

UPHIP



UPPER PENINSULA HEALTH PLAN

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Dose of Hope – Have You Gotten Your COVID-19 Vaccine?

News about COVID-19 vaccines has been coming fast, and it's important to know the facts. The vaccines are now widely available to all Michigan citizens ages 12 and older. If you have not yet received a vaccine, consider these frequently asked questions to help you make an informed decision about what's best for you:

Q: Will COVID-19 vaccination help keep me from getting COVID-19?

A: Yes! Vaccines work with your immune system so it will be ready to fight the virus if you are exposed. Getting vaccinated yourself may also protect people around you. The vaccines are more than 90% effective at preventing hospitalization and death due to COVID-19.

Q: Is there a cost to get vaccinated?

A: No fees will be charged to get vaccinated.

Q: How will I be reminded to get the second dose?

A: Two COVID-19 vaccines (Pfizer and Moderna brands) require two doses before you're considered fully vaccinated. COVID-19 vaccination record cards (reminder cards) will be

provided when you receive the first dose of these vaccines. The card provides room for a written reminder for a second-dose appointment. Reminder text messages are being developed that will be sent prior to your second dose. In addition, the Centers for Disease Control and Prevention (CDC) has the "V-safe After Vaccination Health Checker" application for your phone that can send you a reminder. To ensure the best protection from COVID-19, it is very important to not skip the second dose. The second dose must be from the same vaccine manufacturer, so it will be important to ensure that where you receive your second dose has the right vaccine. If you can, it would be best to follow up with the same provider who gave you your first shot. *Note: The Johnson & Johnson COVID-19 vaccine only requires one dose to reach full vaccination.*

Q: Will people who have already had COVID-19 be able to get vaccinated?

A: Yes. People who have had COVID-19 should still get a vaccine. The CDC recommends getting it after you have recovered. You should check with your health care provider if you have questions.

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Get the Care You Need

Upper Peninsula Health Plan (UPHP) wants you to get the best health care available. Your UPHP Member Handbook describes your benefits and the rules to use them. UPHP must approve some benefits before you can use them. For example, you need approval to see a specialist out of network. The UPHP rule is that you can see a specialist out of network if the plan does not have that type of specialist.

UPHP uses the same rules for each member for approvals. They are based only on the medical need and the benefits. No one who makes decisions gets paid to say “no” or to limit services.

If you are not happy with a health care decision, call UPHP first. You have the right to file an appeal with UPHP. After your appeal to UPHP, if you are not happy with the decision we made, you can ask for an external appeal with the Department of Insurance and Financial Services under the Patient’s Rights to Independent Review Act and/or ask for a State Fair Hearing. Call the number below to learn more.

You can call UPHP Clinical Services-Utilization Management Monday through Friday from 8 a.m. to 5 p.m. Eastern Time to ask about the rules and decisions. You can also leave a message if you are not able to call during these hours. The toll-free phone number is 1-800-835-2556 (TTY: 711). Language assistance is available free of charge.

Free Member Wellness Programs

For all Medicaid and Healthy Michigan Plan Members

Diabetes Self-Management Education & Support

Members living with diabetes are encouraged to visit with a registered dietician or diabetic educator.

This program includes:

- Help from a UPHP clinical coordinator to manage your diabetes.
- Outpatient visits with a registered dietician or diabetic educator in your area.

Ask your provider for a referral.

Nutrition Therapy

Many of us could benefit from eating healthier. The key is to develop a plan that is right for you. The nutrition therapy benefit includes:

- Two visits each year with a registered dietician.
- Outpatient visits at a local hospital.
- Education on how to buy food and eat healthy on a budget.

Ask your provider for a referral.

Quitting Tobacco

Most people who use tobacco products want to quit. We understand that quitting is hard. Available resources to help you along your journey include:

- Visits with your provider to make a quit plan.
- Medications to help quit tobacco.
- The MI Tobacco Quitline (1-800-QUIT-NOW) for one-on-one coaching.
UPHP Medicaid and HMP members could earn a \$100 gift card after four calls to the quitline.
- The SCRIPT Program – (Smoking Cessation Reduction in Pregnancy Treatment) designed specifically to help pregnant women quit tobacco.

To learn more, call us at (906) 225-4654.

Dose of Hope *continued from front page*

Q: Is the vaccine safe?

A: While the COVID-19 vaccines are being developed as quickly as possible, routine processes and procedures remain in place to ensure the safety of any vaccine authorized or approved for use.

More information about the safety of the COVID-19 vaccine is available on the CDC website:

- CDC Vaccine Benefits
website: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/vaccine-benefits.html>
- CDC Vaccine Safety
website: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety.html>

Q: Can this vaccine give me COVID-19?

A: No. This vaccine gives your body a code which helps it recognize the virus, so your body can fight it off in the future. It does not give you COVID-19.

Q: Does the vaccine have any side effects?

A: After COVID-19 vaccination, you may have some mild side effects. Your arm may be sore, red, or warm to the touch. You may experience a low-grade fever, headache, and just a general feeling of “not yourself.” These are signs that your immune system is doing exactly what it is supposed to, which is produce an immune response for you to have protection against this disease. This should only last a few days.

For more information on where to get the COVID-19 vaccine, please visit <https://www.uphp.com/coronavirus/vaccination> or contact Upper Peninsula Health Plan Customer Service at 1-800-835-2556 (TTY: 711), Monday through Friday from 8 a.m. to 5 p.m. Eastern Time.

Are My Medications Covered?

You can see if your medications are covered 24/7 by reviewing your plan formulary, available on the Upper Peninsula Health Plan (UPHP) website at www.uphp.com/medicaid.

To get started, enter a medication name in the search bar.

Drug Name Search
Enter a drug name to begin

NORVASC

By Alphabet
Select a letter to view drugs starting with that letter

A B C D E F G H I J K L M N O
P Q R S T U V W X Y Z

UPHP MEDICAID FORMULARY

Welcome

We cover both brand name drugs and generic drugs. Generic drugs may be administered (FDA) to be as safe and effective as brand name drugs.

What is a Formulary?
A formulary is a list of covered drugs which represents the prescription it necessary, the prescription is filled at a network pharmacy, and other pla

[Printable Files](#)

See the drug details for results. Notice the icons that indicate the drug tier (whether it is preferred, non-preferred, or not covered). The Icon Legend is in the bottom left corner of the screen for reference.

Drug Name Search
Enter a drug name to begin

By Alphabet
Select a letter to view drugs starting with that letter

A B C D E F G H I J K L M N O
P Q R S T U V W X Y Z

By Therapeutic Class
Please select a therapy class to continue

A
ADRENERGIC AGENTS
ADRENERGIC AGENTS
ALPHA AND BETA ADRENERGIC AGONIST (RESPR)
NON-SELECT BETA-2 ADRENERGIC AGONIST (RESPR)
SELECT BETA-2 ADRENERGIC AGONIST (RESPR)
ALPHA-ADRENERGIC BLOCKING AGENTS (SYMPATH)

Legend

Preferred
 Non-Preferred
 Not-Covered

Quantity Limit
 Prior Authorization
 Step Therapy
 Gender Limit
 Age Limit
 Custom
 Drug Class
 Medical Drug

Drug Details
CALCIUM-CHANNEL BLOCKING AGENTS > DIHYDROPIRIDINES

DRUG NAME	TIER	LIMITS & RESTRICTIONS	ALTERNATIVES
NORVASC 10 MG TABLET		CALCIUM CHANNEL BLOCKERS - DIHYDROPIRIDINE Non Preferred PA	Find Alternative Drugs
NORVASC 5 MG TABLET		CALCIUM CHANNEL BLOCKERS - DIHYDROPIRIDINE Non Preferred PA	Find Alternative Drugs
NORVASC 2.5 MG TABLET		CALCIUM CHANNEL BLOCKERS - DIHYDROPIRIDINE Non Preferred PA	Find Alternative Drugs

Click on "Find Alternative Drugs" to see other medications.

Drug Name Search
Enter a drug name to begin

By Alphabet
Select a letter to view drugs starting with that letter

A B C D E F G H I J K L M N O
P Q R S T U V W X Y Z

By Therapeutic Class
Please select a therapy class to continue

A
ADRENERGIC AGENTS
ADRENERGIC AGENTS
ALPHA AND BETA ADRENERGIC AGONIST (RESPR)
NON-SELECT BETA-2 ADRENERGIC AGONIST (RESPR)
SELECT BETA-2 ADRENERGIC AGONIST (RESPR)
ALPHA-ADRENERGIC BLOCKING AGENTS (SYMPATH)

Legend

Preferred
 Non-Preferred
 Not-Covered

Alternative Drugs

SELECTED DRUG

COVERED PRODUCT	THERAPY CATEGORY/CLASS	TIER	LIMITS & RESTRICTIONS
NORVASC 10 MG TABLET	CALCIUM-CHANNEL BLOCKING AGENTS - DIHYDROPIRIDINES		CALCIUM CHANNEL BLOCKERS - DIHYDROPIRIDINE Non Preferred PA

EQUIVALENT DRUG(S)

COVERED PRODUCT	THERAPY CATEGORY/CLASS	TIER	LIMITS & RESTRICTIONS
amlodipine besylate 10 mg tab	CALCIUM CHANNEL BLOCKERS AGENTS - DIHYDROPIRIDINES		CALCIUM CHANNEL BLOCKERS - DIHYDROPIRIDINE Non Preferred PA

ALTERNATIVE DRUG(S)

COVERED PRODUCT	THERAPY CATEGORY/CLASS	TIER	LIMITS & RESTRICTIONS
lisinopril er 20 mg tablet	CALCIUM-CHANNEL BLOCKING AGENTS - DIHYDROPIRIDINES		CALCIUM CHANNEL BLOCKERS - DIHYDROPIRIDINE Non Preferred PA
amlodipine besylate 5-40 mg	CALCIUM CHANNEL BLOCKING AGENTS - DIHYDROPIRIDINES		ANTIHYPERTENSIVE COMBINATIONS ACEI
AZOR 10-40 MG TABLET	CALCIUM CHANNEL BLOCKING AGENTS - DIHYDROPIRIDINES		ANTIHYPERTENSIVE COMBINATIONS ARB Non Preferred PA

Always reach out to UPHP Customer Service at 1-800-835-2556 (TTY: 711) if you have questions about your prescription medication coverage.

Do You Have Questions About Your UPHP Benefits?

Your Upper Peninsula Health Plan (UPHP) Member Handbook has answers! For more information, you can access the UPHP Member Handbook at www.uphp.com/medicaid. The handbook includes:

- Benefits and services included and excluded in your health plan.
- Copayments and other charges members must pay.
- The prescription drug formulary and pharmacy procedures.
- How to obtain primary care, specialty care, behavioral health, and hospital services.
- How to obtain after-hours care, including emergency care or 911 services.
- How to obtain care and coverage when outside UPHP's service area, as well as benefit restrictions that apply.
- How to file a complaint or appeal, including information on independent external reviews.
- How to obtain language assistance.
- Information about your providers.

If you would like to request a paper copy of the UPHP Member Handbook, please call UPHP Customer Service at 1-800-835-2556 (TTY: 711) Monday through Friday from 8 a.m. to 5 p.m. Eastern Time and we will mail you a copy at no charge.



Care From an Out-of-State Provider

Upper Peninsula Health Plan (UPHP) wants to make sure you can get the medications you need. All doctors who care for Medicaid patients must sign up with the Michigan CHAMPS program by law. The reason for this law is to ensure you get quality care.

If you have a doctor from out of state, they will need to sign up for this program.

If you can't fill your prescription medications, you can call UPHP at 1-800-835-2556 (TTY: 711) Monday through Friday from 8 a.m. to 5 p.m. Eastern Time.

The Lifeline Program



You may qualify for a FREE cell phone and FREE cell phone coverage. The Lifeline program helps cover phone and internet costs for approved households. To get started, you must pick a service provider and apply for the Lifeline program through the provider. The provider will then help you with the application process. Once enrolled, your monthly assistance will begin. If you have questions or would like to apply for the Lifeline program, please contact the service provider of your choice:

- enTouch Wireless – Call 1-866-488-8719 or visit <https://www.entouchwireless.com>
- Feelsafe Wireless – Call 1-877-247-7799 or visit <https://www.feelsafewireless.com>
- QLink – Call 1-855-754-6543 or visit <https://www.QLinkWireless.com>
- SafeLink Wireless – Call 1-800-723-3546 or visit <https://www.safelinkwireless.com>

For more information, please visit our website at <https://www.uphp.com/medicaid/memberresources/> or call Upper Peninsula Health Plan Customer Service to request a Lifeline program brochure to be mailed to you at no cost.

My Mental Health: Do I Need Help?

The COVID-19 pandemic has had a great impact on the mental health of people all over the world. It's important to treat your mental health just as you would your physical health. But how do you know when it's time seek help? First, determine how much your symptoms interfere with your daily life.

Do I have mild symptoms that have lasted for less than two weeks?

- Feeling a little down.
- Feeling down, but still able to do job, schoolwork, or housework.
- Some trouble sleeping.
- Feeling down, but still able to take care of yourself or take care of others.

If you answered yes to any of the above, here are some activities that may help:

- Exercising.
- Getting adequate sleep on a regular schedule.
- Talking to a trusted friend or family member.
- Practicing meditation and mindfulness.

If the symptoms above do not improve, or seem to be worsening despite self-care efforts, talk to your health care provider.

Do I have severe symptoms that have lasted two weeks or more?

- Difficulty sleeping.
- Appetite changes that result in unwanted weight changes.
- Struggling to get out of bed in the morning because of mood.
- Loss of interest in things you usually find enjoyable.
- Unable to perform usual daily functions and responsibilities.
- Thoughts of death or self-harm.

Remember, you are not alone. Talk to your provider and seek professional help; psychotherapy (talk therapy), medications, and brain stimulation therapies are examples of treatment.

For help finding treatment, visit www.nimh.nih.gov/findhelp. If you are in crisis, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741).



Women's Health Screenings

COVID-19 may be stopping us from doing many things, but getting our health screenings shouldn't be one of them. It's very important to take time each year to see your provider for a wellness exam. It could save your life.

You can lower your risk for cervical and breast cancer just by getting screened on a regular basis. Talk to your provider to find out when you need to have these tests done.

Chlamydia infections are very common. All young women ages 16 to 24 should have a simple test at least once a year. Chlamydia is easy to treat. If left untreated, it can lead to serious conditions and could prevent you from getting pregnant when you are ready to start a family.

Take time to take care of yourself. Call your provider to schedule your wellness visit. Get your screenings checked off your list today for a happier, healthier tomorrow.



Has Your Child Had Their Yearly Well-Care Visit?

Was your child just at the doctor due to a stomach ache? Maybe they were seen for follow-up of a specific problem, like asthma, acne, or attention deficit disorder. Or maybe your child looks fine and doesn't have any health complaints. These are just a few reasons parents might believe a child or teen doesn't need a yearly well-care visit.

However, there are many important parts of a well-care visit that are not a part of other health appointments. These are important even when your child appears healthy. Yearly well-care visits are essential to your child's health and well-being, and include:

- Reviewing your child's growth and development, social behaviors, and learning.
- Discussing concerns about your child's health.
- Maintaining an up-to-date health history.
- Giving teens and young adults time to talk about important topics like eating, physical activity, stress, relationships, depression, screen time, alcohol and tobacco use, and sleep.
- Getting scheduled vaccinations to prevent illnesses.
- Helping children/young adults stay healthy by catching problems early.



Schedule your child/young adult's free well-care visit with their primary care provider (PCP). Don't have a PCP? We'll help you find one! Call Upper Peninsula Health Plan (UPHP) Customer Service at 1-800-835-2556 (TTY: 711), Monday through Friday from 8 a.m. to 5 p.m. Eastern Time.

UPHP members ages three to 21 who complete a well-care visit in 2021 will be entered into a drawing to win one of 50 \$100 gift cards! To be eligible for a gift card, the visit must be completed by Dec. 31, 2021, and the member must be actively enrolled with UPHP at the time of the drawing. Limit: one gift card per member, per year.

Complex Care Management Can Help You

Do you need help with:

- A complex health condition like diabetes, asthma, or heart disease?
- Managing multiple conditions?
- Finding food or other resources?
- Coordinating services?
- Handling a critical event like a new diagnosis or loss of a caregiver?

If you answered "yes" to any of the above, you qualify for the Upper Peninsula Health Plan (UPHP) care management program. This program helps you and your provider with your plan of care. The program is free of charge.

UPHP can:

- Help you to better understand your condition.
- Coordinate with your doctors or other providers when you need help.
- Help you reach goals to manage your condition.
- Help with rides to and from doctor visits.
- Connect you with needed services and resources.

Complex care management can help put you on the right track! If you join and decide that this program is not for you, you can take yourself out at any time and it won't affect your benefits.

Call UPHP Customer Service at 1-800-835-2556 (TTY: 711) and ask for a care manager to see if this program is right for you.

Know Your Dental Benefits

A routine dental exam is an important part of keeping your whole body healthy. Dental offices are taking extra steps to ensure your safety. Call your dentist to arrange a visit today. Your dental benefits are based upon your plan type with Upper Peninsula Health Plan (UPHP). Our Customer Service team can help you find an in-network dentist near you!

- Medicaid for Pregnant Adults
- Healthy Michigan Plan Members

Delta
Dental



- Adult Medicaid Members

State of
Michigan



- Medicaid Members Under 21 Years

Healthy
Kids Dental



Feel Better by Quitting Tobacco

Did you know that our bodies are amazing?

When you stop using tobacco, your body begins to heal itself within the first 20 minutes. Over time you will feel better, put money back in your pocket, and protect the health of those around you. Talk to your provider about ways to quit.

After 20 Minutes

- Heart rate drops.

After 3 Months

- Circulation improves.
- Lung function improves.

After 1 Year

- Risk of coronary heart disease decreases by 50%.

After 5 Years

- Risk of stroke returns to that of a person who has never smoked.

Call the free
Michigan Tobacco Quitline
at **1-800-784-8669**

Transportation Help is Available



Did you know that as an Upper Peninsula Health Plan (UPHP) member, you have a non-emergent medical transportation (NEMT) benefit for covered services? We offer help through mileage reimbursement, bus and taxi services, and volunteer drivers. It is important to make it to your scheduled medical and dental appointments, but sometimes knowing how to get there can be hard. UPHP is here to help.

You can request NEMT help through our UPHP website at www.uphp.com/transportation or you can call us at 1-800-835-2556 (TTY: 711) and press the prompt for transportation.

Please have the following information ready when you request help:

- Your name and Medicaid ID number (this is on the front of your white UPHP member ID card).
- A good phone number where you can be reached.
- Appointment date and time.
- The provider's first and last name that you are seeing.
- Address and phone number of provider.
- What type of help is needed.

If you need transportation help, please remember:

- This benefit is for UPHP covered services only.
- Appointments can be called in as soon as they are scheduled.
- If you need help with a ride (i.e. bus, taxi, driver), call UPHP at least five business days before your appointment.

For more information on your benefits, please review your UPHP Member Handbook online at www.uphp.com.

Transition of Care Program



If you are new to Upper Peninsula Health Plan (UPHP), we want to ensure that you have continued access to care that you were getting prior to joining UPHP. This care could include:

- Out-of-network providers.
- Durable medical equipment/medical supplies.
- Medications.

UPHP has a care team to help you with your health care needs. To request

continued care, you, your authorized representative, or your treating provider can contact UPHP by writing or calling:

Upper Peninsula Health Plan
 Attn: Utilization Management
 853 West Washington Street
 Marquette, MI 49855
 Phone: Toll Free 1-800-835-2556 (TTY: 711)
 Fax: 906-225-9269

If you are working with a UPHP care coordinator, you can also notify them.

When contacting UPHP, give us details that will help UPHP with your requests such as:

- Provider name(s).
- Phone number(s).
- Appointment date(s) (if applicable).

Our UPHP care team will review your care needs and enter in any needed prior authorizations.

Fraud, Waste and Abuse

Upper Peninsula Health Plan (UPHP) works with federal and state agencies to prevent, detect, and correct health care fraud, waste, and abuse (FWA). Fraud is when you knowingly deceive someone. It can also be when you misrepresent yourself. Waste is inappropriate action or poor management resulting in unnecessary expenses to you or UPHP. Abuse is any action that results in unneeded costs to UPHP.

Examples of FWA by a member include:

- Letting someone else use your UPHP ID card.
- Changing a prescription written by your doctor.
- Lying about your medical condition.
- Selling your prescription drugs to others.
- Not telling providers you have other insurance.

Examples of FWA by a provider include:

- Billing for medical services not performed.
- Prescribing medicine that is not needed.
- Providing unnecessary services.
- Billing more than once for the same service.
- Billing for more expensive services than what were provided.

You can help stop health care FWA. If you suspect it, report it today by calling or writing to:

UPHP Customer Service
 853 West Washington Street
 Marquette, MI 49855
 1-800-835-2556 (TTY: 711)

Office of Inspector General
 HHS TIPS Hotline
 PO Box 23489, Washington, DC 20026
 1-800-HHS-TIPS (447-8477)

If you choose to remain anonymous, the best method to transmit your complaint would be via regular mail to either address listed. Calls to these numbers are toll free.

NOTICE OF PRIVACY PRACTICES

The UPHP Notice of Privacy Practices is available on our website at: <https://www.uphp.com/medicaid/memberresources/>

You have a right to get a copy of this notice at any time. Call UPHP Customer Service at 1-800-835-2556 (TTY: 711) or write to us at Upper Peninsula Health Plan, 853 West Washington Street, Marquette, MI 49855 to ask for a copy.

Your Rights and Responsibilities

You have rights and responsibilities as an Upper Peninsula Health Plan (UPHP) member. UPHP staff and affiliated providers will comply with all requirements concerning your rights. We will not discriminate against you for using your rights.

YOU HAVE THE RIGHT TO:

- Receive information about UPHP, its services, its practitioners and providers, and member rights and responsibilities.
- Be treated with respect and recognition of your dignity and right to privacy.
- Participate in making decisions about your health care, including the right to refuse treatment and express preferences about treatment options.
- Candid discussion of appropriate or medically necessary treatment options for your conditions, regardless of cost or benefit coverage.
- Receive information on available treatment options and alternatives, presented in a manner appropriate with your condition and ability to understand.
- Voice complaints or appeals about UPHP or the care we provide.
- Make recommendations regarding UPHP's member rights and responsibilities policy.
- Receive Culturally and Linguistically Appropriate Services (CLAS).
- Confidentiality.
- Be free from any form of restraint or seclusion used as a means of coercion, discipline, convenience, or retaliation.
- Request and receive a copy of your medical records, and request they be amended or corrected.
- Get high-quality health care services consistent with our Medicaid contract and state and federal regulations.
- Be free to exercise your rights without adversely affecting the way UPHP, providers, or the state treats you.
- Be free from other discrimination prohibited by state and federal regulations.
- Direct access to network women's health specialists and pediatric providers for covered services necessary to provide routine and preventive health care services without a referral.
- Receive Federally Qualified Health Center (FQHC) and Rural Health Center (RHC) services.
- Request information about:
 - Physician incentive arrangements, including those that cover referral services that place the physician at significant financial risk (more than 25%), other types of incentive arrangements, and whether stop-loss coverage is provided.
 - The structure and operations of UPHP.

YOU ARE RESPONSIBLE TO:

- Supply information (to the extent possible) that UPHP and its practitioners and providers need in order to provide care.
- Understand your health problems and participate in developing mutually agreed-upon treatment goals, to the degree possible.
- Follow plans and instructions for care that you have agreed to with your practitioners.
- Contribute towards your health by taking responsibility, including appropriate and inappropriate behavior.

If you have questions about your rights and responsibilities, or need an interpreter, UPHP is here to help. Please call UPHP Customer Service at 1-800-835-2556 (TTY: 711), Monday through Friday from 8 a.m. to 5 p.m. Eastern Time.

Hepatitis C – What You Need to Know

Hepatitis C is a disease that harms the liver. The liver is a big organ in the upper right side of the belly. A virus causes this disease. The virus is called the Hepatitis C virus. It spreads from person to person through contact with blood. This can happen in a few ways, including:

- Sharing drug needles.
- Using unsterile tattoo equipment.
- Having sex with an infected person.
- Sharing toothbrushes, razors, or other things that could have blood on them.

In Michigan, it is estimated that at least 200,000 people are living with Hepatitis C. Many people may not know they have

Hepatitis C; it can spread silently because people may have no symptoms for many years and may not be found until it is advanced. Hepatitis C is the leading cause of liver cancer.

All adults should get tested at least once for Hepatitis C. Hepatitis C can be cured. Talk to your doctor – it could save your life!



UPHP Medicaid Members – Health Risk Assessment

A health risk assessment (HRA) is a group of questions about your health and your feelings about your health. Upper Peninsula Health Plan (UPHP) Medicaid members are invited to complete an HRA each year.

For Members:

myUPHP Member Portal

Member Registration Guide
Member User Guide

The HRA is available to UPHP Medicaid members at <https://www.uphp.com/login/>. Click on the green "myUPHP Member Portal" button to log in. Printed copies are available by request.

(Please note: HRA requirements between UPHP Medicaid and Healthy Michigan Plan members are different. For information about the Healthy Michigan Plan HRA, go to <https://www.uphp.com/medicaid/>.)



UPPER PENINSULA HEALTH PLAN

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www.uphp.com

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Discrimination is against the law.

English: ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-877-349-9324 (TTY: 711).

Español (Spanish): ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-349-9324 (TTY: 711).

Arabic: ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-877-349-9324 (رقم هاتف الصم والبكم: 117).

Crispy Cod Sandwich

Makes four Sandwiches

Ingredients

- 1 large egg
- 2 ¼ cups cornflakes, crushed
- 1 pound cod, cut into 4 pieces
 - Can substitute whitefish or other preferred fish.
- 1 teaspoon garlic powder
- ½ teaspoon ground pepper
- Olive oil cooking spray
 - Can substitute any other cooking spray you have on hand.
- 1/3 cup mayonnaise
- 2 tablespoons dill pickle relish
- 4 whole wheat hamburger buns
- Lettuce, carrots, cucumbers, radishes, cabbage, bell peppers, and tomatoes for toppings.

Steps

1. Preheat oven to 425°F. Line a baking sheet with foil, place a wire rack on it, and coat with cooking spray.
2. Whisk egg in a shallow bowl until frothy. Place cornflakes in another shallow bowl. Sprinkle fish with garlic powder, pepper, and salt. Coat the fish in the egg, then coat with cornflakes. Place on wire rack.
3. Bake fish until golden brown and inside temperature is 145°F, about 15 to 20 minutes.
4. Combine mayonnaise and relish in a small bowl. Serve the fish on buns with some of the mayonnaise mixture and preferred vegetables.

To reduce calories and sodium intake, scoop out inside of bun or serve as a lettuce wrap.



Total Nutritional Content per Serving

Calories	353.5 Cal
Total Fat	10.3 g
Cholesterol	103 mg
Total Carbohydrates	41.5 g
Fiber	4.5 g
Sugars	4.9 g
Protein	27.8 g
Sodium	636 mg