

April 2021

MONTHLY
EDUCATIONAL
RESOURCE
EMAIL

Putnam County Schools Health Plan

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



This Issue

Where Should I Get Care? P. 1

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When to Use the Emergency Room

Many people use the ER as their first option to receive care. The ER is best for treating life-threatening conditions and injuries. ER visits can also result in expensive out-of-pocket costs because many insurance plans include higher ER co-pays or don't cover ER visits at all (if the situation is not determined to be an emergency).

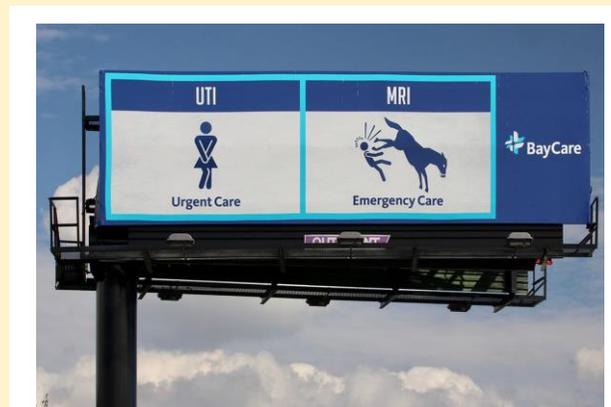
Urgent Care and Convenience Clinics

An urgent care clinic is a great alternative to the ER for minor illnesses or injuries. Not only will you save time, but you'll save money. Urgent care clinics offer other advantages, too:

- Wait times are shorter—sometimes you can be seen almost immediately.
- Some clinics are open 24/7 and most others have extended hours (early morning, late evening, and weekend hours).

An urgent care clinic can help with:

- Asthma, wheezing, allergies
- Colds, flu, sore throats
- Ear or eye infections
- Minor lacerations or burns
- Respiratory infections
- Sprains or strains
- Urinary and kidney tract infections



Coronavirus

Updates – [Click Below](#)

[CDC](#)

[COVID-19](#)

[Ohio.gov](#)

Cleveland Clinic
Online Doctor

[Click Below to Connect](#)



Slow Cooker
Recipes

[Click Below –](#)



STAY SAFE!



*“The Earth Laughs in
Flowers”*

~ Ralph Waldo Emerson

Moving 11 Minutes Per Day Can Improve Your Health

Move Every Day

Breaking a light sweat may be easier to commit to than doing a high-intensity workout. Incorporate moderate exercises, such as the following, into your daily routine:



According to new research from the Norwegian School of Sports Medicine, just 11 minutes of daily, moderate exercise can provide long-term health benefits and increase your life span. Additionally, people who worked out at least 35 minutes per day saw the biggest results in terms of health, especially joint health.

Any movement, no matter the duration, is beneficial, as long as you accumulate enough of it. And, if you take your movement outside, you can improve your mental health in addition to your physical health. Start moving today, and talk to your doctor if you have questions about any lifestyle changes.



[MMO Fitness Tips & Workouts](#)

Ready to plant some bulbs, it's not too late!

What plants attract butterflies? Hummingbirds?

Find Out How ↓

[Spring-Planted, Summer-Blooming Bulbs | American Meadows](#)

Planting flowers for beginners: ↓

[Essential Steps for Starting a Garden | Better Homes & Gardens](#)

Spring Vegetable Sauté

Makes: 4 servings

Ingredients

- 1 tsp. olive oil
- ½ cup sweet onion (sliced)
- 1 clove garlic (finely chopped)
- 3 new potatoes (quartered)
- ¾ cup carrots (sliced)
- ¾ cup asparagus (pieces)
- ¾ cup sugar snap peas or green beans
- ½ cup radishes (quartered)
- ¼ tsp. salt
- ¼ tsp. black pepper
- ½ tsp. dill (dried)

Preparations

- 1) Heat oil in a skillet. Cook onion for 2 minutes. Then, add garlic and cook another minute.
- 2) Stir in potatoes and carrots. Cover, turn the heat to low, and cook until almost tender (about 4 minutes).
- 3) If the vegetables start to brown, add 1-2 tablespoons of water.
- 4) Add asparagus, peas, radishes, salt, black pepper and dill.
- 5) Cook, stirring often, until just tender (about 4 minutes).
- 6) Serve immediately.

Nutritional Information (per serving)

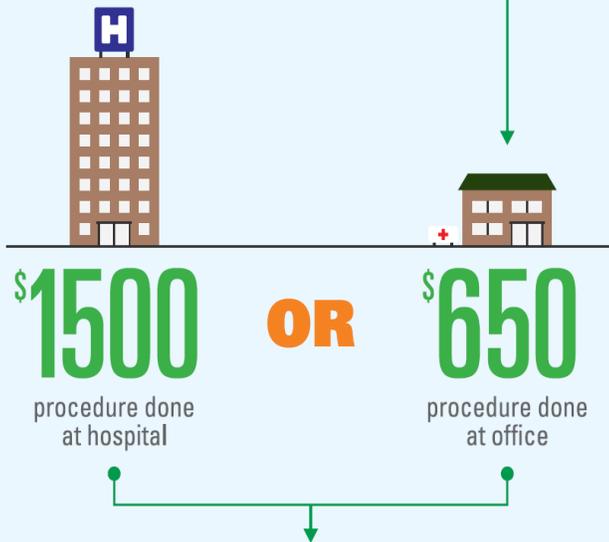
Total calories	138
Total fat	1 g
Protein	4 g
Sodium	177 mg
Carbohydrate	29 g
Dietary fiber	5 g
Saturated fat	0 g
Total sugars	4 g

Save with My Care Compare

Dr. X is a specialist working in the Cleveland area.



He performs a procedure at both a hospital and his office.



for the
EXACT SAME THING

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member.medmutual.com

Did you know different facilities and providers can charge different amounts for the same medical services? Costs can vary depending on where you choose to see your doctor—at a hospital, community based clinic or standalone office.

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