

WINTER 2013 | [www.pshp.com](http://www.pshp.com)

If you haven't had your flu shot, there's still time to get one. Call your doctor and schedule your appointment.



If you would like a paper copy of anything in this newsletter or on our site, please call **1-800-704-1484**.



## Got Diabetes? Take These Tests

**I**f you have diabetes, you should see your doctor every 3 to 6 months. You also need to schedule these tests:

- ➔ **The HbA1c test** shows how well you have controlled your blood sugar over the past few months. Aim for a result of 7% or less, and get this test at least once a year.
- ➔ **A cholesterol test** measures the "bad" fats and "good" fats in your blood.

The bad fats can cause heart disease. The good fats help prevent it. You need to get this test at least once a year.

- ➔ **A urine screening** makes sure your kidneys are working well. Diabetes can lead to kidney failure. Get this test at least once per year.
- ➔ **A vision test** checks for signs of eye diseases caused by diabetes. Check with your doctor to see if you need this test every year.

- ➔ **A foot exam** will check for redness, blisters or other marks. Diabetes can cause poor circulation and dry skin that can turn into cracks and ulcers. Make sure your doctor checks your feet at every visit.

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3200 Highlands Parkway SE  
Suite 300  
Smyrna, GA 30082

PEACH STATE HEALTH PLAN



## Know Your Benefits

Get the most of your health plan. Learn what you get as a member of this plan. Visit our website or check your Member Handbook for information.

Here's some of what you can find in your Member Handbook and at our website, [www.pshp.com](http://www.pshp.com):

- Important numbers to remember
- Getting pregnancy care and services just for women
- Special services—who to call if you need help
- How to get emergency care and other medical services
- How to send us a complaint
- How to start an appeal
- Rights and responsibilities
- Who to call if you need interpreter services

If you have questions or need a copy of your Handbook, call Member Services.

## PLANNING AHEAD

Advance directives are a way for you to plan ahead. They are legal forms that can help you get the care you want if you're unable to speak. You don't need a lawyer to create them. Your doctor can even help you.

There are two types:

- **A living will.** This is the document that lets you say what medical care you want at the end of your life.
- **A medical power of attorney.** This lets you decide who can make healthcare decisions on your behalf if you can't.



## Are You a Happy Member?

**W**e want our members to rate us as "excellent." We recently asked our members what they thought of their care. We asked if they were satisfied with our health plan, and got a lot of feedback. Thank you!

This chart shows where our members thought we did well. They also show where we need to make improvements.

POSITIVE RESULTS FOR 2012	
Adult—How well doctors communicate	89.2% (75th) Percentile
Child—Rating of healthcare	86.7% (75th) Percentile
NEEDS IMPROVEMENT:	
Adult—Getting needed Care	68.6% (20th) Percentile
Child—Getting Care Quickly	86.7% (25th) Percentile
Customer Service	82.3% (25th) Percentile



## Keep Your Cholesterol Down

**W**hat's one of the best ways to take care of your heart? Watch your cholesterol numbers. Get a cholesterol blood test once a year. The cholesterol blood test measures your LDL cholesterol ("the bad"), HDL cholesterol ("the good"), and total cholesterol.

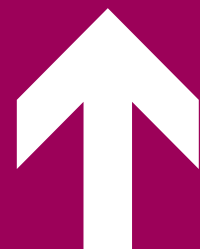
If your doctor tells you that your numbers are too high, you can help lower your results. Follow these three tips to help your heart:

- 1** Follow your doctor's advice. This might include medicine.
- 2** Eat a healthy diet. That means cutting down on saturated fats and salt. Eat lots of veggies and fruits. Eat foods with lots of fiber, like apples, oatmeal, brown rice, tomatoes, beans and spinach.
- 3** Exercise a few times a week. Ask your doctor for ideas to get started.

## Blood Pressure POINTERS

Checkups with your doctor are the first step to fighting high blood pressure. Here are some other ways to keep your pressure down.

- ➔ Take your prescription medication, even if you feel fine.
- ➔ Quit smoking. It's not good for anyone. But it's worse if you suffer from high blood pressure.
- ➔ Don't drink alcohol. It can increase your blood pressure. It can also affect how your medicine works.
- ➔ Eat healthy food that is low in salt. Look for low-sodium options when shopping for groceries.



## Looking Forward

Have you ever heard the term "preventive care"? This is the type of care that helps you stay well into the future.

Vaccines. Cancer screenings. Blood pressure checks. These

are all types of "preventive care." They help you and your doctor stay ahead of big health problems.

Have a visit with your doctor at least once a year. Your

doctor will tell you if you are due for preventive care. You can also check our website or your Member Handbook for the recommended schedule. Go to [www.pshp.com](http://www.pshp.com).

## HEALTH TECHNOLOGY

Peach State has a team that watches for most up-to-date medical care. This may include new medicine, tests, surgeries or other treatment options.

The team checks to make sure the new treatments are safe. We will tell you and your doctor about new services that may be covered under the Peach State benefit.

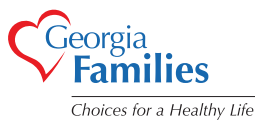
The new technology that we implemented during 2012 is Georgia Telehealth. Georgia Telehealth allows rural doctors to refer Peach State members to TeleHealth Specialist, allowing for immediate access to care. This is all done over a secure internet connection.



### We're Here to Help

Need help making appointments? Call Member Services. They can schedule an appointment for you.

Do you need a ride to your appointment? We can help. Call Member Services to schedule transportation. Please remember to schedule at least 48 hours before your appointment.



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: 1-800-255-0056).

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