



 sharecare

Take Charge! Live Well!
Wise Ways to Stay Healthy





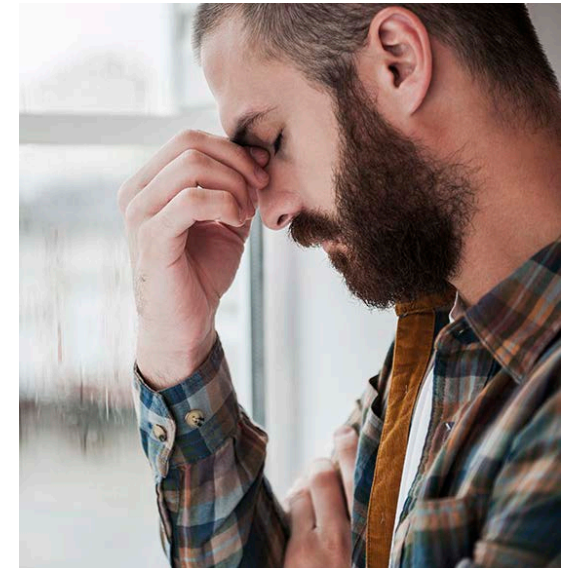
Presentation Overview

Even healthy people can get sick sometimes, and spread it to others.

Taking proactive steps to preserve good health is very important.

This presentation will discuss:

- Preventive benefits of vaccinations (flu vaccine)
- Information on the **State of Ohio medical benefits**



Prevention is Key

- Get **vaccinated** (flu, pneumonia)
- Avoid **close contact** with others
- **Protect others** (cover mouth and nose)
- Hand **Washing**
- **Avoid touching** your eyes, nose or mouth



Natural Products for a Cold and Flu

20% of Americans will come down with the flu (Influenza) this year

Here are some prevention suggestions:

- Flu Vaccination (Flu Shot)
- Zinc may help to treat colds but it may interact with other medications
- Vitamin C only decreases the length and severity of the cold



State of Ohio Flu Clinics

Flu Shot Schedule

- Flu shots will start in September and run through November
- Contact your Wellness ambassador for exact dates for your clinic
- Flu shots are available to employees and spouses that are on the State of Ohio Medical plan
- You **must** have **Optum Rx pharmacy card** to receive a vaccination





Recommended Immunizations

- Flu Shot – all individuals age 6 months and older
- Pneumonia vaccine (two types)
 - Anyone ages 2 through 64 who has a chronic health condition, such as asthma, COPD, Diabetes or heart disease
 - For all persons 65 and older
 - Smokers or those who have a lower resistance to infection
 - If your doctor recommends it for your situation

Talk to your health care provider about other immunizations such as tetanus, shingles, and others which may be appropriate for you.

State of Ohio Preventive Care Benefits

FREE EXAMS AND SCREENINGS		FREE EXAMS AND SCREENINGS	
Clinical breast exam	1/plan year	Pre-natal office visits	As needed; based on physician's ability to code claims separately from other maternity-related services
Colonoscopy	Every 10 years starting at age 50	Stool for occult blood	1/plan year
Flexible sigmoidoscopy	Every 10 years starting at age 50	Urinalysis	1/plan year
Gynecological Exam	1/plan year	Well-baby, well-child exam	Various for birth to 2 years; then annual to age 21
Hemoglobin, hematocrit or CBC	1/plan year	Well-person exam (annual physical)	1/plan year
Lipid profile or total and HDL cholesterol	1/plan year	Glucose	1/plan year
Mammogram	1 routine and 1 medically necessary/plan year		

Visit das.ohio.gov/medical for more details

State of Ohio Preventive Care Benefits

FREE IMMUNIZATIONS		FREE IMMUNIZATIONS	
Diphtheria, tetanus, pertussis (DTap)	2/4/6/15-18 months; 4-6 years	Meningococcal (MCV4)	1 dose between 11-12 years or start of high school or college
Haemophilus influenza b (Hib)	2/4/6/12-15 months	Pneumococcal	2/4/6 months; 12-15 months; annually at age 65 and older; high risk groups
Hepatitis A (HepA)	2 doses between 1-2 years	Poliovirus (IPEV)	2 and 4 months; 6-18 months; 4-6 years
Hepatitis B (HepB)	Birth; 1-2 months; 6-18 months	Rotavirus (Rota)	2/4/6 months
Human Papillomavirus (HPV)	3 doses for 9-26 years	Tetanus, diphtheria, pertussis (Td/Tdap)	11-12 years; Td booster every 10 years, 18 and older
Influenza	1/plan year	Varicella (Chickenpox)	12-15 months; 4-6 years; 2 doses for susceptible adults
Measles, mumps, rubella (MMR)	12-15 months, then at 4-6 years; adults who lack immunity	Zoster (shingles)	1 dose for age 19 +

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Free Exams and Screenings

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Flu vs. Cold

What is the real difference?

- Symptoms are similar
- Cold – runny or stuffy nose
- Flu is more intense – fever chills, cough, sore throat
- Flu can result in serious complications



Nurse Line

24-Hour Nurse line:

- Call **1-866-556-2288**
 - Have questions about a diagnosis?
 - Unsure about an urgent situation?
 - Forget to take a pill?
 - Where is the nearest after-hours clinic?



Healthy Hand Washing

What is the proper way to wash up?

- Turn on the faucet and wet your hands
- Apply soap and scrub all surfaces for at least **20 seconds**
- Rinse well
- **Remember to use your paper towel/towel to turn off the faucet before throwing away
- **Regular soap** is just as effective at killing germs (does not have to be antibacterial)





Men's Preventative Health Screenings

Most recommended screenings are included in your regular Physical Exam, such as:

- Height, weight, BMI
- Blood pressure
 - Start screening at age 18
 - Every 2 years (more often if doctor recommends)
- Cholesterol Screening
 - Every 5 years for men 35 and older
 - Start at age 20 for those at increased risk of coronary heart disease
- Diabetes Screening – start at age 45, every 3 years
- Colon Cancer Screening – start at age 50



Women's Preventative Health Screenings

Most recommended screenings are included in your regular Physical Exam, such as:

- Height, weight, BMI
- Blood pressure
 - Start screening at age 18, at least every 2 years (more often if doctor recommends)
- Cholesterol Screening
 - every 5 years for women starting at age 40 and older
- Diabetes Screening
 - starting at age 45, every 3 years
- Colon Cancer Screening – starting at age 50
- Mammogram: Over 40 – Annual screening and perform monthly breast exams



Thank You!

1-866-556-2288, ohio.gov/tclw