



Are antibiotics the **right answer?**

Do you have kids? Then you know there are many germs passed around this time of year. It seems there is always a flu, a cold or an infection popping up.

You want your kids to feel better quickly. You might think antibiotics are the best cure. Think again.

Antibiotics only help illnesses caused by bacteria. Most colds and flus come from a virus. That means antibiotics *cannot* cure them. Antibiotics *can* treat strep throat and whooping cough.

Discuss your options with the doctor if you or your child does get sick. And help prevent the flu coming to your family by getting a flu shot.



Information about **your health plan**

- **Quality care:** You deserve quality care. We want to help you get that. Our Quality Improvement (QI) program reviews services from our doctors, hospitals and clinics. Call us or visit **www.pshp.com** to learn more about our QI program.
- **Need an appointment?** Doctors do their best to see you when you need to be seen. It depends on why you need to be seen. Below are general guidelines on when you can expect to get an appointment:
 - In an emergency you will be seen immediately
 - Urgent care or sick visits within 24 hours
 - Non-urgent visits within 14 daysYou should only have to wait one hour or less in the waiting room. Call Member Services at **1-800-704-1484** if you have trouble getting an appointment.
- **We are online:** You can find us online at **www.pshp.com**. Search for a provider. Review special member benefits. And review a list of covered medications. If you would like paper copies of anything on our site or in your member handbook, call Member Services at **1-800-704-1484**.
- **New technology:** We have a group of physicians and staff that regularly looks at new services, treatments and drugs. This team reviews them to see if they are safe and provide good care for you.



A woman's health checklist

Ask your doctor about these three must-do health screenings. They could save your life.

- **Mammogram:** This is an X-ray that looks for signs of breast cancer.
- **Pap test:** This test checks for cancer in your cervix or uterus.
- **Cholesterol test:** This blood test can tell you and your doctor a lot about your heart health.

Talk to your doctor about the best tests for your health needs. Call Peach State Health Plan if you need help finding a doctor or making an appointment.



On January 1, 2017, your dental vendor will change

Dental Health & Wellness will become Peach State Health Plan's new dental vendor. That means some of the dentists you see today might have to change.

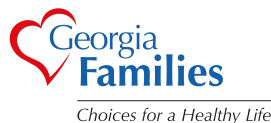
If you are already under care as part of a treatment plan, you will be able to continue to see that dentist until your treatment plan is finished. If you have future medically necessary dental care needs, you will need to see a dentist who is in the Dental Health & Wellness network. Dentists in the network can be found on our website in the provider search at www.pshp.com.

If your dentist has a prior authorization approval for services scheduled after January 1, 2017, Dental Health & Wellness will honor all authorizations issued by the previous vendor. If you have any questions, call Peach State Health Plan's Member Services at **1-800-704-1484**.



Four facts about the flu shot

1. The flu shot is recommended for everybody over 6 months old. It's the safest way to prevent the flu.
2. If you are pregnant, get the flu vaccine to protect you and your unborn baby.
3. The flu shot is covered. You do not need to pay for it.
4. The flu shot is created new every year. It is made to fight the latest version of the flu.



Do you need help understanding this? If you do, call Peach State's Member Services line at 1-800-704-1484. If you are hearing impaired, call TDD/TTY 1-800-659-7487. You can also get this information in large font or an alternative language, or have this information read to you over the phone by calling Member Services.

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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