

Healthy You



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Turning Over a New Leaf: Fresh Ways to Stay Active

Fall is the perfect time to find new ways to stay active, feel your best, and enjoy the season. Whether you're preparing for cooler weather or mixing up your routine, here are simple ways to keep moving:



Nature Walks

Explore local parks and trails to enjoy the fall colors while getting your steps in.



Outdoor Yoga

Find a peaceful spot outside to stretch and strengthen your body.



Virtual Fitness

Stay fit at home with free online classes for activities like line dancing or tai chi. These low-impact exercises are great for improving balance and flexibility, especially as the weather turns cooler. Visit [HPPlans.com/WellnessPartners](https://www.hppplans.com/WellnessPartners) to view the calendar.



Visit Your Local Fitness Center

Start your indoor workouts early this fall! Health Partners Plans members enjoy free fitness center memberships — no copays and no minimum visit requirements!



How to Get Started

To get your free one-year gym membership, simply visit a participating fitness center, show your Health Partners Plans ID card, and sign up. For more information and to find a fitness center near you, visit [HPPlans.com/fitness](https://www.hppplans.com/fitness).

Enhanced Member Support for You

Need help navigating your health care?

Our **Enhanced Member Support Unit** offers free Care Coordination services to help you get the most out of your health benefits. Whether you need help scheduling doctor appointments, accessing community resources, or getting medications, we're here to assist you.

We can connect you with:

- Doctors and dentists for appointments
- Food, utility, and financial assistance
- Transportation to medical appointments
- Medical equipment and medication assistance
- Emotional health support
- Community services



Call **1-866-500-4571** (TTY **1-877-454-8477**) to learn more and sign up.

Baby Partners: Supporting You Every Step of the Way

Are you pregnant or planning to have a baby? We're here for you!

Join our Baby Partners program for free support during your pregnancy and after delivery. Whether you're expecting or planning to have a baby in the future, we can help with:



Care Coordination – Connect with a personal care coordinator to help manage appointments, understand health benefits, get doula services, and more.



Health & Wellness Support – Access breastfeeding assistance, a lactation consultant, and resources for postpartum care.



Essential Supplies – Get blood pressure cuffs, breast pumps, and transportation to and from doctor visits.



Community Connections – Find services for baby items, diapers, food, bills, and emotional support.

Call **1-866-500-4571** (TTY **1-877-454-8477**) or visit HPPlans.com/BabyPartners to join the program and learn more!



Smile Bright! Your Dental Benefits are Covered

Don't miss out on your dental benefits — schedule your exam today!

Need a dentist? Visit our [online provider directory](#).

DENTAL CARE FOR ADULTS:



Your Health Partners Plans coverage includes exams, dental cleanings, X-rays, and routine dental care such as fillings to help keep your smile healthy. Exams and cleanings are covered twice a year.

DENTAL CARE FOR KIDS:



Good oral health starts early! It's important for kids to visit the dentist twice a year for regular check-ups. Your plan also covers fluoride treatments and dental sealants to help keep your kid's teeth strong and healthy.

Staying Ahead of Your Health With Key Screenings

Regular screenings are key to staying healthy. Here's a quick guide to important health checks for both men and women.

For more information on screenings, visit uspreventiveservicestaskforce.org and cdc.gov.



Screening	Men	Women
Blood Pressure	Annually	Annually
Cholesterol	Every 4-6 years, starting at age 35	Every 4-6 years, starting at age 45
Diabetes	Every 3 years, starting at age 45	Every 3 years, starting at 45
Colorectal Cancer	Starting at age 45	Starting at age 45
Prostate Cancer	Starting at age 50 (talk to your doctor)	N/A
Cervical Cancer (Pap)	N/A	Every 3 years, starting at age 21
Breast Cancer (Mammogram)	N/A	Every 1-2 years, starting at age 40
Osteoporosis	Starting at age 70 (or earlier if at risk)	Starting at age 65 (or earlier if at risk)



The Road to Recovery Through Medication-Assisted Treatment (MAT)

Medication-Assisted Treatment (MAT) is a proven way to help you on your recovery journey from substance use disorder. By combining FDA-approved medications with therapy, MAT reduces cravings, withdrawal symptoms, and lowers the risk of relapse.



Step 1: Talk to your doctor

Goal: Discuss your substance use, treatment options, and decide if (MAT) is right for you.

Step 2: Choose the right treatment for you

Goal: Your doctor will explain the different MAT medications (like Buprenorphine, Naltrexone, etc.), how they work, and which one is the best fit for your recovery.

Step 3: Start MAT

Goal: Begin your MAT regimen (either oral medications or injections) as prescribed by your doctor.

Step 4: Engage in Therapy

Goal: Combine MAT with therapy or counseling to help you manage the emotional and mental side of recovery. Therapy teaches you how to handle triggers, stay positive, and build healthy habits for long-term success.

Step 5: Ongoing support for long-term recovery

Goal: Regular check-ins with your doctor to monitor your progress, adjust medications if needed, and help you stay on track.



For more information on incorporating MAT into your care, visit www.samhsa.gov or www.asam.org.

Get Ready for Flu Season: Take Our Quiz!

Test your knowledge and learn how to prepare for flu season with these helpful tips.

Remember: You can get a free flu shot vaccination at your doctor's office, in-network pharmacy, or local health clinic! Make sure you speak to your doctor about what vaccines are right for you.

1. True or False: The flu vaccine is only necessary for people who are at high risk of getting sick.

TRUE

FALSE



ANSWER:

False! Everyone aged 6 months and older should get the flu vaccine every year, even if they are healthy, to stay protected.

2. How long does it typically take for the flu shot to start working?

A) 24 hours

B) 1 week

C) 2 weeks

D) 1 month



ANSWER:

C) It takes about two weeks for your body to build protection after getting the flu shot.

3. Where can Health Partners Plans Medicaid members get a free flu vaccination?

A) At the doctor's office

B) At an in-network pharmacy

C) At a local health clinic

D) All of the above



ANSWER:

D) All of the above. Take advantage of these convenient options to get your flu shot at no cost.

4. True or False: Flu season usually peaks in the winter months, but it's best to get your flu shot in the fall.

TRUE

FALSE



ANSWER:

True! Getting your flu shot in the fall gives your body time to build immunity before flu season peaks in the winter.



BONUS TIP: HEALTHY HABITS FOR FLU SEASON

In addition to getting vaccinated, remember to wash your hands, cover your mouth when you cough, and stay home if you're feeling sick.

Breathe Easy: Managing Your Asthma

Asthma can make it hard to breathe and cause symptoms like coughing, wheezing, and chest tightness. Knowing your triggers and having the right medications can help you breathe easier.

Common asthma triggers include:

- Dust, pet dander, and pollen
- Cold air or weather changes
- Exercise (especially in cold weather)
- Air pollution and smoke
- Strong odors or chemicals

There are two main types of medications to help manage asthma:

1. CONTROLLER MEDICATIONS



- **When to use:** Daily, even if you feel fine
- **How it works:** Reduces inflammation in your lungs

2. RESCUE MEDICATIONS



- **When to use:** During an asthma attack, when you need quick relief
- **How it works:** Quickly opens your airways and relieves symptoms



Quick tip: If you're using your rescue medications frequently, see your doctor as soon as possible! Rescue medications should not be used continuously.



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