

Putnam County Schools Health Plan

MONTHLY EDUCATIONAL RESOURCE NEWSLETTER

MAY 2023
EDITION

Benefit Information at your fingertips

Putnam County Schools Insurance offers an excellent benefit package which enables plan members to choose where to seek care. To ensure the ongoing success of the health plan, this educational resource email will provide valuable information to help you decide which health care providers and tools are appropriate for your needs.

Welcome: Huntington is here to HELP!

Issues w/ Claims, Providers, Carriers

Contact Our Claims Team:

[EBClientServiceTeam](#)

844-847-4757



THIS ISSUE

Mental Health and Skin Cancer Awareness

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Mental Health

The most common signs of poor mental health include:

Feelings of anxiety, depression, irritability, restlessness or anger

Trouble sleeping or fatigue

Difficulty concentrating

Change in appetite

Social withdrawal

How can I improve my mental health?



Use healthy coping mechanisms like exercise and meditation to deal with stress.



Get a good night's sleep.



Avoid caffeine, as this stimulant can worsen your stress.



Listen to relaxing music to help you calm down.



Practice self-care and make time for yourself.

This infographic is intended for informational use only. Please consult a medical professional for medical advice.
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Source: Gallup, Kaiser Family Foundation, National Alliance on Mental Illness

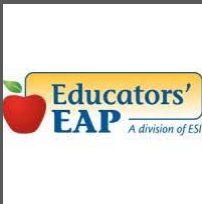
Skin Cancer Awareness

Coronavirus Updates:

[Click Here](#)

Educators' EAP

Click EAP to Connect or watch the video below for more information.



[Watch the Video](#)

Cleveland Clinic Online Doctor

Click Below to Connect



Sunscreen and Sun Protection

As we move into warmer, sunnier weather, it is important to practice proper sun safety. We have summarized some of the top questions asked and answered of the American Academy of Dermatology Association when it comes to this topic.

- **Who needs sunscreen?** Everyone. Sunscreen use can help prevent skin cancer by protecting you from the sun's harmful ultraviolet rays.
- **What sunscreen should I use?** The American Academy of Dermatology recommends everyone use sunscreen that offers the following:
 - Broad-spectrum protection (protects against UVA and UVB rays)
 - SPF 30 or higher
 - Water resistance
- **When should I use sunscreen?** Every day if you will be outside. The sun emits harmful UV rays year-round. Even on cloudy days, up to 80 percent of the sun's UV rays can penetrate your skin.
- **How much sunscreen should I use, and how often should I apply it?** Apply enough sunscreen to cover all skin that clothing will not cover. Most adults need about 1 ounce — or enough to fill a shot glass — to fully cover their body. Apply sunscreen to dry skin 15 minutes before going outdoors. When outdoors, reapply sunscreen approximately every two hours, or after swimming or sweating, according to the directions on the bottle.
- **Is a high-number SPF better than a low-number one?** Dermatologists recommend using a sunscreen with an SPF of at least 30, which blocks 97% of the sun's UVB rays. Higher-number SPFs block slightly more of the sun's UVB rays, but no sunscreen can block 100% of the sun's UVB rays. It is also important to remember that high-number SPFs last the same amount of time as low-number SPFs. A high-number SPF does not allow you to spend additional time outdoors without reapplication.

A sunscreen that offers the above helps to protect your skin from sunburn, early skin aging and skin cancer. However, sunscreen alone cannot fully protect you. In addition to wearing sunscreen, dermatologists recommend taking the following steps to protect your skin and find skin cancer early:

- **Seek shade when appropriate**, remembering that the sun's rays are strongest between 10 a.m. and 2 p.m. If your shadow is shorter than you are, seek shade.
- **Dress to protect yourself from the sun** by wearing a lightweight long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, when possible.
- **Use extra caution near water, snow, and sand** as they reflect the damaging rays of the sun, which can increase your chance of sunburn.
- **Get vitamin D safely** through a healthy diet that may include vitamin supplements. Don't seek the sun.
- **Avoid tanning beds.** Ultraviolet light from the sun and tanning beds can cause skin cancer and wrinkling. If you want to look tan, you may wish to use a self-tanning product, but continue to use sunscreen with it.

COVID-19 Benefits

What's Changing with the End of the Public Health Emergency and National Emergency

Two health emergencies were declared in response to COVID-19 and are ending soon. The national emergency ended on April 10, 2023, and the public health emergency ends May 12, 2023. Many COVID-19-related benefits extended temporarily during the emergency periods will end and coverage for COVID-19 tests, vaccines and treatment will change.

Testing



Over-the-counter test kits no longer covered

Office, emergency room, urgent care, and telehealth visits for testing, as well as the COVID-19 test performed during that visit, continue to be covered, but are subject to member cost sharing**

Vaccines



Vaccines continue to be covered with no member cost sharing*

Vaccines received from an out-of-network provider are subject to out-of-network charges - members with no out-of-network coverage will be responsible for the full cost of the service

Treatment



Treatment will be covered as medically necessary and subject to member cost sharing**

Questions

If you have additional questions about changes to coverage for benefits extended during the COVID-19 emergencies, please call the Customer Care number on your ID card.

*Does not apply to grandfathered plans. Please check with your employer to see if your plan is grandfathered.

**This assumes that Ohio Department of Insurance Bulletin 2020-5 will be rescinded effective the same time that the national emergency periods end.