

Putnam County Schools Health Plan

MONTHLY EDUCATIONAL RESOURCE NEWSLETTER

AUGUST 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



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Schedule Your Annual Checkup

An annual checkup with your primary care physician is crucial to your overall health. It can help you find potential health issues before they become more serious problems, get necessary vaccines and health information and stay on track with your health and wellness goals.

The following are advantages to scheduling an annual checkup appointment with your doctor:

Early detection of diseases—Regular doctor visits can help you discover diseases or illnesses early, enabling you to get the necessary care as soon as possible.

Manage chronic diseases—Annual doctor appointments are essential to help you manage existing diseases or medical conditions.

Stay current on vaccines—During your yearly visit, your doctor may recommend several necessary vaccines to help keep you and your loved ones healthy.

Reduce health care costs—Preventive care, such as yearly appointments and medical screenings, can help you catch medical conditions early when they're less expensive to treat.

Improve the relationship with your physician—You're more likely to feel comfortable with your physician and trust their advice if you visit them annually.

Yearly check-ins with your doctor are critical to staying healthy. They're also convenient and cost-effective. In fact, most health insurance plans will entirely cover the cost of annual physicals.

[This infographic is intended for informational purposes only and is not intended to be exhaustive, nor should any discussion or opinions be construed as professional advice. Readers should contact a health professional for appropriate advice. © 2023 Zywave, Inc. All rights reserved.]

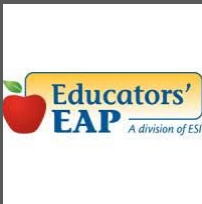
Beating the Summer Heat

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



Summer heat can be more than uncomfortable; it can be a threat to your health, especially for older adults and children. Whatever your age, don't let the summer heat get the best of you.

Heat Exhaustion occurs when a person cannot sweat enough to cool the body – usually the result of not drinking enough fluids during hot weather. It generally develops when a person is playing, working or exercising outside in extreme heat. Symptoms include the following:

- Dizziness, weakness, nausea, headache and vomiting
- Blurry vision
- Body temperature rising to 101°F
- Sweaty skin
- Feeling hot and thirsty
- Difficulty speaking

A person suffering from heat exhaustion must move to a cool place and drink plenty of water to avoid heat stroke—an even more severe heat-related condition.

Heat Stroke is the result of untreated heat exhaustion that has the following symptoms:

- Absence of sweating
- Unawareness of thirst and heat
- Body temperature rising rapidly to above 101°F
- Confusion or delirium
- Possible loss of consciousness or seizure

Heat stroke is a serious medical emergency that must be treated quickly by a trained professional. Until help arrives, cool the person down by placing ice on the neck, armpits and groin. If the person is awake and able to swallow, have them drink a small glass of water every 15 minutes or until help arrives.

Tips for Staying Cool

The combination of heat and humidity in the summer months can be downright uncomfortable and even dangerous. Stay cool by following these safety tips:

- Drink plenty of water. The average adult needs eight 8-ounce glasses of water a day, and even more during hot weather.
- Skip the caffeine and soda; drink water instead.
- Dress for the weather. When outside, wear lightweight clothing of natural fabric and a well-ventilated hat.
- Eat light. Replace heavy or hot meals with lighter, refreshing foods.

This flyer is for informational purposes only and is not intended as medical or legal advice.

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MUTUAL CHALLENGE

Plan It for the Planet: August 7 - September 3, 2023
Registration: July 24 - August 20, 2023

Getting Started

What is the Mutual Challenge?

Twice a year, Medical Mutual sponsors a Mutual Challenge. This challenge is open to all members and allows you to focus on improving your health and well-being while also giving back to the community by supporting a local charity. Join with Medical Mutual to Be Well and Give Back!

Plan It for the Planet

The 2023 Summer Mutual Challenge is a challenge aimed to make great things happen for your community and for yourself! Each week, you'll track your daily step count and complete a new task related to community volunteering, donating, or otherwise doing good for others around you. Improve your health and the lives of those around you over four short weeks!

Weekly Topics

- **Week 1:** Get up, get active, and go do good
- **Week 2:** Spring (and winter, fall, and summer) cleaning
- **Week 3:** How to help when you don't have the time
- **Week 4:** Other ways you—yes, you— can help save the planet

How to Register

1. Go to [MedMutual.com/Member](https://www.MedMutual.com/Member) and log in to your My Health Plan account.
2. Click Launch Now under Engage with Wellness on your My Health Plan Dashboard.
3. To enroll in the challenge, scroll to the bottom of the page, click **RESOURCES** and then Take a Look under Challenges, Device Sync and Wellness Content.
4. To enroll in the challenge, click **JOIN CHALLENGE** on your wellness portal dashboard.
5. You have now joined the challenge as an individual.
6. From the pop-up, please choose which charity you'd like to support during the challenge.

How to Participate

- Track your daily step count. Complete a weekly task related to doing good in your community, then check "I Did This" on the challenge to-do list on the platform.
- Earn a minimum of 40 stars of the 56 possible to complete the challenge. To earn a star, you must track at least 1 step of activity for the day, or complete a daily task (maximum of 2 points/day available).

Charitable Giving Component

Upon enrollment, you will select a charity of your choice from the list of options. These charities are Medical Mutual customers. Each week, you'll track your daily step count and complete a new task related to community volunteering, donating, or otherwise doing good for others around you.

At the end of the challenge, Medical Mutual will make a donation to the top three charities with the highest average number of steps.