

Putnam County Schools Health Plan

MONTHLY EDUCATIONAL RESOURCE NEWSLETTER

SEPTEMBER 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

Cholesterol and Alzheimer's Awareness

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Your Wellness Matters: Cholesterol

What is cholesterol?

Cholesterol a waxy substance found in your blood. Your body needs it to build cells, but too much can pose a problem. So, what's the difference?

 **Good Cholesterol**
High-density lipoprotein (HDL)
Helps remove bad cholesterol
Decreases risk for heart disease and stroke

 **Bad Cholesterol**
Low-density lipoprotein (LDL)
Builds up on artery walls
Increases risk for heart disease and stroke

Bad cholesterol can be elevated by certain factors, including:



Obesity



Physical inactivity



Unhealthy diet



Smoking



Excessive alcohol use



Family history

High cholesterol usually has no symptoms, so it's best to have a cholesterol screening and discuss your health and lifestyle risks with a doctor.

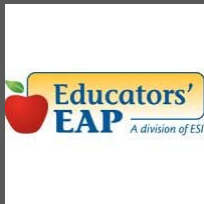
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Live Well, Work Well

**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



What is Alzheimer's Disease?

Alzheimer's is a disease of the brain gradually destroying the ability to remember, reason, imagine and learn. The condition progresses over time.

There are 100 billion nerve cells in the brain. Each of these cells joins with others to form "communication networks." Alzheimer's disease prevents some of these cells from operating correctly, although scientists are unsure why. As the damage spreads, the cells cannot function and eventually die.

During normal aging, most people's brains develop plaques (deposits of a protein fragment) and tangles (fibers of another protein). It has been discovered during autopsy that people suffering from Alzheimer's have significantly more plaques and tangles. Scientists believe this may play a role in blocking nerve cell communication.

Risk Factors

- Some risk factors for Alzheimer's include the following:
- Increasing age
- Family history and genetics
- Serious head injury

Symptoms

- The Alzheimer's Association identifies 10 warning signs of Alzheimer's disease to watch for:
- Memory loss that disrupts daily life
- Challenges in solving problems
- Difficulty completing familiar tasks
- Confusion with time or place
- Trouble understanding visual images or spatial relationships
- Trouble speaking or writing
- Misplacing things
- Decreased or poor judgment
- Withdrawal from work or social activities
- Changes in mood or personality
- Diagnosis and Treatment

The first step is to take the person you are concerned about to a physician. There is no specific type of doctor for this disease, but in some cases, you may be referred to a specialist such as a neurologist or psychologist. Your local Alzheimer's Association chapter can assist you in locating the proper physician.

At the doctor's office, the patient will undergo a physical exam, diagnostic testing and a neurological exam. If diagnosed with Alzheimer's, the patient will likely be prescribed a cholinesterase inhibitor and/or memantine. Taking vitamin E may also be recommended.

Prevention

Research shows that keeping the brain healthy may help prevent Alzheimer's. Take the following steps:

- Eat a healthy diet.
- Stay socially active.
- Avoid tobacco and excessive alcohol.
- Exercise.
- Stimulate the brain with activities such as logic or word puzzles.

Support

Alzheimer's disease is devastating for both the patient and their loved ones. It can be especially difficult for the primary caretaker, so it is important to have a network of family and friends to lend a hand.

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TotalCare EAP
Public Safety EAP
Educators' EAP
Higher Ed EAP
HealthCare EAP
Union AP

Identity Theft Resolution Benefit from your EAP

ESI offers an **Identity Theft Resolution Benefit**, which includes a free consultation should a specific identity theft incident occur to you or one of your eligible family members.

Members who experience Identity Theft can receive a free consultation of up to sixty (60) minutes with a trained Fraud Resolution Specialist.

The Specialist:

- ✓ Directs members on how to restore their identity and good credit
- ✓ Provides ID theft victims with a free Emergency Response Kit
- ✓ Assists with the costly steps to dispute fraudulent debts, and shows members how to communicate with creditors and collection agencies
- ✓ Counsels and provides a document stating preventative steps necessary for avoiding future ID theft losses and damages to a member's credit score and credit reputation
- ✓ Refers to an attorney for a free initial consultation, when needed. If ongoing legal representation is needed, save **25% off** the attorney's standard fixed or hourly rates.

Optional: For an additional fee, full Recovery Services are available on request by members, encompassing one (1) year on a voluntary, fixed-fee basis for up to three (3) creditors.

Other EAP Tools to Safeguard Your Identity

Your EAP offers other benefits related to ID Theft prevention, protection, and education:

- ✓ **Learn:** Both the **Personal Finance & Education Center** and the **Training Center** offer courses to help you learn how to prevent or resolve Identity Theft.
- ✓ **Explore:** Enter "Identity Theft" in the **Self-Help Resource Center** search tool for frequently updated articles, tools, and videos.
- ✓ **Save:** Your **Lifestyle Savings Benefit** offers a variety of Identity Protection programs at substantial discounts.
- ✓ **Read:** Preventing fraud is key to preventing ID theft. Check out our recent blog post: [14 Tips to Protect Yourself from Cyber and Phone Fraud](#)