



Ohio Health Plan Update



An electronic newsletter from Ohio's health insurers

IN THIS ISSUE:

- Letter from Kelly McGivern on how Ohio's health plans are creating ideas and leading the efforts of change
- SummaCare Helps Akron residents eat local and improve their health
- Ohio's Medicaid Plans "Get Your Well On" campaign

KEEP IN TOUCH:

Phone: (614) 228-4662

Web: www.oahp.org



[Join us on Facebook](#)



[Follow us on Twitter](#)



[Send us an Email](#)

August 2010

Ohio's Health Plans: Creating Ideas and Leading the Efforts of Change

Ohio's health plans are continuously looking for ways to improve their members' health and make improvements in the way health care coverage is delivered.

[Read more...](#)



SummaCare: Helping Akron area residents eat local and improve their

Everyday Health



SummaCare has teamed up with the Downtown Akron Partnership to offer the Everyday Health Series Fridays at the The Market at Lock 3.

Everyday Health Series is a free program allowing market-goers to build a pocket folder of resources with weekly tips on how to live healthy and stay healthy. Topics include stress management, heart healthy cooking and how to pick fresh produce. After five visits to the markets, participants will get a free reusable produce bag and after 10 visits they will be entered into a drawing for prizes.

[Read more...](#)

Ohio's Medicaid Care Coordination Plans Launch "Get Your Well On Campaign" and Revamped Website

Ohio's Medicaid Care Coordination Plans have launched a new campaign to encourage good health habits and visits to a primary care physician. Called "Get Your Well On" - the campaign will reach out to communities statewide to deliver the message of health and wellness.

[Read more...](#)

Get Your Well On



Eat Well

Stay well and feel good—eat healthy foods like fruit and vegetables. And always keep good track of your health by visiting your regular doctor for checkups.

► **FIRST STEPS** know the name and phone number of your regular “primary” doctor. If you aren’t sure, call your Health Care Home—or your Medicaid Care Coordination Plan if you have one.

Eat Well to Stay Well — Here’s How:

- Breakfast for everyone! Have energy all morning to succeed in school and work.
- If you use a lot of salt shaker, just switching to water could make a BIG difference!
- Add fruits and vegetables to meals. By a glass of juice in the morning, a side salad at lunch, a fresh fruit snack.
- Drink lots of water—at least 6 to 8 glasses of water throughout the day.
- Choose whole grain bread, cereal, pasta or rice — they have more nutrition.
- Cook down on a hot date for your health—and almost always lead to greater weight gain in the end.

Learn more at www.ohiohealthcarehome.org

