

# Live Healthy!



Spring/Summer 2015



## See Inside!

- Allergies
- Medication Safety
- Healthy Recipe and word find!

We always want to hear from you! Call us toll-free at **800-322-8670 (TTY 711)** 6 a.m. – 6 p.m., Monday- Friday or e-mail us at: [comments@iasishealthcare.com](mailto:comments@iasishealthcare.com).



## SUMMER IS HERE! STAY SAFE, HAVE FUN!

It's that time of year again. Summer is here and your kids will most likely be spending a lot of time playing outside or around water. While this is a fun time of year, it can also be the most dangerous. There are several things you can do to protect your kids during the hot summer months.

### Summer Safety Tips

**Never leave your child alone around water-** Did you know children can drown in as little as a few inches of water? Always make sure there is an adult supervising children around water.

**Never leave your child alone in a hot car-** Children lose their lives every year after being left in hot cars. Never leave your child alone in a hot car, even if it's for a few minutes. It is a good idea to keep your belongings in the back seat so you don't forget your child.

**Always apply sunscreen-** Make sure your children put on sunscreen before they head outside. Applying SPF 30 or more will give your kids the best protection.

**Drink lots of water-** We live in a desert where it can get extremely hot. This means our bodies can get dehydrated easily. Make sure you and your children drink lots of water throughout the day to prevent dehydration or a heat stroke.

Source: Safekids.org

HCA-MM15-03 (AHCCCS Approved 6/9/2015)

## SPRING ALLERGIES

It's that time of year again, Spring is in the air and so are billions of tiny pollens that trigger allergy symptoms. This condition is called seasonal allergic rhinitis, or most commonly known as hay fever.

**Allergies affect millions of people. They can affect your quality of life and lead to sinus infections. You may be suffering from seasonal allergies if you experience the following symptoms:**

- Itchy throat, nose or eyes
- Sneezing
- Stuffy nose (congestion)
- Runny nose
- Watery eyes

### Allergy Tips

- Keep track of pollen counts in your area by subscribing to the national Allergy Bureau's email alerts.
- Limit outdoor activities during days with high pollen counts.
- Keep windows closed (at home or in your car) to keep pollens out.
- Take a shower after coming indoors (Pollen in your hair may bother you all night).
- Take over the counter medications to treat allergy symptoms (talk to your doctor to see which medications are right for you)



Source: American Academy of Allergy, Asthma, and Immunology



### 24/7 Nurse Advice Line for Health Choice Members!

**A**t Health Choice Arizona, keeping you healthy is our number one priority. Did you know our nurse line is available to you 24 hours a day, 7 days a week?

Our nurses can talk to you about symptoms and answer any medical questions. Our nurses can also help you understand your medications and help you make the right choices. Our caring medical team is here to help you understand the type of care you need.



Call us anytime at:

**800-322-8670 | TTY 711 |**

24 hours a day,  
7 days a week!





## MEDICATION SAFETY

If you take prescription medications it is very important to take it how your doctor tells you. There are some medicines that need to be taken until they are gone. However, sometimes people start feeling better and stop taking them. Good examples of this are pain medications, which are usually taken for a short time until the pain is gone. You can also forget to take your medications. This means you will have leftover medicine.

Having leftover medication can be very dangerous. Keeping unnecessary medications in your home makes them available to others who should not use them. By removing unused medicine from your home, you can prevent substance abuse by teens or other adults in your home.

### There are several ways to properly dispose your unused or expired medications:

- **Take advantage of drug take-back programs-**  
These medication drop-offs are usually held as one-time events in your community. Check with your city for local medication drop off sites near you.
- **Dispose unused medications-**  
If there are no drop off sites near you, throw away any unused medications.

#### Here's how to do it safely:

1. Remove medication from original container and mix with other substance such as coffee grounds or kitty litter. (this hides the medication and makes it less appealing to children and pets).
2. Place this mixture in sealable bag or can and throw it in a trash bag.

### What **NOT** to do when disposing medications:

- **DO NOT** throw out your empty medicine containers with the labels on them. Prescription drug labels contain your personal information.
- **DO NOT** give your medicine to friends. Never share your medications. A medicine that works for you could be dangerous for someone else.
- **DO NOT** throw medications in the sink or down the toilet. If you cannot properly dispose of unused medications, talk to your pharmacist.

Source: U.S. Food and Drug Administration



### Member rights and responsibilities:

You have the right to:

- Learn about your health plan in a way you understand.
- Know about your benefits.
- Know what we cover and what we do not cover.
- Learn about after-hours and emergency health care.
- Other treatment options (and the option of no treatment) or other types of care.
- Find out how to get mental health and substance abuse services.
- Know what to do if you have an emergency outside of your service area.
- Get family planning services from a State Medicaid provider.

For more about your rights and responsibilities, visit:

**HealthChoiceArizona.com**



# How to Prevent STDs

Source: American Congress of Obstetricians and Gynecologists

## What are sexually transmitted diseases (STDs)?

**S**exually transmitted diseases, most commonly known as STDs are infections that are spread by sexual contact. STDs can make you very sick and cause severe damage to your body. Some STDs can be treated and cured, but others cannot. A person with a STD can pass it to others by contact with skin, genitals, or body fluids.

## How can I reduce the risk of **getting a STD?**

There are many ways to reduce your risk of getting a STD:

- **Limit your number of sexual partners-** The more partners you have, the higher your risk of getting a STD.
- **Always practice safe sex-** Use a latex condom every time you have sex to decrease your chance of infection.
- **Ask your doctor to test you for STDs-** If you are sexually active, it is a good idea to ask your doctor to check for STDs. He or she will perform a blood test and a physical exam.

**The most common STDs include:**

- Chlamydia
- Gonorrhea
- Genital Herpes
- Syphilis
- HIV (Human immunodeficiency virus)

*Remember, a person with a STD may not have any symptoms. If you want to be tested for STDs, talk to your doctor. You can also call Member Services if you need to schedule an appointment.*

## HIV Testing for **pregnant women**

**I**f you're pregnant your doctor will ask you if you want to have a blood test to see if you have HIV. This test can be done when you have other blood tests done. If you do have HIV, there are medications available to prevent the spread of the virus to your unborn baby. Counseling is also available.

If you are pregnant and have not had a HIV test, talk to your health care provider about having this test done. If you have any questions, please call Member Services. You can also call the Arizona Department of Health Services at **1-800-334-1540**.



## Breast feeding, The best nutrition for your baby

If you're pregnant, you may be thinking of how you will feed your new baby. Some moms choose to bottle feed their newborn, but did you know breast milk is the best food for your baby? Breast milk helps your baby grow healthy and strong.

### What are the benefits of breastfeeding?

- Breast milk is always ready when your baby wants to eat.
- Breast milk is free.
- Breast milk changes as your baby grows, so he or she gets what they need at the right time.
- Breast milk has antibodies that protect your baby from illnesses.
- Breastfeeding helps you burn extra calories to help you get back to your normal weight more quickly.
- Breastfeeding may help lower your risk of diabetes, breast cancer and ovarian cancer.

If you would like to learn more about breastfeeding, La Leche League of Arizona offers free monthly meetings to help breastfeeding moms. If you would like to attend a meeting near you, visit [www.llofaz.org/meetings](http://www.llofaz.org/meetings)



## Health Literacy. Making sure you understand your doctor.

At Health Choice Arizona, we know the importance of clear communication between doctors and patients. It is important that you understand information about your health and well-being that may not be clear to you when you visit your doctor. It is always a good idea to ask your doctor to clarify when you don't understand so you can get the correct treatment and medications.

Tips for your next doctor's visit:

- Take a notepad and pen with you.
- Make a list of the medications you are currently taking.
- If you don't understand something, ask to have it explained again.

For more information on how to communicate with your doctor, Ask Me 3 can help. Visit [www.npsf.org](http://www.npsf.org)

If you have questions about your health services or medications or have any other concerns, call Member Services.

*At Health Choice Arizona,  
we are ALWAYS here to help you!*

## PLAN YOUR FUTURE, PLAN YOUR FAMILY

Health Choice Arizona covers family planning services. These services can help you plan when you want to have a baby. They can also help you if you wish to prevent pregnancy. Family planning services include information, treatment and counseling about birth control.

To make an appointment for family planning services, call your PCP. You do not need a referral for family planning services. If you need help making an appointment, please call Member Services.

## Are you expecting? Do you have a new baby?

If the answer is yes, you can get three free text messages a week from Text4Baby. Get tips on how to keep you and your baby healthy during and after your pregnancy.

The messages are timed to your baby's birth date through pregnancy and up until your baby's first birthday. There is no cost to you!

Signing up is easy! Just text BABY or BEBE for Spanish to 511411. To learn more about the text4baby program, visit [www.text4baby.org](http://www.text4baby.org).

## Disclaimer

All health information is for educational purposes only, and is not a substitute for medical treatment, advice or diagnosis by a health care professional. Talk to your doctor before undertaking any medical treatment, exercise program or dietary change.

## Keep your kids healthy, Don't forget their well-child visits

Taking your children to the doctor once a year for a well child visit is a good way to keep them healthy. A well-child visit is the same as an EPSDT visit. The Early and Periodic Screening, Diagnostic and Treatment Program (EPSDT) is a child health program for AHCCCS members under the age of 21. Your doctor will check your child to ensure that he or she is on the right track. Your doctor will check the following during a well-child visit:

- **A complete physical exam which includes growth and height**
- **Your child's development**
- **Your child's nutrition**
- **Behavioral screening**
- **Immunizations**
- **Laboratory test**
- **Health Education**
- **Vision and hearing test**

If you would like to schedule a well-child visit with your doctor, please call Member Services at:

**800-322-8670 (TTY 711)**

**6 a.m.- 6 p.m., Monday-Friday.**

**[www.HealthChoiceArizona.com](http://www.HealthChoiceArizona.com)**

## Stop smoking today!

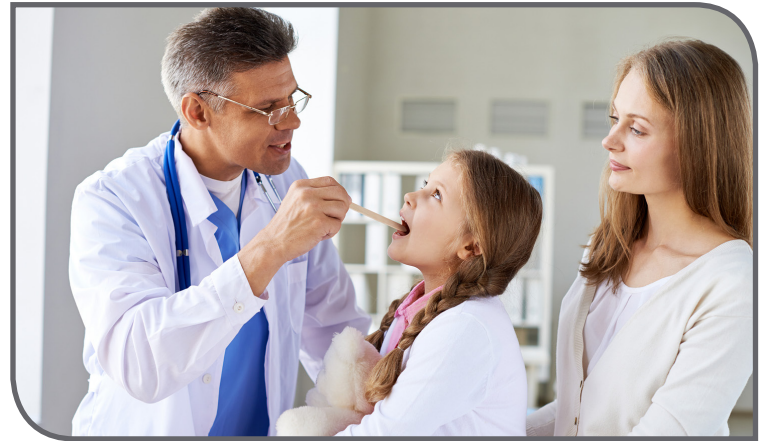
If you want to quit smoking, you can do it today!  
Get support from a friend or a spouse.

Did you know as a Health Choice Arizona member you are eligible for free medications and nicotine replacement therapies?

**Remember, you are not alone.**

For information call Member Services.

To find a quit coach, call the Arizona Smoker's Helpline at 800-556-6222.



### RBHA Behavioral Health

Maricopa	Mercy Maricopa Integrated Care (MMIC) Crisis Hotline	1-800-564-5465 602-222-9444
Pima	Community Partnership of Southern Arizona (CPSA) Crisis Line	1-800-771-9889 1-800-796-6762
Coconino, Mohave, Navajo Yavapai & Apache	Authority (NARBHA) Northern AZ Regional Behavioral Health Crisis Line	1-800-640-2123 1-877-756-4090
Cochise, Gila, Graham, Greenlee, La Paz, Pinal, Santa Cruz, Yuma	Cenpatico Nursewise 24 hr Crisis Line	1-866-495-6738 1-866-616-8773 1-866-495-6735



## Healthy Recipes GREEN SMOOTHIE

Smoothies are a healthy and refreshing snack during the summer. This yummy smoothie is a great way to get a lot of fruits and veggies in at one time!

### Ingredients:

- 1 green apple (leave skin on), cored and cut into large chunks
- 1-2 handfuls of spinach, washed
- ¼ large cucumber, peeled and cut into chunks
- 1 kiwi, peeled and cut into chunks
- 2 Tbsp. fresh lemon juice
- 1 cup low-fat milk
- 2 tsp. honey
- 1 cup ice cubes



### Directions:

Add all ingredients into a blender. Pulse until blended and smooth. Pour into cups and enjoy your tasty green smoothie!

Source: American Heart Association

## SUMMER SAFETY WORD FIND

- |                                    |                                    |
|------------------------------------|------------------------------------|
| <input type="checkbox"/> Summer    | <input type="checkbox"/> Goggles   |
| <input type="checkbox"/> Sunscreen | <input type="checkbox"/> Water     |
| <input type="checkbox"/> Swimming  | <input type="checkbox"/> Pool      |
| <input type="checkbox"/> Heat      | <input type="checkbox"/> Hydration |
| <input type="checkbox"/> Sun       | <input type="checkbox"/> Lifeguard |

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

## Health Choice Stork Program

If you're pregnant, it is very important to get ready for childbirth so you can have a healthy baby. As a Health Choice member you have many resources available to you to stay healthy during your pregnancy. If you're expecting, you can register for our Stork Program to get information and guidance from our caring maternity nurses.

Our Stork Program also offers you incentives for visiting your OB doctor during your pregnancy. If you would like more information or to register for the Stork Program, please call member services.

## HOW TO GET MEMBER HANDBOOK/PROVIDER DIRECTORY

**Need a member handbook or provider directory?**  
You can get one online at [HealthChoiceArizona.com](http://HealthChoiceArizona.com).  
You can also ask to have one mailed to you by calling our Member Services Department at:

**1-800-322-8670 (TTY),  
6 a.m. – 6 p.m., Monday – Friday.**

This information is available for free in other languages and formats.



Health Choice Arizona  
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## Like us on Facebook & Twitter

### Join the conversation!

Join us on Facebook, Twitter and Pinterest! Get health information and be a part of all we are doing in our community.



## Your Privacy

The privacy of your medical information is very important to us. We want to keep your records private. Health Choice has policies in place to protect your privacy.

Your privacy rights are contained in the Health Choice Notice of Privacy Practices (NPP). These rights are outlined in the NPP.

You can read about these changes and your privacy rights at [HealthChoiceArizona.com](http://HealthChoiceArizona.com).

If you want a copy of the NPP, please call Member Services.

We will mail you one at no cost to you.



## FRAUD AND ABUSE PROTECT YOUR IDENTITY

Identity theft is a big problem. It can affect your benefits. You can protect your identity and your benefits. Here's how:

- Never give out your Social Security, AHCCCS, Medicare, health plan or bank account numbers to anyone you don't know.
- Free services do not require you to give your AHCCCS or Medicare number.
- If you suspect fraud, report it right away.

**To report fraud, call the Health Choice  
Arizona fraud alert line at  
1-877-898-6080 | TTY 711 |**