

Healthy You



How Well Do You Know Summer Safety? [page 2](#)

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How Well Do You Know Summer Safety?

**Keep scrolling to test your
knowledge and stay safe this summer!**



1. True or False: You don't need to wear sunscreen when it's cloudy outside.

TRUE

FALSE



ANSWER:

False! UV rays can reach you even on cloudy days. Apply broad-spectrum sunscreen with SPF 30 or higher at least 15 minutes before you go outside. Reapply at least every two hours.



2. How can you tell if your bike helmet fits properly?

A) It sits level on your head, about an inch above your eyebrows

B) It covers your whole face

C) It feels loose so it's comfortable



ANSWER:

A) A bike helmet should sit level on your head, about an inch above your eyebrows. It should feel snug and stay in place when you move your head. Helmets should be worn by kids and adults on bike rides.



3. What are good ways to stay hydrated during summer?

A) Drinking water throughout the day

B) Eating water-rich fruits and veggies

C) Setting reminders to drink water

D) All of the above



ANSWER:

D) All of the above. These habits help keep your body cool and hydrated during hot days.



HYDRATION TIP!

Eating water-rich food like watermelon or cucumbers not only cools you down but also helps keep you hydrated.



4. True or False: Swimming alone is safe if you are a good swimmer.

TRUE

FALSE



ANSWER:

False! Accidents can happen to anyone. Always swim with a buddy or where there is a lifeguard. Kids should be supervised near water at all times.



How did you do? Share what you've learned with your friends and family to keep everyone safe and healthy this summer!

MEMBER RESOURCES



Need Support This Summer?

Access food, housing, jobs, and more.







If you're looking for help with food, housing, job training, or financial assistance, you're not alone. Our Enhanced Member Supports Unit is a phone call away to assist you get the care and services you need to manage a health condition and support your health. Call **1-800-553-0784 (TTY 1-877-454-8477)** to connect with a care coordination staff member.

Visit hpp.findhelp.com anytime to quickly find free or low-cost services right in your neighborhood. We're here to help you get the support you need!

Health Benefits, Right at Your Fingertips

Managing your health coverage is simple with our member portal. Sign up today and enjoy 24/7 access to important information and resources about your health plan.

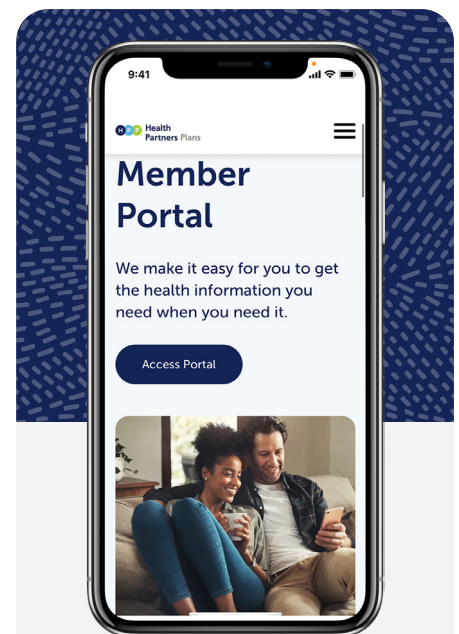
On the portal, you can:

-  Learn more about health conditions and how we can help
-  Find a doctor, hospital, or specialist, or change your primary care provider
-  Request a new ID card or print a temporary card
-  Review benefits, claims, and other important coverage information
-  Send us secure messages anytime
-  Check if you're due for a preventive or follow-up health screening

Reminder: Don't forget to complete your health assessment in the portal!

It helps us connect you with the care you need. By completing this survey, you are helping us understand your health care needs, develop programs to better meet them, and guide you in reaching your goals.

You can complete this survey through our secure member portal or with one of our Member Relations representatives. The survey takes about 15 minutes to complete.



Getting started is quick and easy:

- Visit HPPlans.com/portal
- Click **Login**
- Click **Register**

Healthy Pregnancy Starts Here: Tips for Every Trimester

Pregnancy is an exciting journey, and early care helps you and your baby stay healthy. Follow our tips for each trimester to help with a healthy pregnancy:

FIRST TRIMESTER



Get checked early. In the first trimester, you'll have preventive screenings, blood pressure checks, and other health checks. During your first visit, your doctor will tell you how often you should come back for regular visits so you and your baby get the care you need during your pregnancy.



Think about connecting with a doula. A doula is a caring coach who supports you before and during labor.

SECOND TRIMESTER



Keep your smile bright. Brushing and flossing twice a day helps protect your teeth and gums, and your overall health, while you're pregnant. Dental care can help support a healthy pregnancy. Baby Partners can help you schedule a dental visit.



Stay balanced. Your doctor will check your blood pressure regularly to keep you and your baby safe. You can get a free blood pressure cuff with a prescription. Baby Partners is here to help you get one!

THIRD TRIMESTER



Get ready to breastfeed. A lactation consultant can answer your questions and help make breastfeeding easier. You can also receive a free breast pump. Contact Baby Partners for more information.



Prepare for your postpartum visit. Your doctor will check how you're feeling and offer support for any worries.

Support for a Healthy Pregnancy and Baby: Join Baby Partners

As you follow the steps in your pregnancy care journey, remember that our Baby Partners program can support you every step of the way! When you join, you will be partnered with a care coordinator who can:

- Help you understand your member benefits
- Schedule doctor and dentist appointments and share reminders
- Connect you with doula services, childbirth classes, breastfeeding support and more!



To get started, call **1-866-500-4571 (TTY 1-877-454-8477)**, Monday to Friday, 8 a.m. to 4:30 p.m. or visit [HPPlans.com/BabyPartners](https://www.hpplans.com/BabyPartners).

Join Us for Upcoming Events

Your health journey doesn't have to happen alone. Our Wellness Partners team offers fun, interactive events held throughout the year — both virtually and in person. Whether you enjoy fitness, health talks, or community gatherings, there's always something exciting to join!

Check out www.HPPlans.com/WellnessPartners for full details on these events and more.



We hope to see you soon!



Take Control With a Diabetes Prevention Program

Prediabetes means your blood sugar is higher than it should be but not high enough to be diabetes. It's a sign you might be at risk for developing type 2 diabetes. If your doctor has told you that you have prediabetes or risk factors for diabetes, a diabetes prevention program (DPP) may be right for you.

You'll learn how to:

- Be more active
- Eat healthier foods
- Lose weight

To participate in a DPP, you must meet certain requirements. Talk with your doctor or [click here](#) to learn more.

How Health Partners Plans can help

Access to healthy food, regular physical activity, and support are all important parts of preventing diabetes. That's why we offer helpful resources just for you:

Nutrition counseling: Learn how to eat healthy with nutrition counseling from a care coordinator. Please call Member Relations to learn more.

Health, wellness, and fitness classes: Join free in-person or virtual classes like yoga, dancing, aerobics, and tai chi. These classes are open to everyone! Learn more at HPPlans.com/wellnesspartners.

As a member, you can also receive a free membership at participating fitness centers. Visit HPPlans.com/fitness for details.

Not sure if you're at risk?



Take the quick online [Prediabetes Risk Test](#).

Adult Vaccines: What You Need to Know

Germes can spread quickly at home, work, or in the community, making it easier for illnesses to pass from person to person. Vaccines help protect against certain preventable diseases.

Vaccines have been used safely for over 100 years. The Centers for Disease Control and Prevention (CDC) and other experts carefully review a vaccine's safety before recommending it and they continue to monitor safety after vaccines are approved.

Adults may need vaccines to protect against serious diseases like influenza (flu), tetanus, whooping cough, shingles, pneumonia, and hepatitis A and B. The vaccines you need depends on your age, health, job, travel plans, and other factors like pregnancy.

To find out which vaccines might be right for you, visit the [CDC's website](#) for adult vaccination recommendations. You can get vaccines at your doctor's office or at places like retail clinics. Be

sure to talk with your doctor for personalized advice.



Vaccines for kids and teens are important too!

Vaccines help protect kids against serious diseases. They're safe, effective, and build strong immunity early.

[Visit the CDC's website to learn more.](#)

Protect Your Health Insurance

Your health insurance card is an important document, just like your ID card, driver's license, or Social Security card. Keep it safe and always know where it is.

- Never lend your health insurance card to anyone else.
- Never share your health insurance ID number with others.
- If your card is lost or someone else uses it, call Member Relations right away at **1-800-553-0784**.

Using someone else's health insurance card or ID number is considered fraud and can lead to legal action. Allowing others to use your health insurance can cause serious problems for you. When someone gets care using your member ID number, that information becomes part of your medical record. This can lead to mistakes or wrong treatments for you that may be harmful or even life-threatening.

If you know or suspect someone is using another person's health insurance, it's important to report it.

How to report fraud, waste, and abuse

If you see or suspect illegal or unethical activity, call the Special Investigations Unit (SIU) hotline at **1-866-477-4848**. You can make anonymous reports by phone or online at:

www.mycompliancereport.com/report?cid=JEFF.

Reports are kept confidential as allowed by law. You can also report concerns directly to the Pennsylvania Department of Human Services Fraud Hotline at **1-844-347-8477**.

Health Partners Plans complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex gender, gender identity or expression, or sexual orientation.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call: 1-800-553-0784 (TTY 1-877-454-8477).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. También están disponibles de forma gratuita ayuda y servicios auxiliares apropiados para proporcionar información en formatos accesibles. Llame al 1-800-553-0784 (TTY 1-877-454-8477) o hable con su proveedor.

注意:如果您说[中文],我们将免费为您提供语言协助服务。我们还免费提供适当的辅助工具和服务,以无障碍格式提供信息。致电 1-800-553-0784 (文本电话:1-877-454-8477) 或咨询您的服务提供商。”

Visit HPPlans.com/NDN to see our full non-discrimination notice and learn how to receive language assistance services.