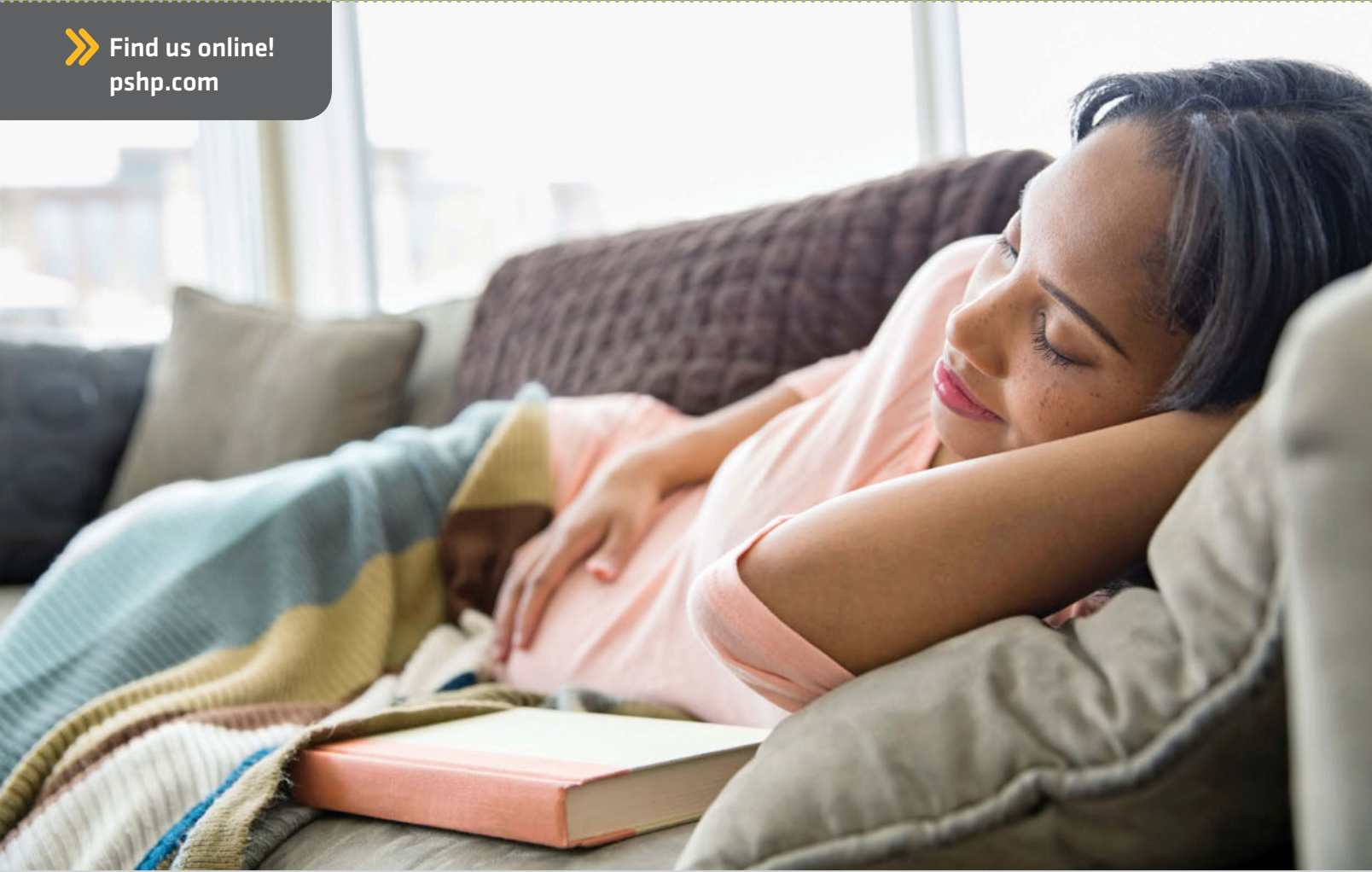


HEALTHY moves



SPRING 2015

» Find us online!
pshp.com



Pregnant? Tell your doctor!

Call your doctor as soon as you think you are pregnant. Call even if you already took a home test. And even if you already have children.

Your doctor will help you have the healthiest pregnancy possible. You will learn about vitamins, eating well and what to do if you notice problems. Your doctor can also tell you about local support.

Prenatal care is good for you and your baby. Plus, it won't cost you anything.

Our Start Smart for Your Baby® program can help you. Start Smart for Your Baby is a program for women who are pregnant or just had a baby. We can help make this important time less stressful. We offer:

- ▶ Help finding a doctor and setting up appointments

- ▶ Professional nursing staff
- ▶ 24-hour nurse advice line
- ▶ Support with breastfeeding
- ▶ Help finding community resources

This program is part of your benefits and is of no cost to you. Call us today to learn more about Start Smart for Your Baby.



Sad or depressed?

Depression is a serious illness. Like other illnesses, it can be treated. These are common signs of depression:

- ▶ Weight loss
- ▶ Feeling tired
- ▶ Anxiety
- ▶ Trouble concentrating
- ▶ Headaches
- ▶ Stomach problems
- ▶ Heart racing
- ▶ Sleep troubles

Talk with your doctor if you have these symptoms. There are many ways to treat depression. And the only way to start feeling better is to start talking about it.

Call **1-800-704-1484** if you need help finding a doctor or if you need someone to talk to.

Caring for kids with **ADHD**

Having ADHD means taking medicine and following up with the doctor. The doctor may need to change the medication if your child's symptoms or weight changes. Follow your doctor's plan for treatment. Make sure to see the doctor regularly to check for side effects.

There are also other ways you can help your child cope with ADHD. Try these tips at home:

- 1. Follow a schedule.** Do the same things every day. Write out the schedule so your child knows what to expect.
- 2. Limit the number of smartphones, computers and TVs at home.** Keep electronics off in the evening.
- 3. Help your child focus on one task at a time.** For example: Do homework in one location every day in a quiet area in your home.

Is your child seeing the right doctor?

As your children grow, make sure they are seeing the right doctor.

Your child's needs may change as he or she grows. If your child is seeing a pediatrician now, it may be time to change to an adult doctor.

Talk with your child's current doctor, who can help you decide if your child needs a new doctor. He or she can help make sure there are no breaks in

your child's care. Peach State Health Plan can also help members find the right doctor for their care.

It is important for kids to see the doctor at least once a year. If you need help finding a doctor or making an appointment, call Member Services at **1-800-704-1484**.

We are here to help you with your child's health needs.

You have rights and responsibilities

There are things you can expect from your health plan. There are also things your health plan expects from you. These are called rights and responsibilities. They cover your treatment, privacy and access to information.

You can read all the rights and responsibilities in your member handbook. Here are few important ones:

Here are some of your rights as a member:

- ▶ Getting all services that we provide.
- ▶ Being treated with respect.
- ▶ Knowing that your medical information will be kept private.
- ▶ Being able to get a copy of your medical record.
- ▶ Being able to ask that the record be corrected if needed.

- ▶ Being able to file an appeal, a complaint or get a state hearing.

Some of your responsibilities include:

- ▶ Asking questions if you don't understand your rights.
- ▶ Keeping your scheduled appointments.
- ▶ Having your ID card with you at your appointments.
- ▶ Getting in touch with your primary care provider (PCP) first if you have a medical need that isn't an emergency.
- ▶ Telling your PCP if you had care in an emergency room.

Check your member handbook or visit **pshp.com** for the full list. Call Member Services at **1-800-704-1484** if you need a paper copy of the member handbook.

What is disease management?

It is just one of the ways we can help you live healthier. It can help you manage a long-term illness like diabetes or asthma. Call **1-800-704-1484** or talk to your doctor about this help.

We can help you feel better

Do you live with many illnesses? Maybe you have diabetes and high blood pressure? Do you have a complex condition, such as cancer or a chronic lung disease?

Our case management team can help. The team is made up of nurses and social workers. They can help you understand how to take better care of yourself and where to get the best care possible.

Use case management to:

- ▶ Help you find doctors and other providers, including mental health doctors and specialists.
- ▶ Help you get services that are covered by your plan, such as medical equipment or home health.
- ▶ Work with your doctor to help you stay healthy.
- ▶ Show you resources in your community.

If you are interested in case management, you or your doctor may ask for it. Just call **1-800-704-1484**.



Pharmacy facts

- 1 The formulary is the list of drugs that Peach State Health Plan covers. It is also called a "Preferred Drug List" (PDL).
- 2 You can find the latest formulary at **pshp.com**. You can also call **1-800-704-1484** to find out if a drug is covered.
- 3 Your doctor or pharmacist can help you review the formulary. They can find a medication for you that is covered.

How can we help you?

Peach State Health Plan can help you with many things. Just call Member Services at **1-800-704-1484** if you need:

- ▶ A paper copy of anything on our website, **pshp.com**.
- ▶ Help finding a doctor.
- ▶ Help making health appointments.
- ▶ A ride to your appointments. (Please remember to call at least 48 hours before your appointment.)



Is your asthma plan up to date?

It takes work to care for your asthma. But you can live a full and happy life if you keep asthma under control.

Work with your doctor to make an asthma plan. Take your medicine as prescribed. Make sure to get your medicine filled each month. Call your

doctor if you are having a hard time with your medication. Or call if you are having asthma attacks.

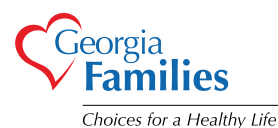
Ask these three questions the next time you see your doctor:

1. Am I using my medicine the right way?

2. When do I need to use the medicine?

3. When do I need to call you?

Peach State Health Plan can help you manage your asthma. Call **1-800-704-1484** to learn how.



Do you need help understanding this? If you do, call Peach State's Member Service 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, 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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