STARK COUNTY SCHOOLS
COUNCIL OF GOVERNMENTS

NEWSLETTER

July 2026 Vol. 3



TOP NEWS

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A HEALTHY START TO SUMMER

As summer arrives, many of us look forward to longer days, warmer weather, and more time spent outdoors with family and friends. It's a season filled with travel, recreation, community events, and opportunities to enjoy the sunshine. While summer brings plenty of fun and activity, it also serves as a good reminder to focus on health, safety, and prevention.

It is also a great time to take advantage of preventive care benefits such as annual check-ups and wellness screenings. With school out and schedules often a bit more flexible, summer can provide the perfect opportunity to catch up on routine care for both adults and children.

In this issue of our newsletter, you will find helpful reminders and tips designed to keep you and your family healthy throughout the summer months.

The Time is NOW!!

Make Time for Preventive Care This Summer

Summer is the perfect opportunity to focus on your health. If you have been putting off your annual check-up, wellness screening, or routine preventive care visit, now is a great time to schedule it. Preventive services —such as annual physicals, screenings, and certain vaccines— are available at little or no cost to members. Taking advantage of these benefits can help detect potential health issues early and keep you on track for a healthier year ahead.

If you have not already done so, it is time to schedule your covered preventive care services:

- ☑ **Routine physicals**
- ☑ **Mammograms**
- ☑ **GYN/PAP exams**
- ☑ **Prostate exams**
- ☑ **Colonoscopies**
- ☑ **Vaccines**

HEALTH TIPS

Protect Your Skin: Simple Steps for Safer Sun Exposure



Use Sunscreen Daily
Apply a broad-spectrum sunscreen with SPF 30 or higher to all exposed skin before going outside. Reapply every two hours—or sooner if you're swimming or sweating. Even on cloudy days, ultraviolet (UV) rays can reach your skin, so sunscreen should be part of your daily routine.

Wear Protective Clothing
Clothing can be one of the most effective forms of sun protection. Lightweight long-sleeved shirts, long pants, wide-brimmed hats, and UV-blocking sunglasses help shield your skin and eyes from harmful rays while keeping you comfortable outdoors.

Avoid Peak Sun Hours
The sun's rays are strongest between 10 a.m. and 4 p.m. If possible, plan outdoor activities for earlier in the morning or later in the afternoon. When you're outside during peak hours, seek shade whenever you can.

Preventing Insect and Tick Bites This Season

When spending time outdoors, use an EPA-approved insect repellent containing ingredients such as DEET, picaridin, or oil of lemon eucalyptus, and apply it according to label instructions. Wear long sleeves, long pants, and closed-toe shoes when hiking or spending time in wooded or grassy areas, and consider treating clothing with permethrin for added protection. Staying on cleared paths and avoiding tall grass can also help limit tick exposure. After spending time outside, check your body, clothing, and pets for ticks and shower soon after coming indoors. These simple habits can help prevent bites and reduce the risk of tick- and mosquito-borne illnesses while allowing you to safely enjoy the outdoors.

THE LIGHTER SIDE OF INSURANCE

Why did the sunscreen apply for health insurance? Because it wanted full coverage.

My doctor told me laughter is good for my health. Good news—it's the only thing that doesn't require prior authorization!

FACTS, FUN AND FINE PRINT

The first group health insurance plan in the U.S. was offered in 1929 to employees of the Teachers Insurance and Annuity Association. Today, millions of Americans enjoy comprehensive coverage—making it a lot easier to stay cool and stress-free during the summer months!



DID YOU KNOW?

Did you know that **Colorectal Cancer** is the #1 cause of cancer death for people under the age of 50?

When caught early Colon Cancer is treatable.

Colonoscopies are a covered preventive care service.

☑ **Schedule your appointment today!!**

INSURANCE 101

As college students return home for the summer, it's a good reminder that young adults may remain covered under a parent's health insurance plan until age 26. This coverage continues while students are away at school, studying abroad, or working summer jobs.

If you have a child soon to be age 26, coverage will end the last day of the month of their 26th birthday.

HEALTH BENEFIT HIGHLIGHTS

Behavioral and Mental Health is this Quarter's Hghlight!

Life comes with all kinds of challenges, and sometimes we do not feel our best. It is easy to become overwhelmed by feelings of stress, anxiety, and depression. It can be hard to know when to seek care for your mental health.

Please click on the AultCare or Medical Mutual of Ohio link at the bottom of this email for specific guidance on connecting for an in-person or virtual consultation.

KEY FSA-ELIGIBLE SUMMER ITEMS

The following items can be purchased with your FSA account:

- **Sun Protection:** Broad-spectrum SPF 15+ sunscreens, sprays, lip balm, and Aloe Vera for sunburn relief.
- **First Aid & Insect Care:** Kits, bandages, antibiotic ointments, hydrocortisone cream, and insect repellent.
- **Travel & Outdoor Health:** Motion sickness remedies (e.g., EmeTerm, Dramamine), and antiseptic wipes.

Update to Aultcare's Network

Community Health Care is back in the AultCare Network!

Other Network partners include:

* Cleveland Clinic facilities
* University Hospital Health System facilities and physicians (excluding Rainbow Babies Hospital)
* Community Health Care Pediatrics who transitioned to Akron Children's Hospital
    - Both their Massillon and North Canton offices are in-Network

Please refer to www.aultcare.com (see the link at the bottom of this email) to find your provider!

GET THE MOST VALUE FROM YOUR HEALTH PLAN

Stay Informed

Creat an online account (www.medmutual.com or www.aultcare.com) access:

- Benefit details
- Cost-comparison tools
- Claims Information
- Wellness resources and support programs

Stay Healthy

Establish a relationship with a **Primary Care Physician** (PCP) to help coordinate care and manage your overall health.

Take full advantage of **preventative care services** covered under the plan.

Get Engaged *(All programs listed below are available at no cost to you and any dependents on the plan)*

- **Diabetes Programs** offered through Medical Mutual or Aultcare include free supplies when you actively participate.
- **Case Management** is available to provide individualized support. You may self-refer or be contacted directly by Medical Mutual or Aultcare.
- **Disease Management Programs** are available for conditions such as congestive heart failure, COPD, diabetes, hypertension, oncology, heart disease, hyperlipidemia, and more.
- **Digital Health Services** are available, including Physical Therapy and Pelvic Therapy, from the comfort of your home.

QUESTIONS ABOUT YOUR HEALTH PLAN?





First Stop
Contact Customer Service

AultCare - 1-800-344-8858
Medical Mutual - 1-888-404-0335



Next Stop
Talk to your Benefits Coordinator



Final Stop
Contact a member of your Stark COG Team
330-492-8136

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