

SUMMER 2012 | www.pshp.com

WHAT'S ONLINE

Make the most of your health plan. Visit our website to learn more about your benefits and how we can help you. Sign up for a Peach State Member Secure Portal Account to get the most up to date information on your health. The member portal will let you:

- See your current Primary Care Physician
- See your authorizations
- See your health alerts
- Send secure messages to Peach State Member Services

How to Reach Us

Do you have questions about care decisions or coverage? Call 1-800-704-1484. If you have trouble hearing, call TDD/TTY 1-800-659-7487. For help in your language, call 1-800-704-1484.



Keep Your Kids Safe

Are your children due for a lead test?

You look for ways to protect your children. You warn them about crossing the street and tell them to stay away from strangers. What about lead? Lead is dangerous to kids, but it's hard to spot.

Lead was once used in paint and plumbing pipes. It's still found in certain pottery, toys and makeup. Home health remedies like the orange powder called "greta" may also cause lead poisoning.

If your kids swallow lead dust, they can become very ill. It can affect how they grow and learn.

➔ A blood test is the only way to find lead poisoning. Ask your doctor to test your kids at 12 months and then again at 24 months.

To get your house tested for lead, call 1-800-424-LEAD.

GA01H

3200 Highlands Parkway SE
Suite 300
Smyrna, GA 30082

PEACH STATE HEALTH PLAN

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Are You Ready to Quit?

Quitting smoking is the best thing you can do for your health. But it's hard to do.

If you are ready to put down your cigarettes, talk with your doctor. There are many things that may help you, including medicine.

Also, stay away from people who smoke. Go for a walk or wash your hands when you crave a cigarette. Try chewing gum or snacking on carrots to keep your mouth busy.

And think about all the good things about quitting. You will feel better. You will spend less money. (You'll even smell better!)

Your Info Is Safe

Your medical details are called "protected health information." We keep it safe for you.

We follow state laws to keep your info private. We also follow the Health Insurance Portability and Accountability Act of 1996 (HIPAA).

Read the complete privacy notice in your member handbook or on our website, at www.pshp.com.

You Have the Right to Appeal

We will write you and your doctor if we deny, reduce or stop certain services. You have the right to review the choice. You can also tell us if you disagree with the decision.

You will get a letter that describes our choice. This letter will explain how you can tell us if you are unhappy with the choice. This is called "appealing" the decision. If you choose to appeal, you will not be treated unfairly.



Don't Forget Your Teeth

What does the health of your mouth have to do with the health of your body? A lot. Healthy teeth and gums are good for your whole body. Do your part to help keep your teeth and gums healthy. Follow these tips:

1. Brush twice a day with fluoride toothpaste.
2. Floss at least once a day.
3. Limit sugar-filled snacks and drinks to help avoid cavities.
4. Visit your dentist every 6 months.
5. Change your toothbrush every 3 months.

When you visit the dentist, your teeth will be cleaned and examined. The dentist will also show you how to take care of your teeth.



Vaccines and Immunizations Are Important

Vaccines and immunizations are shots that help protect against serious diseases. Look below to see which shots your child might need. Then, talk to your doctor about setting the right schedule for your kids' shots. (And don't forget that older kids and teens need their vaccines, too!)

Birth through 23 months	2 through 6 years	7 through 12 years	13 through 18 years
<ul style="list-style-type: none"> → Hepatitis B → Rotavirus → Diphtheria → Tetanus → Pertussis → <i>Haemophilus influenzae</i> type B → Pneumococcal → Inactivated Poliovirus → Influenza → Measles → Mumps → Rubella → Varicella (Chicken pox) → Hepatitis A 	<ul style="list-style-type: none"> → Diphtheria → Tetanus → Pertussis → Hepatitis A → Influenza → Varicella (Chicken pox) → Inactivated Poliovirus → Measles → Mumps → Rubella 	<ul style="list-style-type: none"> → Meningococcal → Influenza → Human Papillomavirus → Diphtheria → Tetanus → Pertussis 	<ul style="list-style-type: none"> → Influenza → Meningococcal



Health Check Is Important

Peach State Health Plan (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 within 90 days of enrollment into the plan. 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**

REMINDERS

GET IT IN PAPER

We can send you a paper copy of anything on our website or in the online newsletter. Just call 1-800-704-1484.

NEED A RIDE?

Do you need a ride to a doctor's appointment? We can help. Call 1-800-704-1484. Call at least three business days before your appointment to make sure we schedule a ride for you.



Clear Your Mind

Do you feel angry a lot? Or maybe you feel stressed out? Do you turn to drugs or alcohol to feel better? Do you hurt your family?

If you answered "yes" to these questions, it's time to ask for help. Talk with your doctor or health plan.

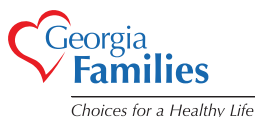
Call Member Services at 1-800-704-1484. There are lots of healthy ways to feel better. Asking for help is the strong, smart way to go.

How We Make Decisions About Care

"Utilization management" is how we make decisions about paying for care and services. Choices are made based on:

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

We use information from many doctors to make these decisions. We do not reward doctors or staff for saying no to care.



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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