

# HEALTHY moves



FALL 2014

» Find us online!  
[pshp.com](http://pshp.com)



## We're here for you— online, too

You can find important information on our website, [pshp.com](http://pshp.com) including:

- ▶ Your Member Handbook
- ▶ Member Rights and Responsibilities
- ▶ Our Provider Directory
- ▶ CentAccount® Rewards Program
- ▶ FAQs

If you want a paper copy of anything online, call us at **1-800-704-1484** (TTY/TDD **1-800-255-0056**).

## We care about quality

**We want to improve** the health of all our members. Our Quality Improvement Program (QI Program) helps us do this.

This program reviews the quality and safety of our services. It also reviews the care we offer. We include

doctors in our quality review.

We set goals for quality so that we can track our progress. Learn more and see how we're doing at [pshp.com](http://pshp.com). Or call Peach State Health Plan to ask for a paper copy of the program's work in meeting our goals.



## The right care at the right time

How long can you expect to wait for your health care? Peach State Health Plan works with doctors and providers to set standards for wait times. Here are our standards:

- ▶ For routine care, you will be seen within 14 calendar days.
- ▶ For urgent care, you will be seen within 24 hours.
- ▶ In an emergency, you will be seen immediately.

Peach State Health Plan checks every year to make sure our providers can meet these standards.

## What age should women get health screenings?

**Use this guide** as a starting point.

Talk to your doctor about when these screenings are right for you.

- ▶ **Starting at age 21:** Have a Pap test to screen for cervical cancer. Your doctor may decide you need to be tested every 3 years or less often. Often, doctors will test for HPV at the same time.
- ▶ **When you become sexually active:** Ask your doctor about testing for chlamydia, HIV and other STDs.
- ▶ **Starting at age 50:** Have a mammogram every 1 to 2 years to screen for breast cancer. Talk to your doctor to see if you may need a mammogram at an earlier age.
- ▶ **Starting at age 50:** Get screened for colon cancer starting at age 50. Talk to your doctor about the best screening option for you.
- ▶ **Starting at age 65:** Get screened for osteoporosis.

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## How to spot strep throat

How can you tell if your child's sore throat is strep throat? Strep has these symptoms:

- ▶ Red and white patches in the throat
- ▶ Trouble swallowing
- ▶ Tender or swollen glands in the neck
- ▶ Enlarged, red tonsils

Children may also get a headache or lose their appetite. Nausea or fever are other symptoms.

Call the doctor for a strep test if your child has these symptoms—especially if they come without signs of a cold like a runny nose.

## 4 ways to stop the flu

- 1 **Get your flu shot.** The flu vaccine is the best way to fight this season's flu. Children and adults should get a flu shot every fall, starting at 6 months old. Pregnant and breastfeeding mothers should get the flu shot to protect their unborn or newborn babies.
- 2 **Wash your hands often** to avoid spreading germs.
- 3 **Eat plenty of fruits and veggies.**
- 4 **Rest up.** Adults need 7 to 9 hours of sleep to keep their immune systems strong.

## What is your BMI?

**BMI stands for** body mass index. It's a number based on your height and weight. It can tell you a lot about your health.

Your doctor will calculate your BMI at your next checkup. If your BMI is too high, you are at risk for

serious diseases like diabetes and heart disease.

Eating healthy and exercising are the best ways to drop pounds and manage your weight. Talk with your doctor about what will work best for you.

## TAKE CARE OF YOUR HEART

Have you had a heart attack? Then it is important to take your medicine and stay in touch with your doctor.

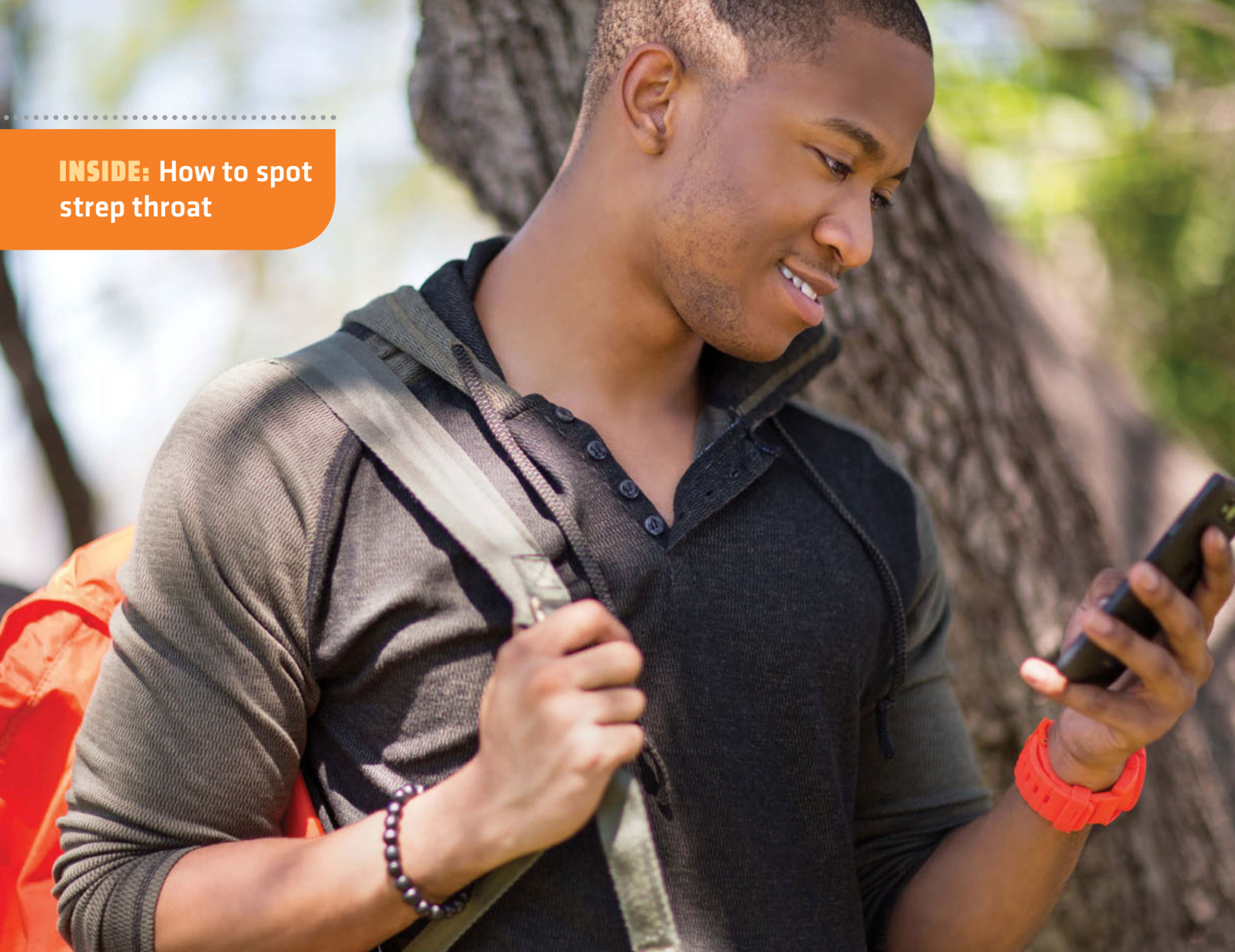
You might be told to take beta-blockers. Beta-blockers are a type of medicine that help your heart work better. They also help prevent a second heart attack.

Don't stop taking your medicine unless your doctor tells you to. You might feel fine, but stopping the medicine can hurt your heart.

You can recover from a heart attack. Help the process by sticking with your medicine.



**INSIDE:** How to spot  
strep throat



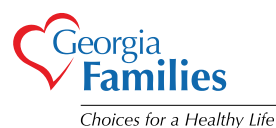
## We can help

**Call Member Services** if you need a paper copy of your Member Handbook or anything on our website. We can also help you

find a doctor or get a ride to your appointments. Call **1-800-704-1484** (TTY/TDD **1-800-255-0056**).

Visit us online to learn more about

health and your health plan. Find the Member Handbook, our Health Library and more. Go to **pshp.com**.



**¿Necesita ayuda para entender esto?** Si la necesita, llame a la línea de Servicios para los miembros de Peach State al **1-800-704-1484**. Si es una persona con problemas de audición, llame a nuestro TDD/TTY **1-800-659-7487**. Para obtener esta información en letra más grande o que se la lean por teléfono, llame a Servicios para los Miembros.

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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