

## 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 Dani Guy:

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## This Issue

Preventive Care P. 1

Live Well, Work Well P. 2

MMO Member Discounts P. 3

The **single best way to prevent seasonal flu is to get [vaccinated](#)** each year, but good health habits like avoiding people who are sick, covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like flu.



Preventive Healthcare can help you avoid illness and detect problems before you notice any symptoms – helping you stay healthy! In most cases your out-of-pocket is \$0.00!

***Check out the MMO guidelines based on age and gender;***

[Birth to 24 months](#)

[Children \(Age 2 to 18\)](#)

[Men](#)

[Women](#)

[If You're Pregnant](#)

[Seniors](#)

Do you know the different between Preventive and Diagnostic Care? *It may cost you – know the difference.*

[Preventive vs. Diagnostic](#)

## Choosing an Effective Hand Sanitizer

Hand hygiene is an important response to the COVID-19 pandemic. The Centers for Disease Control and Prevention (CDC) recommends washing hands with soap and water. If those aren't available, using a hand sanitizer can help you avoid getting sick and spreading germs.

- Most importantly, use a hand sanitizer that contains **at least 60% alcohol**. If possible, clean your hands first, as alcohol-based sanitizers are most effective on hands that are not visibly dirty or greasy. Even rinsing hands with water first will help the sanitizer do its job.
- Check the ingredient list for **denatured alcohol**, which tastes terrible compared to drinking alcohol. The taste is used to help deter unintentional or intentional ingestion. The most common calls to poison control calls are related to unintentional exposures in children 5 years old and younger.
- Likewise, choose **fragrance-free or unscented** because fragrances may be used to cover the chemical smell.
- [Handwashing: Clean Hands Save Lives](#)

# LIVE WELL, WORK WELL

## Coronavirus

Updates – Click Below

[CDC](#)

[COVID-19](#)

[Ohio.gov](#)

Cleveland Clinic  
Online Doctor

Click Below to Connect



Summer Salads  
Click Below –



**STAY SAFE!**

## Eat Right, Stress Less

Cook up these healthy food options to boost your mood and alleviate stress:



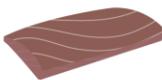
**Brown rice**



**Avocados**



**Spinach**



**Fatty fish**



**Nuts**



**Bananas**

## Low-stress Diet Tips

Did you know that the foods you eat can affect your overall stress? When left unchecked, chronic stress can increase your risk for conditions such as Type 2 diabetes, heart disease, depression and anxiety. To make matters worse, when you're stressed, you may eat poorly, which can lead to a damaging cycle.

Consume a magnesium-rich diet or take a supplement, if needed. Additionally, here are some healthy, low-stress food options to consider:

- Potassium-rich foods
- Foods rich in vitamin C
- Leafy-green vegetables
- Whole-grain carbohydrates
- Fatty fish including salmon and tuna
- Nuts such as pistachios, walnuts and almonds

If you're thirsty, reach for water or milk instead of caffeinated drinks. A warm cup of chamomile tea can also get those feel-good hormones flowing.



**Diabetic Chocolate Cake??? It's Heavenly!**

[Recipe](#)

## Spinach Salad With Apples and Raisins

Makes: 6 servings

### Ingredients

- 10 oz. baby spinach (washed)
- 1-2 Granny Smith apples (chopped)
- ¼ cup raisins
- ¼ cup canola oil
- ¼ cup apple cider vinegar
- 1 cup sugar
- 1 tsp. garlic powder

### Preparations

- 1) Combine spinach, apples and raisins.
- 2) Mix remaining dressing ingredients.
- 3) Pour dressing over salad just prior to serving.

### Nutritional Information

(per serving)

Total calories	212
Total fat	9 g
Protein	2 g
Sodium	29 mg
Carbohydrate	33 g
Dietary fiber	2 g
Saturated fat	1 g
Total sugars	26 g

Source: U.S. Department of Agriculture (USDA)

## Not So Healthy Terms Uncovered;

Made with/from Real Fruit    Made with Whole Grain    Natural    0 Trans Fat

Find Out the Real Meaning – [MMO Healthy Living](#)

# DISCOUNTS – MEDICAL MUTUAL MEMBERS

## American Fitness.net

[American Fitness.net](https://www.americanfitness.net) is America's choice for fitness equipment. With a full selection of top brand exercise equipment, including home gyms, exercise machines, and weights, you'll find what you need to reach your fitness goals. Just enter coupon code "medmutual" for 5 percent off your entire order at check out, plus get free standard shipping to any Continental US address on orders over \$69.

## Safe Beginnings

Save 15 percent\* on everything you need to baby proof your home! Choose from a large selection of safety gates, cabinet locks, outlet covers, furniture straps, hearth pads, window guards and many other items to help keep your baby safe.

To order, visit [SafeBeginnings.com](https://www.safebeginnings.com) and enter code MMOH. Or call 800.598.8911  and be sure to mention you are a Medical Mutual member or use code: MMOH. \* *Due to manufacturers' restrictions, some exclusions may apply. They are noted along with the product information. Discount is not valid in combination with any other discount or promotion. Not valid on prior purchases. Safe Beginnings is a registered trademark of Safe Beginnings, Inc.*

## Beltone™ Hearing Aids

Beltone is pleased to offer up to a 20 percent discount on all hearing aid models. The program includes a one-year warranty, hearing evaluations and free screenings. Simply show your ID card at a participating Beltone location near you. Go to [beltone.com](https://www.beltone.com) for your nearest location and more information on the quality Beltone product line. Or call 1.800.Beltone  (800.235.8663 .

## YOGAaccessories.com

Get 15% off yoga apparel, mats and more from YOGAaccessories.com. At YOGAaccessories.com, you'll find high-quality yoga, meditation, spiritual, wellness and holistic living supplies. All products come from companies dedicated to offering goods and services emphasizing the environment, a sustainable economy, healthy lifestyles and alternative healthcare. To order, visit [YOGAaccessories.com](https://www.yogaaccessories.com) and use coupon code MED15 at checkout.

## Vitamix

Vitamix is passionate about inspiring health and well-being through its reliable, high-performance blending equipment. Whether you're looking to make healthier family meals or transform ingredients into foods you actually want to eat, a Vitamix machine can help.

Use the following discount code to save on a Vitamix machine: MEDMVITA8216.

You can also visit the Vitamix store in Solon, Ohio or [shop online](https://www.vitamix.com). Have questions? Call (866) 278-5772.