



How to keep your heart healthy

Your heart is one of the most important organs in your body. Do what you can to make sure it stays healthy. Start by calling your doctor to ask about these two tests:

1. Blood pressure test. A healthy blood pressure is between 90 over 60 (90/60) and 120 over 80

(120/80). When blood pressure is too high, the heart has to work too hard to pump blood.

2. Cholesterol screening. Not all cholesterol is bad, but a lot of bad cholesterol makes it hard for blood to flow. Adults should have this test once every five years.

There are ways to improve your heart health. Exercise and a good diet can help. Your doctor may also suggest a medication. Be sure to take it exactly as instructed.

Take care of your heart for a long, healthy life.



Get to know your coverage

As a member, you should understand your benefits and what is covered. There is a lot you can learn about benefits from your Member Handbook or visit our website, pshp.com.

Here are some things you should know about:

- Flu shots at no costs
- How to find a doctor or other provider
- How to get emergency care and other medical services
- How to send us a complaint
- How to start an appeal
- Your rights and responsibilities as a member
- Who to call if you need interpreter services

It is important to learn about your benefits so you can make the most of your health insurance. If you have a question, call Member Services at **1-800-704-1484**.

Free to members

With Peach State Health Plan, women can get important health screenings at no cost. This includes mammograms and Pap smears.

WHAT IS PREVENTIVE CARE?

Preventive care is important. It is one of the best ways to stay healthy. Tests for cancer are a type of preventive care. They help catch cancer early, when it is easier to treat.

Regular checkups are also preventive care. They help you and your doctor look for potential signs of disease. For example, high cholesterol may lead to heart disease.

Unusual lumps or sudden weight loss may be signs of serious health conditions. Your doctor is an expert at looking for signs of trouble.

WHAT CAN YOU DO?

Call your doctor to schedule your next checkup. Go to pshp.com to see our complete preventive health recommendations.

How do you like **your care?**

We recently asked our members what they thought of their care. We asked if they were satisfied with our health plan. We got a lot of feedback. Thank you!

Peach State Health Plan will be using the results to help us improve. We want our members to rate us as

excellent. Here is what Peach State Health Plan is working on:

- Getting an appointment with specialist
- Customer service

NEW TECHNOLOGY

We here at Peach State Health Plan watch for the latest medical care. This may include new medicine, tests or surgeries.

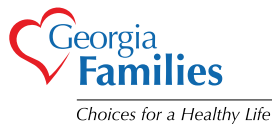
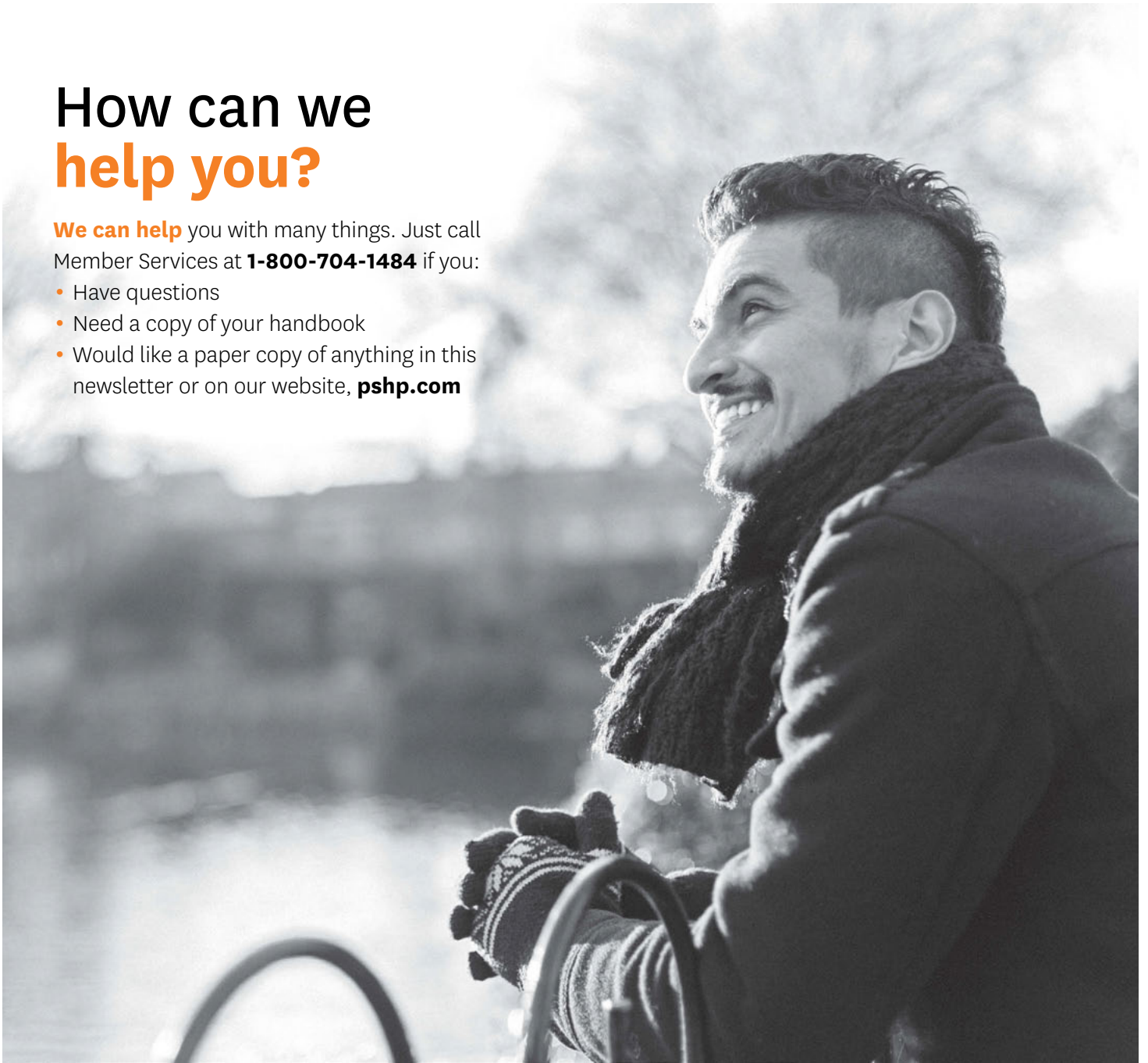
We also have a detailed process to confirm that new treatments are safe. We tell our providers about new services that are covered.



How can we help you?

We can help you with many things. Just call Member Services at **1-800-704-1484** if you:

- Have questions
- Need a copy of your handbook
- Would like a paper copy of anything in this newsletter or on our website, **pshp.com**



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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