

LIVE Healthy!

SPRING/SUMMER 2016

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Summer Safety

The weather is warming up. This means you and your children may be spending more time around water. It is very important to always watch your children around water.

Here are some tips to stay safe:

- Install a 4-sided pool fence at least 4 feet high.

- Use a self-closing and self-latching gate that opens outward and, out of reach of children to prevent them from getting into the pool when adults are not around.

Remember, you should also protect yourself from the sun. The best way to prevent skin cancer is to protect your skin from the sun

and other sources of ultraviolet (UV) rays. You can do so by:

- Wearing a minimum of SPF 15 sunscreen when in the sun.
- Staying in the shade as much as possible between 10 a.m. and 4 p.m.
- Covering up with long sleeves/long pants or skirts, a hat and sunglasses.



How to keep allergies under control

Springtime is here. That means flowers are blooming and seasonal allergies are in full effect. Allergies happen when a person's immune system reacts to allergens, like pollen, dust mites and mold. It is important to figure out what causes allergy attacks so that you can avoid them.

You can also help protect yourself at home by:

- Reducing moisture in your home by using fans and dehumidifiers.
- Limiting exposure to dust mites or pet dander by washing bedding and stuffed toys in hot water.
- Avoiding smoky areas.

Speak with your doctor if you have allergy symptoms. You may be referred to an allergist or receive a recommendation for an allergy test.

We always want to hear from you!

Call us to toll-free at 800-322-8670 (TTY 711), 6 a.m. – 6 p.m., Monday- Friday or e-mail us at comments@iasishealthcare.com.

Source: American Academy of Allergy, Asthma & Immunology

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 any medical treatment, exercise program or dietary change.



Behavioral Health

Are you concerned about someone's mental health or substance use, including your own?

If you have Medicare, you will get your behavioral health services from Health Choice. Members who don't have Medicare and who need behavioral health services will get these services through a Regional Behavioral Health Authority (RBHA).

Some members may get services through a Tribal Regional Behavioral Health Authority (TRBHA).

Call us today at 1-800-564-5465 if you have any questions.

HELPFUL PHONE NUMBERS AND RESOURCES

The following are the responsible RBHAs and TRBHAs based on county:

REGIONAL BEHAVIORAL HEALTH AUTHORITY (RBHA)

Maricopa County

Mercy Maricopa Integrated Care
Member Services: 800-564-5465
Crisis Line: 602-222-9444

Pima/Pinal County

Cenpatco Integrated Care
Member Services: 866-495-6738
Crisis Line: 866-495-6735

Apache, Coconino, Gila, Mohave, Navajo, and Yavapai Counties

Health Choice Integrated Care
Member Services: 800-640-2123
Crisis Line: 877-756-4090

TRIBAL BEHAVIORAL HEALTH AUTHORITY (TRBHA)

Pascua Yaqui RBHA

Member Services: 520-879-6060
Crisis Line: 520-591-7206

Gila River RBHA

Member Services: 520-562-3321
Crisis Line: 800-259-3449

Gila River RBHA

Member Services: 520-562-332
Crisis Line: 800-259-3449

Navajo Nation RBHA

Member Services: 928-871-6877
Crisis Line: No crisis hotline available, please go to your local Indian Health Services hospital for help, call 911 or call your PCP.

White Mountain Apache RBHA

Member Services: 928-338-4811
Crisis Line: No crisis hotline available, please go to your local Indian Health Services hospital for help, call 911 or call your PCP.

Prescription Drug Abuse

Prescription drug abuse happens when someone takes medication that is prescribed to someone else. It is also abuse to take your own medication in a way not prescribed or recommended by a doctor.

Even if someone takes another person's medication for its intended purposes, it is considered drug abuse.

Prescription drugs are usually safe when taken as directed by your doctor. You may be at risk for abuse or harmful health effects if you don't take your medicine as directed. You may also be at risk for addiction or overdose.

To address growing concerns over prescription drug misuse in Arizona, the

Arizona Substance Abuse Partnership (ASAP) has endorsed a Prescription Drug Reduction Initiative. According to the Arizona Criminal Justice Commission's Prescription Drug Reduction Initiative, it is estimated that 40 deaths per day are due to prescription drugs.

If you have unused prescription medication there are drop box locations around the state. You can find a list of them here <http://www.azcjc.gov/>.

If you have questions about your medications, please talk to your pharmacist or call member services.

Source: Center for Disease Control and Prevention

Health Literacy

Do you know what to ask your doctor during your appointments? Sometimes patients can feel unsure how to address certain topics.

Ask Me 3 is a program that encourages patients and families to ask their healthcare providers three specific questions.

1. What is my main problem?
2. What do I need to do?
3. Why is it important for me to do this?

By asking these three questions, you will be able to better understand your health conditions and what you need to do to stay healthy.

Healthy Recipe

If you want to start eating healthy, try this recipe for Chicken Salad with Strawberries the next time you make lunch. Here's what you'll need.

(Serves 4)

SALAD:

- 1 (5.5 oz.) bag baby spinach
- 4 Tbsp. sliced raw almonds
- 2 cups of sliced strawberries
- 2 cups diced cooked chicken breast

DRESSING:

6 Tbsp. light poppy seed dressing

INSTRUCTIONS

1. In a salad bowl, mix together all salad ingredients
2. Pour dressing over salad and toss.

Source: diabetes.org



Ash Line

Quitting smoking is one of the best things you can do for your body. The Arizona Smokers Helpline (ASHLine) has counselors who can help you set goals and work toward a quit date.

There are no cost services available to Health Choice Arizona members as well as all Arizona residents to help you quit. The ASHLine will work with your provider to find the best service for you.

Source: ashline.org

Preventing STDs

Sexually transmitted diseases (STDs) are infections that spread by sexual contact. STDs can make you extremely ill and cause severe damage to your body.

A person with a STD can pass it to others through skin to skin contact. This can include contact with another person's genitals and bodily fluids. Some STDs can be cured or treated. Others may be incurable.

To reduce the risk of a STD you can:

- **Always practice safe sex** – Use a latex condom every time you have sex to lower your chance of infection.
- **Limit your number of sexual partners** – The more partners you have, the higher your risk of a STD.
- **Ask your doctor to test you for STDs** – It is a good idea for people who are sexually active to ask their doctor about a STD test. Your doctor will perform a blood test and physical exam. The most common STDs include:
 - Chlamydia
 - Gonorrhea
 - Genital Herpes
 - Syphilis
 - HIV

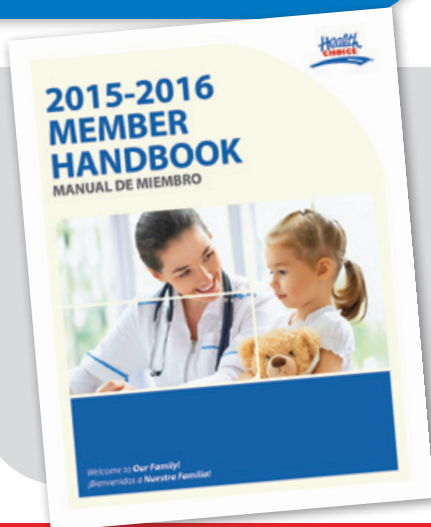
Remember, a person with a STD may not have any symptoms. If you are tested and the results are positive for a STD, it's very important that both you and your partner are treated to help prevent reoccurrences.



HIV/AIDS Testing for Pregnant Women

If you are pregnant, your doctor will ask if you want to have a blood test done to see if you have HIV (human immunodeficiency virus). This test can be done at the same time as your other blood tests. 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 an HIV test, talk to your doctor about having this test done. Please call Member Services if you need assistance. You can also call the Arizona Department of Health Services at 1-800-334-1540.



How to get a Member Handbook/ Provider Directory

If you'd like a member handbook or provider directory, you can get one online at HealthChoiceArizona.com.

You can also ask to have one mailed to you

at no cost by calling our Member Services Department at 1-800-322-8670 (TTY 711), 6 a.m. – 6 p.m., Monday – Friday.

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

Member Rights and Responsibilities

You have a 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 information on your rights and responsibilities, visit HealthChoiceAZ.com

Stork Program

Did you know pregnant Health Choice members have many resources available to help them stay healthy during pregnancy? Expecting mothers can also call the Stork line to get information and guidance from our caring maternity nurses. Stork Line: 1-800-828-7514



Nurse Advice Line

Did you know as a Health Choice member you can call the nurse advice line 24 hours a day, 7 days a week?

Our nurses can talk to you about the symptoms you may be feeling and answer any medical questions. They can also help you understand your medications.

Our caring medical team is here to help you get the type of care you need. Call us anytime of the day.

24/7 Nurse Advice Line:
1-855-354-9006 (TTY 711)

Arizona Coalition for Military Families

Are you a member of the military or a family member of someone who serves? The Arizona Coalition for Military Families is a valuable resource for those who are currently serving, veterans and their families. Their focus is on building Arizona's ability to provide support and care for military members and their families.



Breastfeeding your baby

Are you breastfeeding? Breastfeeding is one of the healthiest nutritional options for your baby. Experts recommend breastfeeding for at least 12 months.

To prepare for breastfeeding:

- Talk to your doctor or midwife about breastfeeding.
- Make a plan for after your baby is born.
- Get close to your baby right away.
- Nurse whenever your baby is hungry.
- Ask for help if breastfeeding is difficult.

Breastfeeding can also help save your family thousands of dollars. If you would like to learn more about breastfeeding, visit La Leche League of Arizona at llofaz.org for more information.

Text4Baby

If you are expecting or have a baby, you can get three free text messages per week from Text4Baby. Text4Baby provides tips on how to keep you and your baby healthy during your pregnancy. This service is also available to you after your baby is born.

If you would like more information about our Stork Program or Text4Baby, please call Member Services at 1-800-322-8670 (TTY 711), 6 a.m. – 6 p.m., Monday – Friday. You can also text the word “Baby” or “Bebe” to 511411 to sign up.

Family Planning

Are you ready to plan for your future? Health Choice Arizona covers family planning services that can help you get ready if you want to have a baby. We can also help you if you would like to prevent pregnancy.

You can call your doctor directly to make an appointment for family planning. You will not need a referral. If you need assistance making an appointment, please call Member Services at 1-800-322-8670 (TTY 711), 6 a.m. – 6 p.m., Monday – Friday.



Don't forget your child's wellness visit

When was your child's last Well-child visit? With Health Choice Arizona's Healthy Start Bright Futures program, the goal is to keep you and your children healthy, focusing on six pillars for a healthy life. One of those pillars are well-child visits. Regular child wellness visits are the best way to keep your child healthy and to find any problems during routine check-ups.

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 21 years old.

Children ages 0-2 years old should visit their doctor at 1, 2, 4, 6, 7, 12, 15, 18, and 24 months. Children, teens and young adults ages 3-20 years old should see their doctor at least once

a year. During the visit your doctor will:

- Provide a complete physical exam which includes growth and height
- Check your child's development
- Check your child's nutrition
- Provide a behavioral health screening
- Provide immunizations
- Conduct laboratory tests
- Provide health education
- Conduct vision and hearing tests

It is also important to keep your child's teeth healthy. Make sure your child has been to the dentist by their first birthday.

If you would like to schedule a well-child visit with your doctor or need help finding a dentist, please call member services. 1-800-322-8670 (TTY 711) 6 a.m. – 6 p.m., Monday – Friday.



Word Search FRUITS & VEGETABLES

Can you find these fruits and vegetables below?

APPLE
CARROTS
GRAPES
YAMS
PEAR
KIWI
BANANA
CELERY
SQUASH
PAPAYA
BROCCOLI
EGGPLANT
PEAS
ORANGE

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

**Health Choice Arizona**

410 N. 44th Street, Ste. 900
Phoenix, AZ 85008

HealthChoiceAZ.com
1-800-322-8670 (TTY 711)
6 a.m. – 6 p.m., Monday – Friday.

Member 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).

You can read about these changes and your privacy rights at HealthChoiceAZ.com.

How to renew

Is it time to renew your AHCCCS eligibility? To learn more about the status of your AHCCCS benefits or to renew your benefits, call Member Services at 1-800-322-8670, and we can help!

Find us on Facebook & Twitter

Join the conversation!

Find us, then "Follow" us and "Like" us! Get health information and learn more about what we are doing in the community.

www.facebook.com/HealthChoiceArizona
www.twitter.com/HealthChoiceAZ