

FALL 2024

Healthy Together

1-800-562-4620 • WWW.OHPCC.ORG

Prepare Now for Winter Storms

It will not be too long before cool, rainy days turn into cold snowy ones. That is great for those who love skiing or other seasonal activities. But periods of extreme weather will not always be forecast far in advance. You can take steps now to be ready for winter storms down the road.

Home and Car

In areas that get hit by snow and ice during the winter, you will want to weatherproof your home. You should:

- Cut away tree branches that could fall on your home.
- Check water lines that run along outer walls. Repair or add insulation as needed.
- Have your chimney or flue inspected if you have a fireplace or wood stove.

- Check smoke detectors and carbon monoxide detectors. If needed, install new ones in spaces that will be heated by a fireplace, wood stove or kerosene heater.

If you have a car, make sure it is in good working order. This includes the radiator system, battery and tires. You should switch to a wintertime mixture of windshield wiper fluid. Gather winter travel supplies to put in your car. This includes an ice scraper and a shovel.

For more information and for checklists from the State of Oregon, visit www.oregon.gov/oha/ph/preparedness.

Emergency Kit

A household emergency kit can help your family weather storms any time of the year. The U.S.

Department of Homeland Security recommends storing the following in an airtight plastic container:

- Water
- Nonperishable food
- Flashlight and batteries
- First-aid kit
- Whistle to signal for help
- A radio and batteries

You may also need other supplies, such as pet food, medications or infant formula, depending on your situation. See the full list of items at www.ready.gov/kit.

Sign up for OR-Alert at <https://oralert.gov> to get email or text alerts and instructions during emergencies.



Put Your Health on the To-Do List

One of the best ways to care for yourself is to have a well visit once a year. There, your health care provider will recommend vaccines to ward off illnesses. They may also suggest screening tests that detect diseases before you have symptoms. This is when they are often easier to treat.

The cancer screening chart below shows prevention guidelines for many people. You might need other screenings based on your family history or other factors. Take this information to your provider. Together, you can make a plan.

Condition	What you need	When/how often you need it
Breast cancer	Mammogram	✓ Every 2 years from ages 40 to 74, if you have an average risk for breast cancer
Cervical cancer	Pap test and/or HPV test	✓ Every 3 to 5 years from ages 21 to 64, depending on the test ✓ Talk with your provider if you are age 65 or older.
Colorectal cancer	Colonoscopy, sigmoidoscopy or stool tests	✓ Age 45 and older ✓ Every year to 3 years for stool tests ✓ Every 5 to 10 years for other tests
Prostate cancer	Prostate-specific antigen (PSA) test	✓ Talk with your provider about testing if you are between ages 55 and 69.

We are here to help any day, any time.
24/7 NURSE ADVICE LINE: 1-800-562-4620
 Call ANY TIME you want to talk to a nurse.

health briefs

Need Antibiotics?

Maybe not. These prescription medicines will not put an end to every illness. They do not work for cold and flu viruses or some ear and sinus infections. Taking them when they are not needed can cause side effects like nausea. Taking them too often or the wrong way can also make them less able to fight future infections. When you do need antibiotics, always take them as directed.



Avoid COVID and Flu

Flu and COVID-19 spread all year long but most cases are in the fall and winter. At your next visit, talk with your health care provider about having flu and COVID-19 vaccines to protect yourself. For resources, visit [getvaccinated.oregon.gov](https://www.getvaccinated.oregon.gov). To help prevent the spread of germs: Wash your hands often with soap and water. Wear a mask, and stay home if you are sick. For more prevention tips, visit www.cdc.gov.



SAD Season

As winter approaches, do you find yourself in a gloomy mood? Do you crave starchy foods? Are you sleeping more, but have less energy? These can be signs of seasonal affective disorder (SAD). This is a form of depression. In the United States, SAD is more common in those living in northern regions, where there are shorter daylight hours in the winter. Talk with your primary care and mental health providers about your concerns.





Ways to Boost Heart Health if You Have Diabetes

When you are diagnosed with type 2 diabetes, heart health still matters a lot. You are twice as likely to have heart disease or a stroke than someone who does not have high blood sugar. Yet, less than 1 in 5 Americans with type 2 diabetes is managing their risk for heart disease as they should, reports the American Heart Association. Here are 4 steps you can take to manage your heart health:

1 Have regular A1c tests.

These blood tests measure your average blood sugar (glucose) over 2 to 3 months. Your health care provider will give you a target. A common target is below 7%.

Physical activity and your diet play a big role in reaching or staying at your goal. Talk with your health

care team about food and exercise. Aim for 150 minutes per week of moderate-intensity activities, such as brisk walking.

2 Bring down your blood pressure.

When your blood pushes too hard against your artery walls, your heart works harder. Most people with diabetes should aim for a blood pressure below 140/90 mm Hg.

Eating a healthy diet and managing stress can reduce blood pressure. Try deep breathing or talking with a mental health provider, if needed.

3 Control your cholesterol.

The buildup of this fat clogs your blood vessels. Ask your health care team how often you should have it checked. Many healthy adults should

be screened every 4 to 6 years. You might need testing more often.

If your numbers are high, ask what you can do to lower them. People older than age 40 might need to take medicine, such as statins, to control cholesterol.

4 Stop smoking, or do not start.

Smoking narrows your blood vessels, increasing your risk for heart disease and many other complications.

While there are many things you can do to stay well, some challenges may be outside of your control. Talk with your health care team about any struggles you face. Ask about resources to help you overcome them.

Health Related Social Needs Program

The Health Related Social Needs (HRSN) program is available at no cost to Oregon Health Plan members with Medicaid on Open Card. Members who are enrolled in a coordinated care organization (CCO) should contact their CCO for information on services and eligibility.

Currently, HRSN offers climate-related devices. Housing services will be available in November 2024. Nutrition services will start in 2025. These HRSN services aim to improve nonmedical factors that affect health outcomes (social determinants of health).

For more information or to check what services you may be eligible to receive, contact us:

Online: <https://ohpcc.acentra.com/hrsn>

Email: ORHRSN@acentra.com

Phone: 1-888-834-4304

Message to providers:

If you are interested in partnering with Acentra and the Oregon Health Authority as an HRSN provider to support your community's social determinants of health needs, please contact Acentra using the information provided above.



Oregon Health Plan Care Coordination
P.O. Box 2480
Tualatin, OR 97062

Ready to quit tobacco?

Call a Quit Coach 24 hours
a day, 7 days a week,
in 170+ languages:

1-800-QUIT-NOW (1-800-784-8669)
1-855-DÉJELO-YA (1-855-335-3569)

Online:
www.quitnow.net/oregon

Call **1-800-562-4620** to discuss any of the topics in this newsletter or
any other health issues. Visit our Website at **www.OHPCC.org**.

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Need a Free Ride to Your Next Medical Visit?



Showing up for your health care visits is key to staying as healthy as possible. If you miss a visit for a new health issue, it may not be diagnosed at an early stage. This is when treatment often works best. If you miss routine checkups for a known condition, it may grow worse and cause new problems (complications). If you miss follow-up visits after a hospital stay, you are more likely to end up back in the hospital (be readmitted). We know that getting health care can be a challenge. The good news is that there are options to help you keep up with your care. **To start, call:**

 **Your Health Insurance Plan**
Ask if it offers nonemergency medical transportation at no cost to you. If so, ask which services you qualify for and how to arrange a ride. Oregon Health Plan members can call **1-888-834-4304**.
Ask if you qualify for services through the Health Related Social Needs (HRSN) program. You can learn more about the HRSN program at <https://ohpcc.acentra.com/hrsn>.

 **Eldercare Locator (1-800-677-1116)**
Find transportation options geared to older adults.

211
 You can learn about community programs that offer free or low-cost ride services.

You should also let your health care provider know if you are having trouble keeping your scheduled visits.
Depending on your needs, they may offer telehealth. This means you would talk with a provider over the phone or through video chat on a smartphone or other device. Be sure to confirm if it will be covered by your insurance plan.