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## Member News

## Introducing Ovia Health

We're excited to announce a new maternity and family benefit with Ovia Health™ effective September 1, 2022! Ovia Health offers support for starting a family, having a healthy pregnancy, and navigating the early years of parenthood.

Download the Ovia Fertility, Ovia Pregnancy, or Ovia Parenting apps, and be sure to note that you have Ovia Health as a benefit to access premium features. Create customized ovulation and period predictions with the Ovia Fertility app, track your baby's development and growth with the Ovia Pregnancy app, and use the Ovia Parenting app for support throughout your parenting journey. All the Ovia Health apps include access to expert content and tips, personalized health insights, and on-demand health coaching with registered nurses—so you have support for your life and health whenever you need it.



## Member News

## Well-Child Visits and Recommended Vaccinations

Many children and adolescents missed check-ups and recommended childhood vaccinations over the past two years. Children who are not protected by vaccines are more likely to get diseases like measles and whooping cough. These diseases are extremely contagious and can be very serious, especially for babies and young children.

In recent years, there have been outbreaks of these diseases, especially in communities with low vaccination rates. Now is the time to make sure that your child sees their doctor for well-child visits and recommended vaccines. It is one of the best things you can do to protect your child and community from serious diseases that are easily spread!

Well-child visits are essential for many reasons, including:

- tracking growth and developmental milestones (e.g., body mass index (BMI), nutrition, and physical activity)
- discussing any concerns about your child's health
- getting scheduled vaccinations to prevent illnesses like measles, whooping cough (pertussis), and [other serious diseases](#)





## Member News

## Back to School Safety

As students return to school, it is important that they eat healthy, stay active, and are up to date on their immunizations for a healthier and safer school year.

### Eat Healthy and Stay Active

The health of students—what they eat and how much physical activity they get—is linked to their academic success. Early research is also starting to show that healthy school lunches may help to lower obesity rates. Health and academics are linked – so time spent for health is also time spent for learning. The Dietary Guidelines for Americans recommend that children and adolescents limit their intake of solid fats, cholesterol, sodium, added sugars, and refined grains. Eating a healthy breakfast is associated with improved cognitive function. Young people aged 6-17 should participate in at least 60 minutes of physical activity every day. Research shows that physical activity can help cognitive skills, attitudes, concentration, attention, and improve classroom behavior.

### Get Vaccinated

Getting your children and teens ready to go back to school is the perfect time to make sure they are up to date with their immunizations. Vaccination protects students from diseases and keeps them healthy. The recommended immunizations for children birth through six years old can be found [here](#).

The recommended immunizations for preteens and teens 7-18 years old can be found [here](#).



## Member News

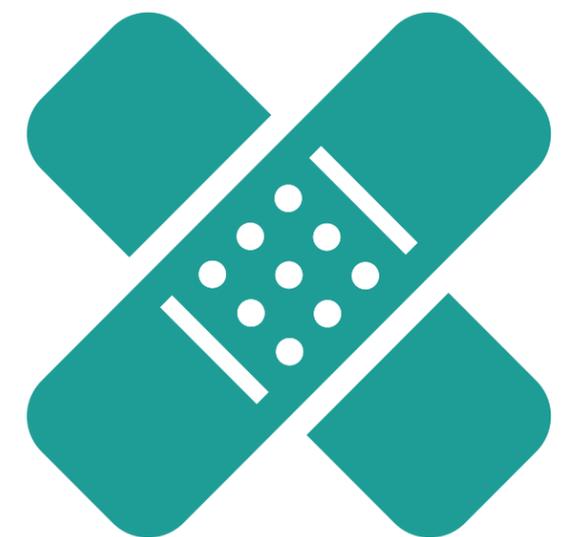
## Back to School Safety (Continued)

### Heads Up: Concussions

Every year, United States emergency departments treat an estimated 173,285 sports–and recreation–related traumatic brain injuries, or TBIs, including concussions, among children and teens, from birth to 19 years. A concussion is a type of TBI caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth.

Children and teens are more likely to get a concussion and take longer to recover than adults. Concussion symptoms may appear mild, but the injury can lead to problems affecting how a person thinks, learns, acts, and/or feels.

Concussions can occur during any sport or recreational activity, so all parents need to learn the signs and know what to do if a concussion occurs with the **ABC's** of concussions: **A**ssess the situation, **B**e alert for signs and symptoms, and **C**ontact a healthcare professional.





## Member News

## Lung Cancer Screening

### WHY SCREEN FOR LUNG CANCER?

Lung cancer is the #1 cause of cancer-related deaths in the United States and is responsible for more deaths annually than breast, prostate, and colorectal cancers combined. In a landmark national study, the National Lung Screening Trial (NLST), sponsored by the National Cancer Institute, has indicated that screening with low-dose CT scans can help find lung cancers early, leading to a higher cure rate. Diagnosing lung cancer at an early stage, before the cancer has spread, increases a patient's chance of successful treatment and survival.

### WHAT IS LUNG CANCER SCREENING?

Lung cancer screening is a low-dose CT scan (computed tomography) which is a type of imaging. The scan covers the entire chest and provides a more detailed look than a standard chest x-ray. The exam takes about 15 minutes in total, with the actual scan lasting only five to ten seconds.

### WHO SHOULD GET A LOW-DOSE CT LUNG SCREENING EXAM?

Medicare and the US Preventative Task Force (USPTF) recommend low-dose CT lung screening for high-risk patients as defined below. Those who have symptoms of a lung condition at the time of screening, such as a new cough or shortness of breath, are not eligible.

- Medicare: 50-77 years old with 20 pack year smoking history and is a current smoker or has quit within the last 15 years
- USPTF: 50-80 years old with 20 pack year smoking history and is a current smoker or has quit within the last 15 years

### WHY SHOULD I CHOOSE SENTARA FOR MY LOW-DOSE CT LUNG SCREENING?

The CT lung screening program is part of the nationally accredited Sentara Cancer Network, which includes multidisciplinary physician teams and measurable quality outcomes. The program consists of:

- A CT Lung Screening Navigator who will work with your physician to coordinate follow-up recommendations and care.
- A standardized classification system to provide your referring physician with clear, concise recommendations for potential follow-up care needed.



## Member News

## Lung Cancer Screening (*Continued*)

- The most advanced technologies, like navigational bronchoscopy and endobronchial ultrasound, to assist in diagnosing any abnormalities found on the low-dose CT scan.
- Multidisciplinary team approach with interventional radiologists, pulmonologists, thoracic surgeons, pathologists, radiation, and medical oncologists in the Sentara Cancer Network who work together to develop a comprehensive treatment plan specialized for you.

### I THINK I QUALIFY FOR LOW-DOSE CT LUNG SCREENING. WHAT SHOULD I DO NEXT?

Discuss CT lung screening with your healthcare provider to determine if the screening is right for you. For any additional questions, contact the CT Lung Screening Navigator at 1-855-EARLY-DX (1-855-327-5939).

**NOTE: Eligibility criteria may vary depending on your insurance plan.**





## Member News

## At-Home Colorectal Cancer Screening

Colorectal cancer (cancer of the lower colon or rectum) is the third most common cancer diagnosed in both men and women in the United States. One of three national “hot spots” where colorectal cancer deaths remain high—largely due to low screening rates—is in Virginia. As a result, Optima Health has partnered with BioIQ® to encourage members over age 45 to complete the at-home fecal immunochemical test (FIT) kit. The FIT kit can help detect precancerous polyps that can lead to cancer. Optima Health is sending free FIT kits to members who either meet screening criteria, may be overdue for colorectal cancer screening, signed up by phone/website, or were opted into the program by their employer. If a test kit has been mailed to you, please remember that it must be completed within 14 days and returned in the postage-paid envelope located inside the kit.

If you have questions about colorectal cancer screenings, please talk with your primary care physician, visit our website at [optimahealth.com/colonfacts](https://optimahealth.com/colonfacts), or leave a message with the Optima Health Population Care department at 757-687-6334. A nurse will return your call within 48 hours.

## Gym Discounts

As an Optima Health member, you have access to exclusive savings through GlobalFit’s Gym Network 360.

This allows you to:

- get discounts on big box gyms, specialty studios, and virtual fitness programs
- enjoy exclusive rates on nutrition, weight loss, and healthy eating programs
- stay motivated with other tools and resources, including monthly promotions for more savings

[Sign in](#) to access your discounts.



## Member News

## Get Ready for Flu Season

Optima Health would like to remind our members to get an annual flu shot. The annual flu shot is a way to protect you from catching the seasonal flu. The Centers for Disease Control and Prevention (CDC) recommends that everyone six months and older should get an annual flu vaccine, ideally by the end of October.

Seasonal flu and COVID-19 are both contagious respiratory illnesses with similar symptoms, but they are caused by different viruses. Optima Health recommends that you protect yourself from these viruses. It is acceptable for you to be given the flu vaccine and COVID-19 vaccine at the same time. Both vaccines are covered by Optima Health for members.

Members can visit the following locations to get a flu shot:

- your physician’s office
- your local pharmacy

\* *Fluzone*® high-dose and *FluMist*® influenza vaccines are not covered for all ages. Adjuvant influenza vaccines are not covered for members age 64 and younger. Please see your doctor or pharmacy for information on receiving the flu vaccine.





Member News

## Sentara Board of Directors Announces Next President and CEO

After a thorough national search and vetting numerous highly qualified applicants, the Sentara Healthcare Board of Directors has confirmed the selection of Dennis Matheis to succeed Howard Kern as the health system's President and Chief Executive Officer. Kern announced his retirement earlier this year following more than 40 years of service to the organization. Matheis will assume the role of President and CEO on September 1, 2022.

Matheis, who has served as President of Sentara Health Plans and an Executive Vice President at Sentara Healthcare since 2018, has spent the past 30 years in senior leadership roles within the healthcare industry, including healthcare financing and delivery. Bringing his experience and customer-focus to Sentara, Matheis led the technology modernization of Sentara Health Plans to provide new digital tools to members, the implementation of innovative models of care with provider partners, and the joint ownership transaction of Virginia Premier with VCU Health System.

As Sentara's new President and CEO, Matheis will lead implementation of the health system's strategic priorities and continue to build upon the strong quality, safety, and financial foundation established during Kern's tenure as part of the organization's commitment to creating exceptional consumer value. "I am humbled and excited by the opportunity to serve this great organization as its next President and CEO. The depth of talent and experience of our leaders and team members throughout Sentara is extraordinary. Witnessing firsthand the sacrifice and dedication exhibited by physicians, nurses, and all team members in our hospitals and clinics throughout the pandemic was truly inspiring and I look forward to working more closely with them. We will continue our tradition of delivering industry-leading quality outcomes while positioning Sentara for success in a rapidly evolving healthcare landscape."

Matheis and his wife, Vickie, have been married for 41 years and have three children and four grandchildren. They have embraced all that the Hampton Roads, Virginia community has to offer over the past four and a half years and consider it their forever home. Matheis is an avid reader and loves to be on the water.



Pharmacy News

## Pharmacy Changes Effective October 1, 2022

For groups with pharmacy benefits administered by Optima Health, the pharmacy changes are available online.

[Download a printable listing of pharmacy changes effective October 1, 2022.](#)



Important Plan Information

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memberNEWS

OptimaHealth 

## Healthcare at Your Fingertips

Download the **Optima Health Mobile App** today for instant access to your important plan information and questions, including:

- commonly asked questions and answers
- common forms and documents
- contact information
- tools to find doctors and facilities
- claims and authorizations
- wellness tools
- member ID card
- schedule virtual consults
- estimate costs for treatments and services
- account access for your HSA or HRA<sup>1</sup>
- receive important preventive care notifications
- and more!

<sup>1</sup>Applies to members with Health Savings Account (HSA) or Health Reimbursement Arrangement (HRA) plans

Whether you're accessing your plan information from the mobile app, online from a computer, or mobile web from a tablet, Optima Health digital solutions provide a cohesive experience across all platforms.

Look for the **Optima Health Mobile App** in

