

HEALTHPLEX SCORES 100% ON NCQA AUDIT

For the fifth consecutive audit, Healthplex scored 100% on its NCQA Audit. Healthplex is fully certified as a Credentials Verification Organization (CVO) by NCQA for ten out of ten verification services. CVO certification includes rigorous on-site evaluations conducted by a team of healthcare professionals and certified credentialing specialists. Achieving CVO certification from NCQA demonstrates that Healthplex has the systems, process and personnel in place to thoroughly and accurately verify providers' credentials and help health plan clients meet their accreditation goals.

Healthplex is the only stand-alone dental company in the Northeast region to achieve NCQA certification in 10 out of 10 credentialing elements.

What does Healthplex's CVO certification mean to you?

- Healthplex monitors all provider offices for proper sterilization procedures.
- Healthplex monitors provider's licenses and malpractice history.
- Healthplex verifies the education and training our providers receive.

It means you can have confidence when you go to a provider who has been credentialed by Healthplex.

Healthplex wants to thank and recognize Kelly Andron, Credentialing Manager, for her hard work. Her desire to be the best in the business has resulted in Healthplex receiving a perfect score each time on five consecutive audits.



FEATURED EMPLOYEE

Kelly Andron, Credentialing Manager

In Kelly's words, "Teamwork is the key to success! My staff is highly dedicated to working together to provide the most accurate credentialing information to our clients. We are extremely proud to consistently achieve such high scores on our NCQA audits but are always striving for continued excellence."

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CHEW ON THIS



LUNCHBOX IDEAS FOR GOOD ORAL HEALTH... AND OVERALL HEALTH

It is not easy to get creative with lunchbox stuffers but it is essential to providing your kids with the energy and nutrition they need. Not to mention, reducing sweet snacks and beverages

and increasing nutrient rich items are great ways to fight cavities and other oral health problems.

Here are our ideas to keep it healthy:

Switch up the types of bread. This will be more interesting. Alternate among whole grain breads, pita, and rolls. You can even eliminate bread some days and try crackers with the fillings on the side. Use as little butter, mayonnaise or margarine as possible on the bread and **try to add some salad**—lettuce, tomato or cucumber are great in sandwiches. **Lean meats, such as ham or turkey, salmon or tuna,** will make the sandwich filling. And for another fun idea, especially for elementary-age kids, **try using a cookie cutter to cut fun shapes** out

of the healthful sandwiches you prepare. That will make them irresistible!!

A bottle of water, fat-free or low-fat milk will help keep your child hydrated. Eliminate soda, iced tea, and artificially flavored fruit drinks.

Sticks of celery, cucumber, carrots and peppers are tasty and satisfying on the side.

Kids look forward to something sweet in their lunchbox—fruit salad, low-fat yogurt or fruit bread

will help satisfy your child's sweet tooth while also providing nutritional value. **For older kids, around ten and up, put a stick of xylitol chewing gum** in their lunchbox and tell your child to chew it when he/she finishes lunch. But remind her/him to put it in the garbage before recess and/or returning to class!!

Healthier lunchboxes needn't be expensive or time consuming to prepare. Buy items in bulk and put them in smaller bags at home. Try bagging all the sides on Sunday for the whole week.

Studies show that healthy lunches provide children with more energy and help them to concentrate on their schoolwork. This will reduce oral health problems and help them to live a long, healthy and happy life.

DENTAL TRIVIA

According to a TIME MAGAZINE survey, 59% of Americans would rather sit in a dentist's chair than sit next to someone on a cell phone.

IMPORTANT TIP

We all know that kids cannot resist indulging in excessive sweets on Halloween. With October 31st around the corner, Healthplex wants to remind you not to let your little ones go to bed without a good brushing on Halloween night. Trick-or-treating often goes on so late that we let it interfere with the normal bedtime routine. You may skip the bath or the bedtime story on Halloween, but do not skip brushing teeth. Besides being especially important on account of all the sweets your child is likely to have consumed, it is a great opportunity to drive home the importance of brushing...especially after eating foods with high sugar content.



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