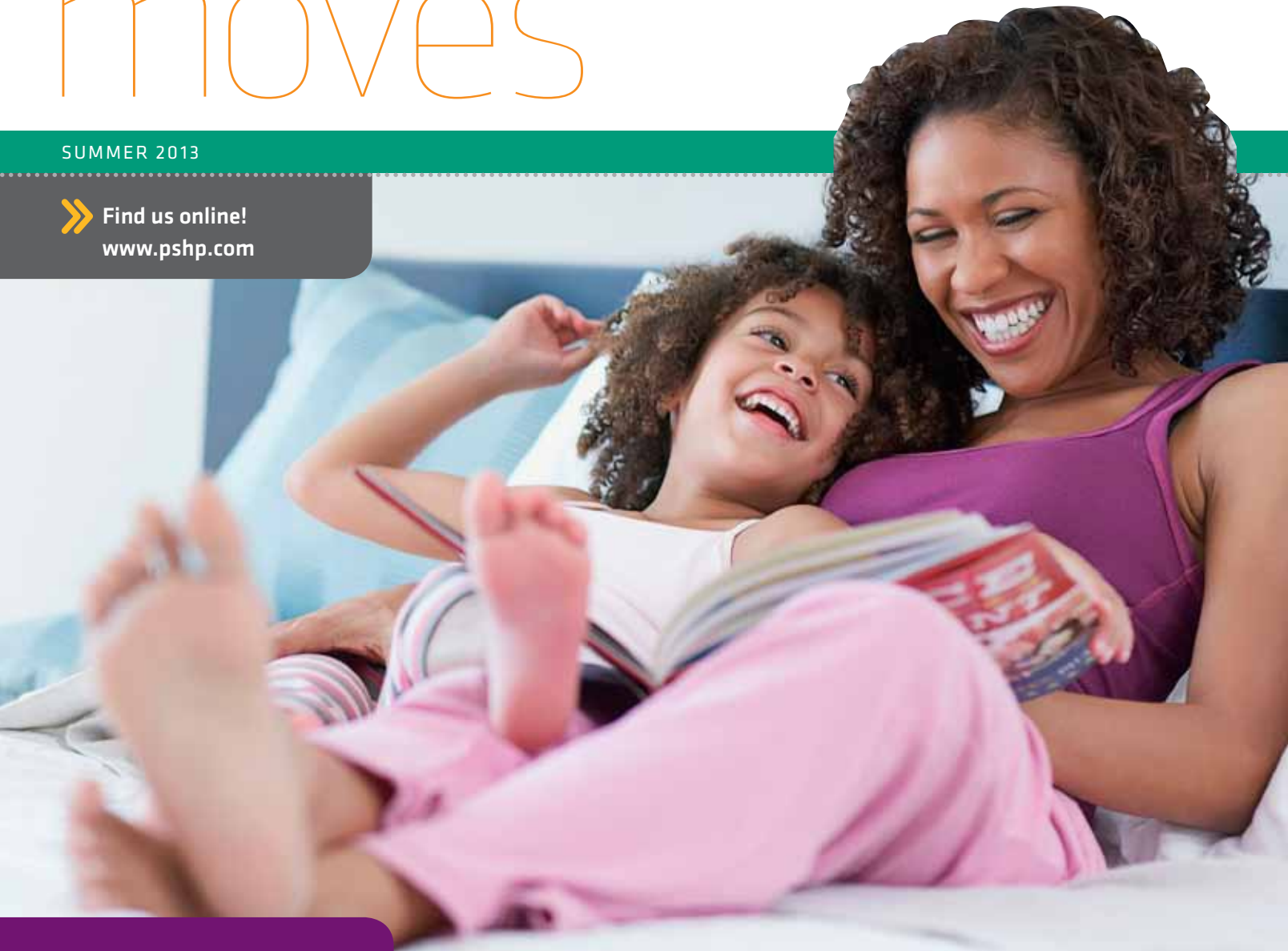


# HEALTHY moves



SUMMER 2013

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



## You Are Not Alone

There are lots of reasons people feel unhappy. Bills. Trouble at work. Worries at home.

Do you feel sad or angry? You are not alone. Drugs and alcohol are not the answer.

Talk to your doctor or call Peach State Health Plan at **1-800-704-1484** (TTY **1-800-255-0056**). We offer special programs and doctors for behavioral health needs.

## What Is “Utilization Management”?

**Utilization management** is how we make decisions about paying for care and services.

What are these choices based on?

- ▶ What is covered.
- ▶ If the service is needed.
- ▶ If the service works well.
- ▶ If the service is right for you.

How do we make these choices? We use information from many doctors. We do not reward doctors or staff for saying no to care.

Do you have questions? Call our utilization management team at **1-800-704-1483**. If you are hard of hearing, use the TTY number at **1-800-255-0056**. We also offer language assistance if you need it.



## Five Reasons Your Kids Need Lead Testing

- 1 Every year, there are more than 300,000 kids between ages 1 and 5 found to have high levels of lead in their blood.
- 2 Lead can act as a poison in the body. It is most harmful to babies and little children.
- 3 Lead poisoning makes it hard for your kids to learn and grow as they should.
- 4 Lead can cause anemia.
- 5 Lead testing is safe and simple. The doctor will take a small amount of blood to test. If your child is scared of needles let him or her ask the doctor questions. Being tense can make the needle hurt more. So, tell your child to sit still, relax and look away.

Talk with your child's doctor about lead testing. Peach State Health Plan can also help you learn more. Just call **1-800-704-1484**.

**» FOR MORE INFORMATION:**  
call 1-800-704-1484.



## Quick Tip for Parents

**Even healthy kids** must see the doctor every year. The doctor will make sure your children stay up to date with vaccines. It's also a good time for you and your kids to ask

questions about their growth. Call to schedule your child's checkup, also called a "well-child visit." Then, talk to your doctor about the list of vaccines below:

BIRTH THROUGH 23 MONTHS	2 THROUGH 6 YEARS	7 THROUGH 12 YEARS	13 THROUGH 18 YEARS
<ul style="list-style-type: none"> <li>▶ Hepatitis B</li> <li>▶ Rotavirus</li> <li>▶ Diphtheria</li> <li>▶ Tetanus</li> <li>▶ Pertussis</li> <li>▶ <i>Haemophilus influenzae</i> type B</li> <li>▶ Pneumococcal</li> <li>▶ Inactivated Poliovirus</li> <li>▶ Influenza</li> <li>▶ Measles</li> <li>▶ Mumps</li> <li>▶ Rubella</li> <li>▶ Varicella</li> <li>▶ Hepatitis A</li> </ul>	<ul style="list-style-type: none"> <li>▶ Diphtheria</li> <li>▶ Tetanus</li> <li>▶ Pertussis</li> <li>▶ Pneumococcal</li> <li>▶ Hepatitis A</li> <li>▶ Meningococcal</li> <li>▶ Influenza</li> </ul>	<ul style="list-style-type: none"> <li>▶ Meningococcal</li> <li>▶ Influenza</li> <li>▶ Pneumococcal</li> <li>▶ Hepatitis A</li> <li>▶ Human Papillomavirus</li> </ul>	<ul style="list-style-type: none"> <li>▶ Influenza</li> <li>▶ Pneumococcal</li> <li>▶ Hepatitis A</li> </ul>

# How to Take Care of Your Child's Smile

**Tooth care**, also called “dental care,” begins when your child is a baby. Even before you see any teeth, it’s good to use a damp washcloth to wipe away germs from the gums.

Then, start using a baby toothbrush with water and little bit of tooth-paste until age 2. After that, kids can

practice brushing their own teeth and spitting with help from an adult. It’s best to bring your baby to the dentist before he or she turns 1.

As your kids grow, visit the dentist once a year. And don’t forget your smile! Adults should visit the dentist for a cleaning and exam once a year.



## Have You Seen Your Dentist This Year?

Every adult should visit the dentist for a cleaning and exam once a year. This is true especially if you have a condition like diabetes or if you smoke, which puts you at more risk for gum disease. It’s even true if you have dentures. Your dentist will check that your dentures fit well and are not damaged.

Brush your teeth twice a day and floss once a day. If you wear dentures, brush your gums, tongue and the top of your mouth. Store your dentures in water.

Your diet can also help keep your mouth healthy. Limit how much soda you drink and avoid sticky candies. Drink lots of water. Eat plenty of fruits and veggies.

» Peach State can help you find a dentist.  
**Just call 1-800-704-1484.**







**INSIDE:** 5 reasons your kids need lead testing.

## » WE ARE HERE TO HELP

Member Services can help you with many things. Just call Member Services at

**1-800-704-1484** (TTY

**1-800-255-0056**) if you need:

- ▶ A paper copy of anything on our website, [www.pshp.com](http://www.pshp.com).
- ▶ Help making health appointments.
- ▶ A ride to your appointments. (Please remember to call at least 48 hours before your appointment.)

# Your Health Records Are Safe

**Your medical details** are called “PHI.” That stands for “protected health information.” We keep this personal information safe for you.

We follow state laws to keep your info private. We also follow

a law called “Health Insurance Portability and Accountability Act of 1996 (HIPAA).”

**LEARN MORE.** Read the complete privacy notice in your Member Handbook or on our website, at [www.pshp.com](http://www.pshp.com).



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**?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).



GACH

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