

March 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](mailto:EBClientServiceTeam)

844-847-4757



## This Issue

Stay Connected P. 1

Live Well Work Well P. 2

Healthy WW Kit P. 3

Stay connected with Medical Mutual 24/7 - not just during normal business hours or while in front of your desktop computer. My Health Plan gives you access to your deductible counters, claims information, ID card, and more, all on your smartphone, tablet or desktop computer. Stay well-connected, and make sure you're well-covered.

Help answer the following questions:

- Reference claims and payment Info.
- View your Plan Benefits
- Have I met my deductible?
- Access money savings tools and tips
- Exclusive members only offers and discounts



<https://member.medmutual.com/resources-tools/Mobile.aspx>

Create an account now - <https://member.medmutual.com/user/Register>

*If you are experiencing a medical emergency, do not rely on any information on this website. Seek emergency medical assistance, such as calling "911".*

## Coronavirus

Updates – Click Below

[CDC](#)

[COVID-19](#)

[Ohio.gov](#)

Cleveland Clinic  
Online Doctor

Click Below to Connect



Slow Cooker  
Recipes

Click Below –



**STAY SAFE!**

## 3 Elements of Quality Sleep



1. **Continuity**—Sleep periods should be seamless without interruption.
2. **Depth**—Sleep should be deep enough to be restorative.
3. **Duration**—Sleep should last long enough for the sleeper to be refreshed and alert the following day.

- Stop watching television and using your phone and other electronic devices for at least 30 minutes before bedtime.
- Create a relaxing bedtime routine to help your brain unwind and recognize that it's time to sleep.
- Keep your bedroom cool, dark and quiet.

If you're regularly feeling tired upon waking up, or throughout the day, you may be experiencing some underlying issues. Talk to your doctor about any concerns.

## Make Every Bite Count

The foods and beverages you consume have a significant impact on your health. In fact, 60% of adults have one or more diet-related chronic diseases.

The newly released [Dietary Guidelines for Americans](#) (2020-2025) offers science-based nutrition advice to develop healthy eating habits and reduce chronic disease risk. For the first time, this edition provides recommendations by life stage, from birth through older adulthood.

Everyone can benefit from a healthy eating pattern, so start simple with modest changes each day. For healthy recipes or to learn more about the current guidelines, visit [MyPlate.gov](#).

It's officially grilling season here in the Northwest and I couldn't be more excited! Here are our **35 BEST Grilling Recipes** from around the globe!

Click the icon below to check out – Feast at Home!



## Chicken and Broccoli Bake

Makes: 8 servings

### Ingredients

- 1 cup rice (uncooked)
- 10 ounces broccoli
- 3 cups chicken (cooked)
- 2 Tbsp. margarine or butter
- ¼ cup flour
- 2 cups chicken broth
- ¼ cup Parmesan cheese (optional)

### Preparations

- 1) Cook rice in 2 cups of water.
- 2) Remove chicken off the bone.
- 3) Melt margarine in large saucepan. Add flour and stir.
- 4) Slowly add chicken broth to margarine and flour mixture. Stir to remove lumps and thicken.
- 5) Add cheese and stir.
- 6) Add rice, broccoli and chicken. Stir.
- 7) Put in a casserole pan and bake at 350 F for 30 minutes.

### Nutritional Information

(per serving)	
Total calories	219
Total fat	5 g
Protein	19 g
Sodium	492 mg
Carbohydrate	24 g
Dietary fiber	1 g
Saturated fat	1 g
Total sugars	1 g

Source: MyPlate



# Discover *your* recipe for wellness success today

Celebrate National Nutrition Month with the joy, ease, and flavors of the **NEW myWW+**



Get a **FREE** WW Healthy Kitchen Kit\* (over **\$100** value)

with your purchase of a WW membership

Get more from our most holistic plan ever!

- ✓ **More simplicity** with easy meal prep tools
- ✓ **More flexibility** with on-demand workouts
- ✓ **More motivation** with a weekly progress report
- ✓ **More features** to help you move more and sleep better

#### WW Healthy Kitchen Kit includes:

myWW+ Starter Guide, \$50 coupon booklet, Flavor Pop cookbook, hand whisk, tea towels, silicone tongs, mini cutting boards, and more. While supplies last. Kit contents may vary.

## Sign up today to get your **free kit!**

**1** Sign up for WW between March 1 and March 31. All Medical Mutual members are eligible for an upfront discounted WW membership. Enroll in WW by emailing [ww@medmutual.com](mailto:ww@medmutual.com). Provide your first and last name, date of birth, address, email address, phone number, and member ID number from your Medical Mutual member card. You will then receive an enrollment guide. Not a Medical Mutual member? Enroll in WW at [WW.com](http://WW.com) and pay the retail price per month.

**2** Redeem your your WW Healthy Kitchen Kit by April 10 at [WW.com/atworkstarterkit](http://WW.com/atworkstarterkit)

\*FREE WW HEALTHY KITCHEN KIT OFFER: To get a free kit, you must purchase a WW membership plan between March 1 and March 31. Available only where WW membership plans are offered through your employer or health plan, and in participating areas only. One kit per member. Kit must be redeemed by April 10. While supplies last. Over \$100 in value includes \$50 worth of coupons. U.S. addresses only. Please allow at least 3 to 4 weeks for delivery. Offer not available to current members. Offer may be revoked at any time and may not be redeemed for cash. Nontransferable. Void where prohibited.

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