

Smart Choices

Disease management programs can help you if you have a health problem. A disease manager teaches you how to make smart choices about your health. Peach State's programs focus on:

- Diabetes
- Asthma
- Quitting smoking

To learn more, call 1-800-504-8573. Or check your member handbook. TTY users call 1-800-659-7487.

HEALTHY **moves**



Make a Call for Your Health

You'll breathe easier when you work with your doctor.

Do you (or your child) feel like you can't get enough air when you breathe? Does shortness of breath or a long-term cough stop you from being active?

These could be signs of an illness like asthma, bronchitis or COPD (chronic obstructive pulmonary disease) or may be allergies. They can be treated or controlled.

If you're having any of these symptoms, talk to your doctor right away. Your doctor may do breathing tests or other tests to find the

cause. This will help him or her choose a treatment that's right for you.

Call your doctor to set up a visit. You will have taken a big step for your health.

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PEACH STATE HEALTH PLAN



PRENATAL CARE

Hey, New Moms!

Being pregnant is an exciting time. Help your baby get off to a strong, healthy start with these tips.

- 1 Visit your doctor early on and go back regularly.
- 2 Eat well.
- 3 Do not smoke or use drugs or alcohol.
- 4 Join our START SMART for Your Baby® program by calling 1-800-704-1484.

Know What You Can Expect

You have many rights and responsibilities as a member. These rights cover your treatment, privacy and access to information.

Some of your rights are listed below. Look at the complete list in your member handbook. Or visit www.pshp.com.

Your rights include, but are not limited to:

- Receive all services that we must provide.
- Be treated with respect, and with your dignity and privacy in mind.
- Know that your medical record information will be kept private.
- Be able to ask for and get a copy of your medical record. Also, be able to ask for changes or corrections to the record.
- Be able to file an appeal, a grievance (complaint) or state hearing.

Some of your responsibilities include:

- Ask questions if you don't understand your rights.
- Keep your scheduled appointments.
- Bring your ID card with you to appointments.
- Always get in touch with your primary care physician (PCP) first if you have a medical need that is not an emergency.
- Tell your PCP if you had care in an emergency room.

New Secure Member Portal

Keep an eye on your health! Peach State's secure member portal has a new look! The new look has many improvements that will help us serve you better. When you visit the new secure member portal, you will be able to:

- View benefit information.
- View recent medical claims, authorizations and your explanation of benefit.
- Get healthy reminders.
- Print a temporary ID card and change your PCP.

You can register for the secure member portal by visiting pshp.com and clicking "Login". If you have never used the secure side of the website, call Member Services at 1-800-704-1484 for help. If you are hearing-impaired, call 1-800-659-7487. Register now at pshp.com.

Planning for Healthy Babies

The Planning for Healthy Babies (P4HB) program offers no-cost family planning services for eligible Georgia women. The program consists of three services:

- Family Planning (FP).
- Inter-Pregnancy Care (IPC).
- Resource Mother (RM).

A Georgia woman who is eligible for the P4HB program:

- Is between the ages of 18 and 44.
- Meets the monthly family income limits for Medicaid.
- Does not receive Medicaid or any other insurance.

You can apply online at www.planning4healthybabies.org. If you need help completing the applications, call Member Services.

For more information on the P4HB program and the benefits and services, call Member Services at 1-800-704-1484. If you are hearing or vision impaired, call 1-800-659-7487.



QUICK TIPS

For Parents

Does your child take medicine for ADHD? Your child should take ADHD medicine just like the doctor says.

Also, keep follow-up visits with your child's doctor. The doctor will want to check how the medicine is working for your child.

Your Mind and Body Are Connected

Look out for the signs of stress in your body.

Sometimes, how we feel can affect our health. These are signs that you may have a problem with sadness or stress:

- Trouble sleeping
- Headaches
- Upset stomach
- Getting angry often
- Using drugs or alcohol

Get help if you are having these signs. Talk to your doctor. Or call Peach State for help, at 1-800-704-1484.

If you are already taking medicine for depression, it is very important to:

- Keep taking your medicine, even if you feel better
- Tell your doctor about any side effects
- Talk to your doctor if you don't think the medicine is working
- See your doctor regularly

Paper Copy

Call us if you need a paper copy of your member handbook or anything in this newsletter.



HAVE A QUESTION? CALL:

1-800-704-1484

TTY: 1-800-659-7487

Health Check is Important

Peach State cares about the health of your child. We want to make sure your child grows healthy and stays healthy. Health Check visits (or “well-child” visits) are important for all Medicaid children 0 to 21 years old and PeachCare for Kids children 0 to 19 years old. Children that are new to Peach State should see their doctor for a Health Check visit in 90 days. Children should get a blood lead level test at 12 months and 24 months.

Please call your child’s primary care provider (PCP) today to schedule a Health Check visit. You should also call your PCP to:

- get shots and blood tests
- check any new health problems

Please be sure to schedule an appointment as soon as possible if your child was referred to another doctor.

Children 6 months older should also see a dentist every six months. Call your child’s dentist today to schedule a checkup.

Call our Member Services department at 1-800-704-1484 and ask to speak to a Health Check Coordinator if you need help to:

- find a PCP or dentist for your child
- make an appointment with your PCP for a health check or dental checkup
- arrange transportation to the appointment
- get information on Health Check



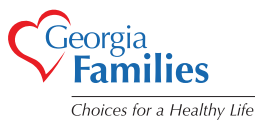
Can Case Management Help You?

Are you living with a long-term or difficult illness? Our case managers can lend a hand. The case management team is made up of nurses and social workers. They can help you understand your options.

Case managers will:

- Help you find doctors and other providers. This includes behavioral health providers.
- Help you get services that are covered by your plan. This includes medical equipment or home health.
- Work with your doctor to help you stay healthy.
- Tell you about community resources.

You can get case management help because you are a Peach State member. Learn more. Call 1-800-504-8573 to learn more. TTY users call 1-800-659-7487.



FIND US ON FACEBOOK

Para solicitar este documento en español o para escuchar la traducción, llame al Servicio al Cliente al 1-800-704-1484 (TDD/TTY: 1-800-659-7487).

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