

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



MENTAL HEALTH

a growing public health concern

This Issue

Care Away From Home P. 1

Live Well Work Well P. 2

MedMutual Maternity App P. 3

Be Kind to Your Mind – Challenge P. 4

How to find care and coverage when you're away from home:



Take your health care with you. If you get sick or in an accident while away from home, and need to find a doctor, you've always been able to call the number on the back of your ID card that is specific to locating a doctor or hospital. Now, finding care is easier than ever with access to My Health Plan's Find a Provider tool available either online, or on MMO's Mobile app MedMutual.com/MobileApp.

Access to care can even happen right in your hotel, on the road, or at the beach! If you have not used **Cleveland Clinic's Express Care Online**, take a moment to review the following pages. Depending on your plan, the fee for this service is an Office Visit Copay, or a \$49 Express Care Online fee. You can have a virtual visit, any time of the day or night, from anywhere you are.

Download the FREE Cleveland Clinic Express Care® Online app.

Talk to a healthcare provider online whenever and wherever you want using your mobile phone, tablet or computer.



Express Care

10-minute visit. Anytime 24/7. No appointment needed.

If you're not sure whether a virtual visit will help you, or are feeling ill and want to ask a health-related question, you have free, 24/7 access to a registered nurse by calling **MMO's Nurse Line** at (888) 912-0636.

Coronavirus

Updates – Click Below

[COVID-19](#)
[Ohio.gov](#)

[Cleveland Clinic](#)
[Online Doctor](#)

Click Below to Connect



Summer Salad
Recipes

Click Below –



STAY SAFE!

Food and Mood

Our focus on low-fat diets may have also inadvertently affected our mental well-being. The brain is around 60% fat and omega 3 fatty acids are important for neurons to communicate effectively.

Iron – A lack of iron can lead you to feel weak, tired, and lethargic. Foods rich in iron include red meat, poultry, fish, and beans.

B Vitamins – Not getting enough B1, B3 and B12 can make you feel low, tired, and irritable. Animal protein foods such as meat, fish, eggs, and dairy are filled with B vitamins.

Folate – When you don't get enough folate you can be at a higher risk of feeling depressed. Folate can be found in green veggies, citrus fruit, and beans.

Selenium – selenium deficiency may increase the chance of feeling depressed and other negative mood states. Try adding more nuts, seeds, whole meal bread, meat, and fish to your diet.

Resource: www.nutritionist-resource.org



Click the icon for “8 tips on Food & Mood”



FIVE TIPS TO IMPROVE YOUR MENTAL HEALTH



PHYSICAL

Exercise (think “baby steps!” ... even a short walk helps), drink lots of water, see your doctor, eat foods that make you healthier, take time to stretch throughout the day



MINDFUL

Try yoga, meditation, make a list of three things you are grateful for, engage in random acts of kindness, spend time in nature or outdoors when possible



SOCIAL

Try something new and creative, call a friend/family member, send a card/note, organize lunch/dinner over video chat with friends or family



EMOTIONAL

Focus on the present moment, not what might happen; increase positive self-talk—be a cheerleader for yourself or a friend, find activities that relieve stress and tension, journal, try therapy or support group



MENTAL

Try something new and creative, call a friend/family member, send a card/note, organize lunch/dinner over video chat with friends or family



The MedMutual Maternity App

Resources to help you prepare for baby's arrival

If a new baby is on the way, the MedMutual Maternity app can help you manage your health journey with articles, tips and to-do lists that will keep you on track. Plus, easily connect with Medical Mutual resources with just one click.

MedMutual Maternity App Features and Benefits

The app can provide you with:

- Week-by-week updates during your pregnancy
- Daily tips and affirmations
- A tool to look up symptoms and issues
- Screening for high-risk pregnancy and support from our clinical team
- Due date calculator
- Weight gain calculator
- Baby Boost relaxation tool
- Feeding and diaper tracker
- Developmental milestones from birth to age 2
- Health profiles for the whole family
- Articles about health and wellness

You can find the app by searching MedMutual Maternity in the Apple App Store® and Google Play.® Once you have downloaded the app to your device, it's simple to create an account by entering your Medical Mutual member ID number and your date of birth.



MedMutual
Maternity

Pregnancy Check-in Surveys

Upon enrollment, we encourage you to take a short survey so we can see if you are getting all the support you need. You will also have the opportunity to check in with us throughout your pregnancy by taking an additional survey as often as you like.

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MUTUAL CHALLENGE

Be Kind to Your Mind: May 17 - June 13, 2021
Registration: May 3 - 30, 2021

Getting Started

What is the Mutual Challenge?

Twice a year, Medical Mutual sponsors a Mutual Challenge. This challenge is open to all members and allows you to focus on improving your health and well-being while also giving back to the community by supporting a local charity. Join with Medical Mutual to Be Well and Give Back!

About Be Kind to Your Mind

It's easy to get caught up in external responsibilities and forget about one simple thing – being kind to yourself. This 4-week challenge helps you find time for yourself, complete favorite hobbies and discover ways to relax that suit your unique personality, all while we work toward a challenge-end charitable giving! Each week we'll focus on a different topic.

Weekly Topics

- **Week 1:** Happy Hobbies, Healthy Mind
- **Week 2:** Introverts and Extroverts
- **Week 3:** Daily Self-care
- **Week 4:** Soothe Away Stress

How to Register

1. Go to [MedMutual.com/Member](https://www.MedMutual.com/Member) and log in to your My Health Plan account.
2. Access your Wellness Portal on the Healthy Living tab.
3. To enroll in the challenge, click **JOIN CHALLENGE** on your wellness portal dashboard.
4. You have now joined the challenge as an individual.
5. From the pop-up, please choose which charity you'd like to support during the challenge.

How to Participate

Each week, you'll receive a new task related to mindfulness or practicing self-care. Check "I Did This" on your challenge to-do list or fill in the text box with your answer.

Each completed activity earns a point for the charity you selected.

Challenge & Program Resources

- Weekly e-newsletters and recording reminders
- A database of workout videos, recipes and health-related articles
- Deals at your local grocery store
- A meal planner
- Optional activity, nutrition, weight, sleep and step tracking

CONTACT US: SUPPORT@BRAVOWELL.COM | (855) 553-1006

