.
2. Find out your health risks: Does your family have a history of diabetes, high cholesterol, heart disease, cancer, or another significant disease? A doctor can help you find out and work with you to determine which screening tests you need.
3. Keep your body in check: Having a scheduled mental health screening by your doctor can help identify warning signs, before they go from bad to worse.
4. To get a good night's sleep: A doctor's visit can help identify possible underlying causes for your restless nights, and get you the help you need to actually get some sleep.
5. Prevention: Health protection and prevention is the key to staying healthy for the long haul. From simple blood tests and vaccines now to mammograms and colonoscopies later, your doctor can help you become the healthiest version of you. Although it may seem like a hassle now, one hour in a doctor's office now can add years of health to your life. 🍏



### 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](https://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](https://healthplan.org/for-you-and-family/get-care/talk-nurse). Please note it may be up to 24 hours before you receive a response. 🍏

# Spring Roll Bowl with Peanut Sauce

Number of Servings: 5    Calories Per Serving: 364



## Ingredients

### Roll

- 8 oz. thin rice noodles
- 1 small cucumber
- 1 large carrot
- 3 green onions
- 2 cups red cabbage
- 1/3 cup cilantro

### Peanut Sauce

- 1/2 cup peanut butter
- 2 tbsp. fresh lemon juice
- 2 tbsp. maple syrup (or brown sugar)
- 1 1/2 tsp. Tamari (or soy sauce)
- 1-2 cloves garlic (minced)
- 1 tsp fresh grated ginger
- Hot water

## Directions

1. Prepare vegetables — thinly slice carrot, cabbage, green onions, and cucumber. Roughly chop cilantro.
2. Cook noodles — cook rice noodles according to packaging instructions (should feel slightly firm and not mushy).
3. Make the peanut sauce — add all peanut sauce ingredients into a bowl. Heat 3/4 cup of water to just under boiling. Add water slowly to bowl while slowly mixing the mixture together. Continue adding water until you reach your desired consistency.
4. Make your bowl — Add cooked noodles to bowl, followed by your vegetables, then finish by drizzling your peanut sauce over bowl. 🍓

[thegardengrazer.com/spring-roll-bowl/](http://thegardengrazer.com/spring-roll-bowl/)

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