

Healthy You



Learn the Three S's of Sun Safety [page 3](#)

TABLE OF CONTENTS

Safe & Healthy Summer

- 2 Are You Drinking Enough Water?
- 3 Learn the Three S's of Sun Safety

Healthy Living

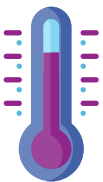
- 3 Recipe Corner: Herb Potato Salad
- 4 It's Time to Schedule Your Free Mammogram!
- 4 Vaccines Are Vital for Every Age
- 5 Hepatitis C Cases are on the Rise; Get Screened Today
- 6 Essential Steps for Medical Oxygen Users

Pharmacy Corner

- 6 Protect Your Heart with Beta Blockers
- 7 Finding the Right Antidepressants for You
- 8 Birth Control Made Easy: Options Beyond the Pill

Member Resources

- 9 Make the Most of Your Coverage
- 10 Protect Your Benefits and Stay Safe: Report Fraud, Waste, or Abuse



Are You Drinking Enough Water?

Summer heat cranks up the need for water!

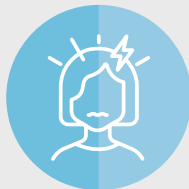
This time of year, it's very important to look for signs of dehydration.



The best way to help prevent these issues is simple: drink more water throughout the day!



FATIGUE



HEADACHES



DRY MOUTH



DIZZINESS



DARK-COLORED URINE



To stay cool and healthy, set a water intake goal by taking your body weight and dividing it by three. That's roughly the number of ounces of fluids you should aim for each day.



$$150.0 \div 3 = 50$$

For example, a 150-pound person should drink at least 50 ounces (or about 6 cups) of water daily. This is a general guideline, so remember, listening to your body is also key.

Source: Harvard Medical School

Learn the Three S's of Sun Safety

With summer in full swing, you and your family may be spending more time outdoors enjoying the sunshine. Remember to protect your skin and eyes from harmful UV rays. Learn the three S's of summer sun safety:



Sunscreen: Generously apply broad-spectrum sunscreen with SPF 30 or higher to all exposed skin at least 15 minutes before heading outside. Reapply every two hours, or more often if you are swimming or sweating.



Sunglasses: Wear sunglasses that block 99% of UVA and UVB rays.



Shade: Take breaks throughout the day in shaded areas to cool down, grab some water, and reapply sunscreen.

Recipe Corner: Herb Potato Salad

This recipe uses dried herbs and spices to make a delicious picnic side dish!

Ingredients

- 1/4 tablespoon salt
- 5 small potatoes (1 pound)
- Radish (1/2 sliced, optional)
- 1/2 teaspoon basil (dried)
- 1/4 teaspoon thyme (dried)
- 1/4 teaspoon onion powder
- 3 tablespoons yogurt, non-fat plain
- 1 tablespoon mayonnaise, reduced calorie
- 1 1/2 teaspoons yellow mustard
- 1/2 teaspoon garlic (chopped)

Directions

1. Wash hands with soap and water.
2. Scrub potatoes and cut into cubes.
3. Place in medium saucepan and cover with water. Bring to a boil.
4. Cover, reduce heat, and simmer 12 minutes or until potatoes are done. Drain.
5. Mix dressing ingredients.
6. Combine hot potatoes, dressing, radishes, basil, thyme, and onion powder. Serve hot or cold.



To print the recipe, view nutrition information, or to find more recipes, check out [MyPlate](#) (a U.S. Department of Agriculture resource).



It's Time to Schedule Your Free Mammogram!

Mammograms can help detect breast cancer early when it is the most treatable – that's why yearly screenings are recommended starting at age 40. If you have a family history of breast cancer, your doctor might suggest starting earlier.

Getting a mammogram is quick and easy – it only takes about 20 minutes! **Plus, as a Health Partners Plans Medicaid member, mammograms are available at no cost to you.**

If you need help scheduling a mammogram, our Quality Outreach Team is here to help! Give us a call at **215-967-4530** from 8 a.m. to 5 p.m., Monday to Friday.

Vaccines Are Vital for Every Age



Vaccines, also known as immunizations, shots, or vaccinations, teach your immune system to create antibodies that protect you from diseases. It's much safer for your immune system to learn this through vaccines than by catching the diseases and treating them. Vaccines are needed throughout our healthy life journey at any age.

Infants, Children, and Teenagers

Because a baby's immune system is not fully developed at birth, babies face a greater risk of becoming infected and getting seriously ill. Vaccines protect your baby by helping build up their natural defenses. It typically takes a few weeks for protection to develop after vaccination, but that protection can last a lifetime.

Growing up means more school days and playdates, which also means more opportunities for spreading germs and getting sick. As your child enters school age and interacts with more kids, help protect them from diseases by staying up to date on their vaccines.

It is also important for teenagers to stay up to date with their routine vaccinations. On-time vaccinations are critical to protect and prevent teenagers and young adults from getting sick and missing out on activities that are important to them.

Additionally, your child may be able to get no-cost vaccines through the CDC's Vaccines for Children (VFC) Program at enrolled healthcare providers offices, pharmacies, and health clinics. Visit <https://www.cdc.gov/vaccines-for-children/vfc-information-for-parents/> for more information.

Continued on next page.



Continued from previous page.

Adults

Vaccine recommendations for adults vary by age and health conditions. Adults need to keep vaccines up to date because immunity from childhood vaccines can wear off over time, and there are new diseases you are at risk of as an adult.

Pregnancy

Getting recommended vaccines during pregnancy helps protect both you and your baby from serious diseases that can make both of you very sick. Babies get protection from their mom during pregnancy, but they need their own shots later on. Talk to your OB/GYN to learn more about the vaccines you may need during pregnancy.



Talk with your doctor to learn which vaccines are recommended for you and your family.

Visit the CDC website for the full immunization schedule by age group and additional vaccine resources:
<https://www.cdc.gov/vaccines>

Hepatitis C Cases Are On the Rise; Get Screened Today

Hepatitis C is a liver infection spread through contact with blood from an infected person. It can cause serious health problems if left untreated. New cases of hepatitis C are on the rise, especially among adults 20-39 years of age. The scary part? Hepatitis C often has no symptoms in the early stages of the infection, so many people don't know they have it and pass the infection to others.

Here's the good news: getting screened is easy! Doctors recommend testing for the following:

- All adults ages 18 and older at least once in their life.
- Pregnant people, during each pregnancy.

- People with ongoing risks for hepatitis C may also be screened periodically, including those who:
 - Use injection drugs or share needles
 - Live with HIV
 - Have ever received transfusions, organ transplants, or hemodialysis
 - Are born to mothers who have hepatitis C

There is no vaccine for hepatitis C. However, it is highly treatable. Current treatments involve 8-12 weeks of oral therapy (pills) and cure over 90% of people infected with hepatitis C.

**DON'T WAIT,
GET TESTED!**

Talk to your doctor if you think you might be at risk for hepatitis C. To learn more, check out these resources from the CDC: <https://www.cdc.gov/hepatitis-c/>

Essential Steps for Medical Oxygen Users

As a reminder, state regulations require your durable medical equipment (DME) oxygen provider to have up-to-date documents on file to keep your oxygen and equipment flowing smoothly at no cost to you.

Here's what you need to do:

- **Every 6 months:** Get a certification from your doctor confirming you still need oxygen therapy.
- **Every 12 months:** Get a new prescription for your oxygen and related equipment from your doctor.

Your oxygen and equipment will not be covered without these documents. It is your responsibility to obtain the documents above from your prescribing doctor and give them to the DME oxygen provider for their records.



Protect Your Heart with Beta Blockers

Beta-blockers are a type of medication that can reduce the risk of another heart attack, irregular heart rhythms, or chest pain. They slow down the heart rate by widening the arteries. This helps reduce the heart's need for increased oxygen, which helps heal the heart after a heart attack and prevent recurrence.

Talk to your doctor to see if a beta-blocker is right for you. Your provider will help select an appropriate beta-blocker depending on your health condition and health needs.

Examples of beta-blockers include:

- Metoprolol
- Carvedilol
- Atenolol
- Labetalol
- Propranolol
- Bisoprolol

Finding the Right Antidepressants for You

Major depression is a serious mental illness and a common psychiatric disorder. Many doctors will prescribe an antidepressant medication to help treat depression.

Antidepressants help correct chemical imbalances in the brain to improve your mood and relieve depression. Many different types of antidepressants exist, but the most popular include:

- Selective serotonin reuptake inhibitors (SSRIs)
- Serotonin and norepinephrine reuptake inhibitors (SNRIs)
- Tricyclic antidepressants (TCAs)
- Monoamine oxidase inhibitors (MOAIs)

Using the right antidepressant medication with therapy can improve your health.

Following your medication plan is extremely important and is an essential component in treatment for major depression. Not taking your antidepressant medications as directed by your doctor reduces their effectiveness in managing your depression. Talk to your doctor about any questions or concerns you have before starting an antidepressant.



Remember: Antidepressants take several weeks to start treating symptoms of depression. Taking your antidepressant medication as prescribed by your doctor is important. Never adjust the dose or frequency without discussing with your doctor first.

Staying Safe

- Tell your doctor if you have suicidal thoughts while you are taking your antidepressant.
- Avoid alcohol and recreational drugs as this can worsen symptoms of your depression.
- Tell your doctor if you want to stop taking your medication.
- For immediate help, call the 988 Suicide & Crisis Lifeline by dialing 988. This lifeline provides 24/7, free, confidential support.



Preferred antidepressants covered by Health Partners Plans Medicaid include:

- Amitriptyline HCL
- Amoxapine
- Bupropion
- Citalopram hydrobromide
- Clomipramine
- Desvenlafaxine succinate
- Doxepin
- Escitalopram oxalate
- Fluoxetine HCL
- Fluoxetine Maleate
- Imipramine HCL
- Nortriptyline
- Paroxetine HCL
- Phenlezzine sulfate
- Sertaline HCL
- Trazodone
- Venlafaxine
- Vilazodone

Birth Control Made Easy: Options Beyond the Pill

Birth control is any method, medication, or device used to prevent pregnancy. Birth control can be classified into hormonal or non-hormonal categories.

Hormonal contraceptive methods are available in various forms, including:

- Oral tablet
- Vaginal ring
- Patch
- Injection
- Long-acting reversible contraceptive (LARCs), such as intrauterine device (IUDs) and implanted birth control

Non-hormonal birth control methods include the copper IUD.

If you have a hard time remembering to take your birth control pill every day, you can try other options like:

- **Patches:** put on once a week for 3 weeks, then remove for 1 week
- **Vaginal rings:** insert and leave in place for 3 weeks, then remove for 1 week
- **Injections:** given by a healthcare provider every 3 months
- **LARCs:** given by a healthcare provider and work for years, then can be removed at any time

Birth control is covered on the Health Partners Plans Medicaid Preferred Drug List (PDL) under the Pharmacy Benefit and is available with a provider's prescription. For LARCs, the pharmacy can help deliver it to your doctor's office.

Preferred LARCs from Health Partners Plans

- Kyleena IUD
- Liletta IUD
- Mirena IUD
- Nexplanon Implant
- Skyla IUD
- Paragard Intrauterine Copper IUD



If you are interested in using birth control or trying a new method, you and your doctor can discuss the best option for you.

Make the Most of Your Coverage

The member portal is a one-stop shop for everything related to your coverage! With HPP Connect, you have 24/7 access to:

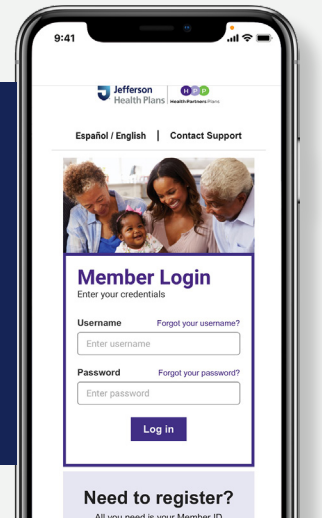
- **Health Information:** Learn more about health conditions and how we can help.
- **Doctors:** Find doctors, hospitals, and specialists.
- **ID Cards:** Request a new ID card or print a temporary card.
- **Claims:** Review claims and other important coverage information.

- **Messages:** Send us secure messages any time.

To get started, **Download the free HPP Connect app** and manage your health plan right from your smartphone!



Or visit [HPPPlans.com/portal](https://www.hppplans.com/portal).





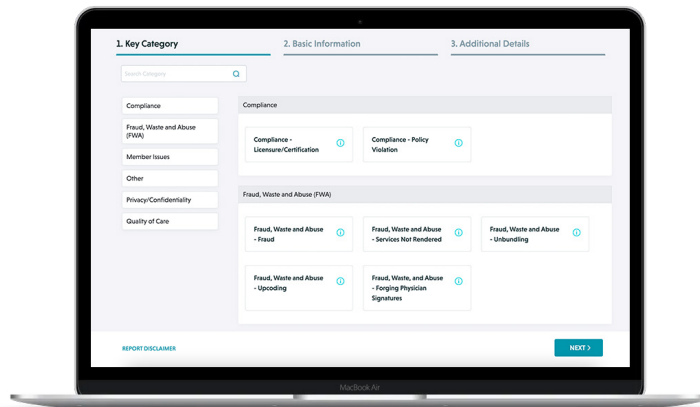
Protect Your Benefits and Stay Safe: Report Fraud, Waste, or Abuse

As a valued Health Partners Plans member, we want to make sure your benefits are used efficiently and securely. If you suspect fraud, waste, or abuse, there are several ways you can report it, with options to report anonymously.

To report fraud, waste, and abuse to the Pennsylvania Department of Human Services, call **1-866-379-8477** or **1-844-347-8477**.

To report fraud, waste, or abuse to Health Partners Plans:

- Call **866-477-4848**
- Report online at <https://www.mycompliancereport.com/report?cid=JEFF>
- Email the Special Investigations Unit at SIUtips@hpplans.com



Member Relations: 1-800-553-0784 (TTY 1-877-454-8477)

Website: [HPPlans.com/members](https://www.HPPlans.com/members)

Member Portal: [HPPlans.com/portal](https://www.HPPlans.com/portal)

Handbook: [HPPlans.com/handbook](https://www.HPPlans.com/handbook)



Discrimination is Against the Law

Health Partners (Medicaid) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex gender, gender identity or expression, or sexual orientation. Health Partners does not exclude people or treat them differently because of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex gender, gender identity or expression, or sexual orientation.

Health Partners provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

Health Partners provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, contact Member Relations at 1-800-553-0784 (TTY 1-877-454-8477).

If you believe that Health Partners has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex gender, gender identity or expression, or sexual orientation, you can file a complaint with:

Jefferson Health Plans
Attn: Complaints, Grievances & Appeals Unit
1101 Market Street, Suite 3000
Philadelphia, PA 19107
Phone: 1-800-553-0784 (TTY 1-877-454-8477)
Fax: 1-215-991-4105

The Bureau of Equal Opportunity
Room 223, Health and Welfare Building
P.O. Box 2675
Harrisburg, PA 17105-2675
Phone: (717) 787-1127 (TTY/PA RELAY: 711)
Fax: (717) 772-4366, or
Email: RA-PWBEOAO@pa.gov

You can file a complaint in person or by mail, fax, or email. If you need help filing a complaint, Health Partners and the Bureau of Equal Opportunity are available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue SW.
Room 509F, HHH Building
Washington, DC 20201
1-800-368-1019, 1-800-537-7697 (TDD)

ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call: 1-800-553-0784 (TTY: 1-877-454-8477).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-553-0784 (TTY 1-877-454-8477).

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-553-0784 (телетайп 1-877-454-8477).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-553-0784 (TTY 1-877-454-8477)。

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-553-0784 (TTY 1-877-454-8477).

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-800-553-0784 (رقم هاتف الصم والبكم) (1-877-454-8477).

ध्यान दिनुहोस्: तपाईंले नेपाली बोल्नुहुन्छ भने तपाईंको निम्ति भाषा सहायता सेवाहरू निःशुल्क रूपमा उपलब्ध छ । फोन गर्नुहोस् 1-800-553-0784 (टिटिवाइ 1-877-454-8477) ।

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-800-553-0784 (TTY 1-877-454-8477) 번으로 전화해 주십시오.

ប្រយ័ត្ន: បើសិនជាអ្នកនិយាយ ភាសាខ្មែរ, សេវាជំនួយផ្នែកភាសា ដោយមិនគិតថ្លៃ គឺអាចមានសំរាប់អ្នក។ ចូរ ទូរស័ព្ទ 1-800-553-0784 (TTY 1-877-454-8477)។

ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-800-553-0784 (ATS 1-877-454-8477).

သတိပြုရန် - အကယ်၍ သင်သည် မြန်မာစကား ကို ပြောပါက၊ ဘာသာစကား အကူအညီ၊ အခမဲ့၊ သင့်အတွက် စီစဉ်ဆောင်ရွက်ပေးပါမည်။ ဖုန်းနံပါတ် 1-800-553-0784 (TTY 1-877-454-8477) သို့ ခေါ်ဆိုပါ။

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-553-0784 (TTY 1-877-454-8477).

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-800-553-0784 (TTY 1-877-454-8477).

লক্ষ্য করুন: যদি আপনি বাংলা, কথা বলতে পারেন, তাহলে নি:খরচায় ভাষা সহায়তা পরিষেবা উপলব্ধ আছে। ফোন করুন 1-800-553-0784 (TTY 1-877-454-8477)।

KUJDES: Nëse flitni shqip, për ju ka në dispozicion shërbime të asistencës gjuhësore, pa pagesë. Telefononi në 1-800-553-0784 (TTY 1-877-454-8477).

सुचना: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો 1-800-553-0784 (TTY 1-877-454-8477).