

Healthy You



Last Chance to Earn Wellness Rewards [page 3](#)

TABLE OF CONTENTS

Health Partners Plans Benefits

- 2 Fight the Flu, COVID-19, and RSV
- 3 Last Chance to Earn Wellness Rewards!

Pharmacy Corner

- 4 Breathe Easy: Managing Asthma
- 5 The Power of Statins

Healthy Living

- 6 A Bright Future Starts Today

- 7 Growing Up Strong
- 7 How to Spot Fake Calls
- 8 Recipe Corner: Black Bean Quesadillas
- 8 Boost Your Immunity This Fall

Member Resources

- 9 Your Guide to Mental Health
- 9 Say No to Secondhand Smoke
- 10 Finding Help for Domestic Violence

Fight the Flu, COVID-19, and RSV

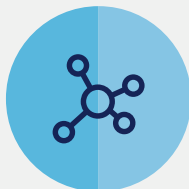
Flu, COVID-19, and RSV are contagious viruses that can cause illness. Take these steps to protect yourself and your family this season:

FLU



Get your flu shot. The flu virus is constantly changing, so yearly vaccinations are important.

COVID-19



Stay up-to-date with COVID-19 vaccinations to reduce the risk of severe illness.

RSV



Prevent the spread of RSV by washing your hands and avoiding contact with sick people.



Our Medicaid members can get a free flu shot and COVID-19 vaccination at their doctor's office, in-network pharmacy, or local health clinic.

Talk to your doctor about the best time to get vaccinated. You can also ask about the available RSV vaccine and if it's right for you.

Reward Reminder: Last Chance to Earn HPP Rewards!

Get rewarded for staying on top of your health and wellness! There's still time to earn HPP Rewards before the end of the year for completing the following activities:

Category	Activity	You'll Earn
Diabetes Care (members ages 18-75 diagnosed with diabetes)	Complete a HbA1c screening (lab work)	\$20
	Complete a retinal eye exam	\$20
	Complete an annual doctor visit*	\$20
Hypertension (High Blood Pressure) (members ages 18-85 diagnosed with hypertension)	Complete an annual doctor visit and get your blood pressure checked*	\$20
Dental Care	Complete a dental exam during your pregnancy (pregnant members 21 and older)	\$20
	Complete a dental exam (ages 0-14 years)	\$20
Well-Child Visit (members ages 3-14)	Complete a well-child visit	\$20
Health & Wellness (members ages 21 and older who join the Greater Philadelphia YMCA using the Health Partners Plans fitness benefit program)	Complete an initial health assessment at one of the Greater Philadelphia YMCA branches.	\$20
	Complete the second health assessment at one of the Greater Philadelphia YMCA branches.	\$25

Complete activities by December 31, 2024!

*If you have a doctor visit on the same day for diabetes and hypertension, you will only receive the \$20 reward once for that visit.

Visit [HPPRewards.net](https://www.hpprewards.net) to learn more.

Rewards are available on a prepaid debit card. Rewards can only be earned once for each activity during the calendar year. Some terms and conditions may apply. Rewards are subject to change. You cannot use your card to purchase alcohol, lottery, tobacco or firearms. Rewards may not be converted to cash. Reward cards expire in 6 months from the time they are received.

Did you know that now you can access certain types of visits at vybe urgent care centers, including postpartum visits, post-hospital discharge visits and well child visits for adolescents between 18-21 years? vybe offers same-day, walk-in and telehealth appointments at 15 locations throughout the greater Philadelphia area. Whenever possible, HPP encourages you to see your usual doctor or OB provider for regular care. If your usual doctor does not have any available appointments, vybe providers are a convenient, short-term solution. For life-threatening emergencies, call 911 or go to

the nearest hospital. vybe will also send a clinical summary of you or your child's visit back to your doctor.

You can visit www.vybe.care/locations to self-schedule or call **267-831-0899**, which is a dedicated phone line for Health Partners Plans' members only.

You may also be eligible to earn HPP Rewards for completing one of these visits! Call Member Relations at **1-800-553-0784 (TTY 1-877-454-8477)** to learn more.

Breathe Easy: Managing Asthma

Asthma is a chronic condition that makes it hard to breathe. It can cause your lungs to clog up with mucus, making it hard for air to get in and out. This can cause symptoms like coughing, wheezing, and chest tightness.



Controller Therapy

Controller therapy reduces inflammation in the lungs and prevents these asthma symptoms. Controller medications usually contain steroids and are used every day – even when you don't have any symptoms. Controllers can be inhalers, injections, or tablets.

Examples of some asthma **controller** medications include:

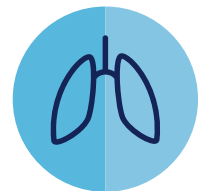
- Symbicort (inhaler)
- Dulera (inhaler)
- Omalizumab (injection)
- Dupilumab (injection)
- Montelukast (tablet)
- Theophylline (tablet)

Rescue Therapy

If an attack does occur, using a rescue inhaler can help. A rescue inhaler can quickly open up the airways and relieve symptoms.

Examples of some asthma **rescue** inhalers include:

- Proair HFA (inhaled)
- Proventil HFA (inhaled)
- Ventolin HFA (inhaled)
- albuterol sulfate HFA (inhaled)
- levalbuterol tartrate (inhaled)



It's important to use your rescue inhaler only when you need it. If you're using it more than twice a week, it might mean your asthma isn't well-controlled. Talk to your doctor about adjusting your medication.



The Power of Statins

Are you worried about heart disease? If you have diabetes or atherosclerotic cardiovascular disease, you're at a higher risk. But there's good news: statins can help.

Statins are drugs that lower your cholesterol, which can reduce your risk of heart attacks, strokes, and other serious problems. Statins help keep your arteries clean, reducing the risk of plaque buildup on the walls of blood vessels. This lowers the chance of blockages that can lead to heart trouble.

Common statins include:

- Atorvastatin
- Lovastatin
- Pravastatin
- Rosuvastatin
- Simvastatin

Talk to your doctor to determine if statins are a good fit for you.



Remember to take your statins as prescribed. They're a powerful tool in keeping your heart healthy!

A Bright Future Starts Today

As a parent, you want to make sure your child is on track to growing up healthy and strong. One way you can do this is by tracking their developmental milestones.



What Are Developmental Milestones?

Developmental milestones are like little steps on your child's journey. Things like rolling over, taking their first steps, or saying their first words are all examples of milestones.

How Can I Track My Child's Development?

There are two easy ways to track your child's progress:

- **The CDC Milestone Tracker App:** This free app has checklists, photos, and videos to help you understand what each milestone looks like. It also has fun activities to help your child learn and grow.
- **Regular check-ups:** Your child's doctor will check their development at 9, 18, and 30 months old to help see if they need any extra support.



Remember, you know your child best. If you have any questions or worries about your child's development, talk to their doctor. Getting help early can make a big difference!



Growing Up Strong

A pediatrician is your child's health care partner, not just a doctor for when they are sick. Routine well-child visits are important, even if your child is completely healthy!

For younger children, well visits help you make sure your child is hitting their important developmental milestones. As kids get older, these check-ups become a safe place for them to discuss personal concerns and talk about the challenges of growing up.

Here's what you can expect during well-child visits:

- Tracking growth through measurements of weight, height, and, until age three, head size
- Monitoring physical and developmental progress
- Checking that developmental milestones are met
- Evaluating mental and emotional health
- Administering necessary vaccines, including those for school and seasonal flu shots
- Conducting physical exams for sports or physical education

How to Spot Fake Calls

Do you ever get an uneasy feeling when someone calls you about your health plan? Here are some ways to know if a caller is from Health Partners Plans.

Health Partners Plans may ask you to confirm certain information such as:

- Your full name
- Your Health Partners Plans Member ID number
- Your address
- Your phone number
- Your primary care physician (PCP)'s name
- Your date of birth

We will not ask for any other information. If the caller asks for anything else, like your Social Security Number, a credit card number, or banking information, DO NOT give it out.

If you want to verify, ask for the caller's name, company, and extension number. You can also tell the caller you would like to call HPP directly to verify their identity and call them back using the Member Services number that appears on the back of your ID card.

Report any suspicious calls:

- Call the hotline:
1-866-477-4848
- Report online:
<https://www.mycompliancereport.com/report?cid=JEFF>
- Email:
SIUtips@hpplans.com



Recipe Corner: Black Bean Quesadillas

This recipe can be served as a tasty lunch, dinner, or side dish.

Ingredients

- ¾ cup chunky salsa (or pico de gallo)
- 1 can (15.5 oz) low-sodium black beans (drained and rinsed)
- 2 cups shredded reduced-fat Colby & Monterey Jack cheese
- 2 tablespoons fresh cilantro (finely chopped)
- 4 8-inch flour tortillas
- ½ teaspoon extra virgin olive oil

Directions

1. Using a small-hole strainer, drain liquid from salsa; discard liquid.
2. Transfer leftover tomato mixture to a medium bowl.
3. Mix in black beans, cheese, and cilantro until combined.
4. Divide black bean mixture evenly over half of each tortilla (about ½ cup each).
5. Fold tortillas in half.
6. Heat large griddle or skillet over medium-high heat.



7. Brush with oil.
8. Place filled tortillas on a griddle.
9. Cook, carefully flipping once, until tortillas are golden brown and crisp and cheese filling melts, about 5 minutes.
10. Cut quesadillas into wedges.

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

Boost Your Immunity This Fall

Eating seasonal foods rich in vitamins and antioxidants can help keep your immune system strong.



PUMPKINS

(rich in Vitamin A)



APPLES

(high in fiber and Vitamin C)



SWEET POTATOES

(packed with beta-carotene)



CRANBERRIES

(full of antioxidants)



Say No to Secondhand Smoke



Secondhand smoke from cigarettes, cigars, and hookah contains hundreds of harmful chemicals. Even brief exposure can cause serious health problems like heart disease or lung cancer. For children, secondhand smoke can cause sudden infant death syndrome (SIDS) and breathing issues.

Protect Yourself and Your Family

- Don't allow smoking in your home or car.
- The best way to stop exposure is to quit smoking. Call the PA Free Quitline at **1-800-784-8669** for help! They can connect you with a counselor who will provide individual coaching to help you enjoy a tobacco-free lifestyle.

Your Guide to Mental Health

Mental health is just as important as physical health. It affects how we think, feel, and act. If you or your child is struggling with mental health issues, it is important to seek help.

Signs of mental health struggles can include:



- Feelings of hopelessness or despair
- Loss of interest in activities previously enjoyed
- Changes in sleep or eating patterns
- Social isolation
- Difficulty concentrating
- Thoughts of death or suicide

Depression and thoughts of suicide are serious conditions, but they are treatable. If you or your child are struggling, seek help from a mental health professional. They can provide a proper diagnosis and create a treatment plan. Early intervention can make a big difference.

Helpful Resources



MentalHealth.gov: Offers resources on mental health for adults and parents: www.samhsa.gov/mental-health



Crisis Text Line: Text **741741** to connect with a crisis counselor.



National Suicide Prevention Lifeline: Call **1-800-273-TALK (8255)** for immediate support.

Suicide and Crisis Lifeline: Call **988**



Finding Help for Domestic Violence

Domestic violence is not always physical. There are many ways that abusive people gain power. Some may use health insurance to control another person. Here are some ways they might do this:

- Threaten to cancel insurance
- Keep documents away from survivors
- Refuse to pay co-pays
- Lie about coverage
- Hide information about benefits
- Use documents to get personal information

These things can leave survivors without the care they need. This can impact health. Survivors may feel isolated. Local domestic violence programs can offer support and information to all survivors. They can help connect survivors to health and insurance resources in their community.



Visit <https://www.pcadv.org/find-help/find-your-local-domestic-violence-program> to find a local domestic violence program near you. The services offered by these programs are provided at no cost. These services are confidential.



Call the National Domestic Violence Helpline: **1-800-799-SAFE (7233)** or visit <https://www.thehotline.org> to chat. Everything is confidential.

Source: PCADV DHS



Discrimination is Against the Law

Health Partners Plans 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 Plans 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 Plans 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 Plans 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 Plan 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:

Health Partners 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 Plans 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).