Putnam County Schools Health Plan

MONTHLY EDUCATIONAL RESOURCE NEWSLETTER

FEBRUARY 2024
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

Huntington INSURANCE

Heart Health

About **647,000** Americans die from heart disease every year—that means every **1 in 4** deaths is caused by this chronic condition.

Heart disease is the leading cause of death for both **men** and **women**.

The warning signs for heart disease include the following:

Unhealthy diet | Smoking | Obesity | Lack of exercise | Excessive alcohol use

What can help prevent heart disease?

Eat foods that are **low** in saturated fat, trans fat and sodium.

Get at least **2.5** hours of moderate-intensity aerobic activity every week.

Keep an eye on your cholesterol, which should be checked at least **every five years.**

Reduce your stress levels.

Avoid smoking and excessive alcohol consumption.

Learn the warning signs of heart attacks, strokes and cardiac arrest:

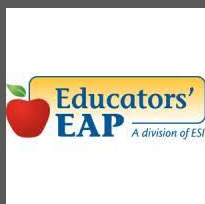Chest discomfort | Difficulty with speech | Sudden loss of responsiveness

This infographic is intended for informational use only. Please consult a medical professional for medical advice.
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Cancer Prevention Month

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 Cancer?

Cancer is used as a broad term to refer to diseases in which abnormal cells divide without control. There are over 100 types of cancer, and cancer cells can spread to all parts of the body through tumors, the blood and lymphatic systems.

Types of Cancer

While there are over 100 kinds of cancer, some of the most common ones are:

· Carcinoma
· Sarcoma
· Leukemia
· Lymphoma
· Multiple myeloma
· Melanoma
· Brain and spinal cord tumors

What Are the Risk Factors?

Unfortunately, you may not have control over some of the risk factors of developing cancer. That being said, having knowledge of possible risk factors can lead to prevention or early diagnosis. The most common risk factors include:

· Age—The median age for a cancer diagnosis is 66. The older you are, the higher your risk for cancer.
· Unhealthy diet and obesity—Eating a balanced diet and maintaining a healthy weight may help lower your risk of cancer.
· Environmental exposure and infectious agents—External elements such as tobacco, chemicals, radiation and infectious organisms can increase your risk of cancer.
· Alcohol—Excessive alcohol consumption increases your risk for cancers of the mouth, throat, larynx, esophagus, colon, rectum, liver and breasts.
· Family history—If a family member has been previously diagnosed with certain cancers, you may be at a higher risk of developing it yourself.

How Can I Prevent Cancer?

Focusing on prevention may help lower the number of new cancer cases, reduce the financial and personal burden of cancer and lower the number of cancer-related deaths. Here are prevention strategies to consider:

· Be safe in the sun. Always apply sunscreen when you go outside, even if it's a cloudy day.
· Stay away from tobacco products.
· Limit alcohol consumption.
· Eat healthy and be active.
· Get screened. Having screening tests done throughout your lifetime can help detect breast, cervical, colon and lung cancers early.

Where Can I Learn More?

Approximately 39.5% of men and women will be diagnosed with cancer at some point during their life. Don't wait too long to talk to your doctor about risk factors, screening tests and other prevention tactics.

Free Brand Name Medications for Putnam County Schools Members

Covered Employees and Dependents:

Putnam Schools has partnered with **_RxProtect_** to lower your pharmacy costs. This is a voluntary program; however, we strongly encourage you to enroll into the program if taking one or more of the eligible medications. ==**_You can save money and get your prescriptions for free (no copays, deductible, or coinsurance) by using RxProtect_**==.

The drugs are filled in Canada and distributed by a company called McKesson (NYSE:MCK), also a distributor in the U.S. Just like the US prescription drugs come from several different drug manufactures. Prescriptions drugs members receive through RxProtect are the same drugs from a local U.S. pharmacy or a specialty mail-order pharmacy.

There are many medications under this program. Below is a list of *common* medications. If you do not see your medication listed, reach out to RxProtect to inquire.

AIMOVIG	**HUMALOG**	**STEGLATRO**
BASAGLAR	**JANUMET**	**STELARA**
BREO	**JANUVIA**	**TOTALS**
DOVATO	**JARDIANCE**	**TRESIBA**
ELIQUIS	**LINZESS**	**TRULICITY**
FARXIGA	**OZEMPIC**	**XIGDUO**
GILENYA	**SOLIQUA**	**XIIDRA**

RxProtect will work with your Rx Plan with TrueScripts to confirm the medication is covered under the Plan and status of any applicable Prior Authorizations for your scripts.

To enroll in the **_RxProtect_** program visit https://www.rx-protect.com/putnamcountyschool/ to learn more or click HERE.

Upon enrollment:
- Your monthly co-pays and payments toward your deductible are eliminated
- The medication will be delivered to your doorstep or shipping address of your choice
- You will have direct access to a pharmacist as needed
- You will need to have a current prescription, simply call your prescribing physician, and ask for the script to be faxed to (917) 909-5923, Attn: RxProtect, 9520 Ormsby Station Rd, Louisville Kentucky 40223
- RxProtect will work with your Rx Plan with TrueScripts to confirm the medication is covered under the Plan and status of any applicable Prior Authorizations for your scripts.

Please allow 2-3 weeks to receive the first fulfillment of your medication. Refills will be provided with no delay in shipping.

Contact RxProtect with all questions:
Email your dedicated nurse: nola.hughes@rx-protect.com
Phone: 1-833-279-7877

LOVE

THERE'S MUCH TO **LOVE** ABOUT THIS TIME OF YEAR.

Educators' EAP *A division of ESI*

www.EducatorsEAP.com | 800.252.4555

February 2024 Newsletter

February Is All About the Love!

Maybe it's due to shorter days, colder weather, or the post-holiday hangover, but Americans aren't too fond of either January or February. The two months nearly tied as the "least favorite month" in a recent poll. We think there is a lot to love about both months. In fact, February is all about the love:

- It's **American Heart Month**, your chance to practice some self-love by scheduling heart checkups and taking steps to safeguard your heart health through diet and fitness. Heart disease is the number one cause of mortality for both men and women, responsible for about 1 in 4 deaths. Here's a great downloadable Fact Sheet: **Heart Smart Basics: What to Know to Keep Yours Healthy.** Explore more about heart health by logging into your Self-Help Resource Center at **www.EducatorsEAP.com** and clicking the "Wellness Center & Physical Health" tile.

- **Valentine's Day** falls right smack in the middle of February. While it can be a fun day, it's really a commercial event that paints an idealized version of love. Don't be worried if your day doesn't live up to the media hype. Even healthy, loving relationships run into stormy waters that need to be navigated. Your EAP offers excellent and robust Self-Help Resources for interpersonal relationships, partnerships and marriage, family life, and parenting. Log in to your Self-Help Resources at **www.EducatorsEAP.com** and choose the "Connections/Work-Life" tile to explore articles and videos. You can also enter keywords or topics – such as relationships, conflict, or teens – in the search box.

- February 11-17th is **Random Acts of Kindness Week.** As the name implies, the week's purpose is to honor and encourage spontaneous acts designed to spread kindness and positivity. Spread kindness at work, at home, and in your community. While it's fun and gratifying to surprise strangers, be sure to also find ways to treat colleagues, friends, and family to unexpected thoughtful acts. And if you are looking to really make an impact, **National Donor Day** (Feb. 14) provides the ultimate opportunity for a random act of kindness -- a chance to save lives. More than 103,000 people are currently on waiting lists for lifesaving organ transplants. Learn how and why you should **consider**

Other Noteworthy February Dates

- **Black History Month**
- **Teen Dating Violence Awareness Month**
- **2/2** - **National Wear Red Day**
- **2/19** - **Presidents Day**
- **2/26-3/1** - **National Eating Disorders Awareness Week**
- **2/29** - **Leap Year Day**

Don't Forget!

EAP services are available to you and your household members as well as dependent children living away from home, up to age 26.

February's Featured Webinar

Painless Estate Planning - Less than half of Americans have a will, but everyone should. Learn simple steps to create a basic estate plan, as well as about a few documents that can save you and your family unnecessary aggravation and expense. Simply log in to **www.EducatorsEAP.com** during February to take the webinar at your convenience and explore related resources. Check in next month for a new topic!

February Training Picks

Got a love for learning? Explore thousands of personal and professional development courses. Log in at **www.EducatorsEAP.com**, sign in, and click on the comprehensive training library in the **"Training Center."**

- **Overcoming Unconscious Bias | Course ID:** SVL_1023350
  This 8-minute video helps you lessen the negative effects of unconscious stereotyping and create a more inclusive work culture.

- **Cognitive Flexibility: Flexible Thinking at Work | Course ID:** SVL_102544
  How adaptable are you? This 7-minute video lesson explains why cognitive flexibility is useful at work and should be important to you as an individual.

- **What to Say When: A Co-Worker Has an Embarrassing Problem**
  Course ID: SVL_017117
  This 4-minute video talks about how to handle it when a co-worker has an embarrassing problem, such as bad breath, annoying sounds, or body odor.

Learn More!

Scan the QR code with your device or smart phone to explore more of your employee benefits!

How to Scan a QR Code

1. Open the camera app.

2. Select the rear-facing camera in Photo mode.

3. Center the QR code you want to scan on the screen and hold your phone steady for a couple of seconds.

4. Tap the notification that pops up to open the link. (You will need to be connected to the internet to do this.)

98% Employee Satisfaction Rate

www.EducatorsEAP.com | 800.252.4555