

Summer 2025  
**Healthy Together**

1-800-562-4620 • WWW.OHPCC.ORG

## Helping You Get the Healthy Food You Need

**Did you know the Oregon Health Plan (OHP) can help you get healthy food? It is important for** people to get their basic needs met. If they do not get their needs met, it can be harder to stay healthy. OHP offers Health-Related Social Needs, or HRSN, benefits to help you. The HRSN nutrition benefit can help you get healthy food. There are 2 kinds of food help—medically tailored meals and nutrition education.

### Help With Special Meal Plans

Your health care provider may set a goal for a healthy eating plan. This could be one that will help you with a medical condition, like heart disease or diabetes.

You will then meet with a person specially trained to help you called a dietitian. They will talk with you about your health and help you

make a meal plan. The new eating plan might have special meals for your condition, called medically tailored meals. OHP can help you get these special foods.

### Choosing Healthy Foods

Your health care provider might suggest nutrition education to help you meet your health goals. This is a chance to learn how to make smart food choices and how food can help your body feel better. Your health care provider and health team can help you get this service if you qualify.

### Can I Get This Help?

First, you must be an OHP member. Then, you might qualify if you:

- Have been in foster care or jail
- Are pregnant, a child younger than age 6, or age 65 or older
- Have serious health conditions or a disability
- Have a hard time getting enough food
- Have visited the emergency room many times

Do you have questions or need help? You can email us at [orhrsh@acentra.com](mailto:orhrsh@acentra.com) or visit [ohpcc.acentra.com/hrsn](http://ohpcc.acentra.com/hrsn). You can also call **1-800-562-4620**. We are here to help you stay healthy and feel your best!



# Your Medications May Not Be Sun-Friendly

**There are many fun things to do outside during the summer months. Just do 1 quick thing before you head outdoors.**

Take a look in your medicine cabinet. Some medicines can give all that time in the sun a surprising sting.

## In a Dose of Sunshine

Certain medicines can make your skin more sensitive to sunlight. So, being outside — anytime of year — could cause a rash, blisters or sunburn-like symptoms. These reactions could happen a few hours after being in the sun. But sometimes they could show up a few days later.

Not all people have these side effects. Some people have them only once in a while and not every time.

## The Watch List

Your health care provider might prescribe a few types of medicines that can cause a reaction from the sun. Here are the ones to look for:

- Antibiotics used to fight infections
- Birth control pills (oral contraceptives)
- Statins used to lower cholesterol
- Sulfonyleureas for treating Type 2 diabetes

There are over-the-counter medicines that can cause these side effects, too. Common ones include antihistamines and nonsteroidal anti-inflammatory drugs, like ibuprofen and naproxen.

Each medication comes with warning information. Read it all carefully. It may tell you to avoid being in the sun. Talk with your health care provider if you have any questions.

## Shield Your Skin

Simple steps can help protect your skin from cancer and lower your risk for side effects from the sunlight:

- Look for shady spots, instead of sunny places, between 10 a.m. and 2 p.m.
- Wear long-sleeved shirts, pants, sunglasses and a broad-brimmed hat.
- Use a sunscreen that is broad-spectrum and water-resistant. It should also be SPF 30 or higher. Put more sunscreen on every 2 hours.



## + health briefs

### Keeping Cool This Summer

Temperatures in Oregon can get very hot. The heat can even be dangerous. You can get a serious illness, like heatstroke, in extremely hot weather. You can take steps to protect yourself and your family. Check the weather each day before you leave home. Also, make sure your air conditioning works well. Know where to find your local cooling centers. They might be your local mall or library. Learn more at [www.heat.gov](http://www.heat.gov). If you need more help finding ways to stay cool or places to go, call 1-800-562-4620.



### Stay Safe From Wildfire Smoke

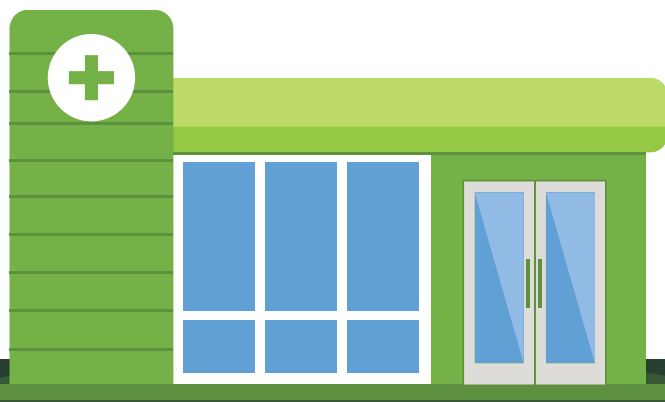
In Oregon, wildfires can get very strong. They can stretch across wide spaces and last a long time. You need to stay alert to be safe. Have a plan ready to leave your home if the fire gets too close. The smoke can make the air quality worse as well. You could get serious health problems from breathing the air. Keep a list of your local evacuation centers. Sign up for emergency notifications in your area. You can visit [oralert.gov](http://oralert.gov) to sign up. If you need help getting an air filter, call us at 1-800-562-4620.



# Go to the Right Place at the Right Time

**You would not ask your mechanic to mow your lawn.** And you would never expect an oil change at the flower shop. Health care works the same way.

Your health care provider serves as your main contact for better health. But where do you go when you have an immediate or serious care need or it is after office hours? Here is the best place to visit based on your needs.



## Urgent Care Clinics

Some health problems are not emergencies but require fast help. Urgent care clinics treat:

- Cold, flu and COVID-19 symptoms
- Burns and allergic reactions that are not serious
- Strains, sprains and broken bones
- Minor scrapes and cuts
- Bug bites, poison ivy and other rashes

These clinics are fast — but they do not have your medical records.

## What to Do After an ER Visit

When you are in the emergency room, all you want is to make it home safe and sound — and stay there. Here are 3 important tips to help you avoid a return visit to the hospital.

**1 Follow directions.** Read your written ER discharge instructions carefully and ask any questions you have before you leave. Once you get home, stick to them.

**2 Mind your medicines.** Take all your prescriptions, including the new ones prescribed at the ER, as directed. Keep taking them until your health care provider tells you to stop, even if you feel better.

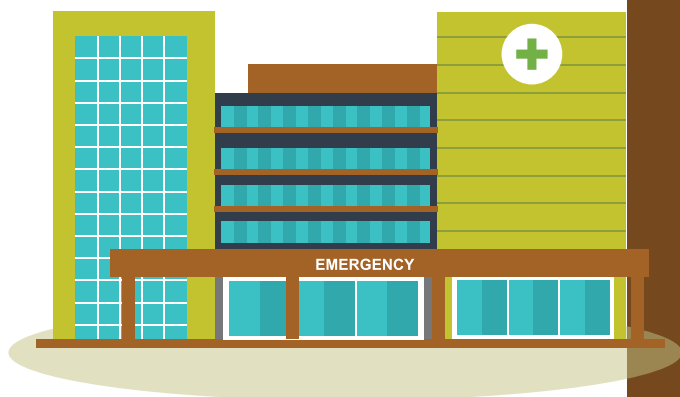
**3 Book your next visit.** Your discharge instructions may say when you should follow up with your health care provider. Schedule an appointment to check in, and keep it. Reach out right away if you start to feel worse or develop new symptoms. Also, call for any questions about your instructions.

**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 with a nurse.**



## Emergency Room

When you are hurt badly or get very sick, minutes matter. Call **911** or go to the emergency room. Some life-threatening emergencies include:

- Trouble breathing or speaking
- Sudden, severe pain, especially in your chest or stomach
- Coughing or vomiting blood
- Injury due to a serious motor vehicle accident
- Bleeding, vomiting or diarrhea you cannot stop
- Head or spine injuries

Whether you go to an urgent care clinic or the emergency room, follow up with your health care provider after your visit.

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](http://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](http://www.OHPCC.org)**.

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Developed by Krames, a WebMD Ignite solution

# Lunchbox Wins for Back-to-School

**It is time to start fresh. Rethink your kids' lunchtime routines as they kick off a new school year.**

Aim for veggies and fruits for half of the meal. The rest should be whole grains and proteins. Think lean poultry or beef, seafood, eggs, nuts, seeds, beans, and tofu or other soy products. Also, use these tasty treats and tricks:



- **Replace white bread with whole-wheat or whole-grain bread,** English muffins, tortillas or pitas for sandwiches.
- **Cheese, grilled chicken, fruits, and veggies are easier to eat if** you cut them into slices, cubes or small chunks. (Finger foods free up some eating time, too!)
- **Spice up lunch with salsa or hummus.** Both go well with raw veggies, apple slices, whole-grain crackers, cubed foods and other healthy treats.
- **Keep lunch feeling interesting, fun and full of love.** Make square sandwiches into fun shapes using cookie cutters. You can also write a note on a napkin.

## A Shot for Good Health

**Is your child up to date on their vaccines?** Vaccines keep kids safe from serious illnesses, like measles and whooping cough. They work now and in the future.

Childhood vaccines keep germs from spreading easily. This makes places like classrooms and parks healthier for everyone. Shots help your child, but they also help prevent diseases from spreading to babies too young for shots and those with health issues.

Talk with your child's health care provider about your questions and which vaccines your child needs.

