



Make the most of **your coverage**

We appreciate you being a member of Peach State Health Plan. We want to help you be the healthiest you can be.

Did you know that Peach State Health Plan can help you find a doctor and help you get to your appointments? Member Services can assist in many ways. Call if you have any questions about your care or your coverage. Or if you need a paper copy of anything on our website. You can also learn a lot from your member handbook. Member Services can send you a member handbook or an ID card if you lose yours.

Call **1-800-704-1484**. Or visit **www.pshp.com**.

It is not too late to get your flu shot

The flu will go around until spring. So getting a flu vaccine is still important. Learn the latest on stopping the flu at cdc.gov/flu. Call Peach State Health Plan if you need help getting your flu shot.



The right care for you

Getting care that is right for your age and your health needs is important.

When your kids are young, they see a doctor who knows all about kids' health, called a pediatrician. But when they grow up, their health needs change. That is when it is time to move to a doctor who knows about adult health.

Your doctor and your health plan can help you and your child make this change. If you need help finding a new doctor, talk with your doctor. Or call Member Services at **1-800-704-1484**.

Your opinion counts

Every year, we use a survey to ask our members how we are doing. If you completed our survey, thank you! Hearing from you is how we make our services better.

Here is what we learned from our members in 2016.

Peach State Health Plan Survey Results		
Positive results	2016	Goal
Rating of health plan	89.3%	84.4%
Customer service	88.7%	87.5%
Areas of improvement	2016	Goal
Shared decision-making	76.9%	78.0%
Getting care quickly	87.5%	88.6%

Checkups help you stay well

Checkups help you stay ahead of health problems.

They are time for you and your doctor to:

- Discuss how you are feeling.
- Measure signs of your health, such as your weight and your blood pressure.
- Schedule health tests, such as cancer screenings.
- Talk about ways to eat better and be active.
- Review any chronic illnesses. For example, do you have asthma? Are your symptoms under control?
- Tell your doctor about your other healthcare providers. For example, are you seeing a specialist?

Here is how to prepare for your next checkup:

- Write down questions.
- Make a list of your medications. Include over-the-counter and prescription drugs, as well as any supplements you are taking.
- Ask yourself, am I taking my medicine properly? Am I having any side effects?

Lastly, do not forget to bring your member ID card.



3 ways to fight high blood pressure

1. Eat a healthy diet.

A good diet means food that is low in salt and low in fat. It also means lots of fruits, vegetables and whole grains. Limit how much red meat and fast food you eat.

2. Stay active. Move every day. Walk around the block. Dance with your kids. Walk in place while you watch TV.

3. Take your medication.

Medicine works only if you take it the way your doctor tells you to.

Diabetes can lead to kidney disease

Diabetes hurts many parts of your body. It can harm your kidneys.

People with diabetes have a higher chance of getting kidney disease. Kidney disease means that your kidneys cannot clean your blood as they should. As a result, waste builds up in your body.

Do you have diabetes? Then look for these signs of kidney disease:

- Foamy, bubbly urine
- Blood in your urine
- Feeling pressure or pain when you urinate
- Feeling as if you cannot empty your bladder

There are things you can do to protect yourself from kidney disease.

- Do not smoke.
- Control your blood pressure.
- Drink eight glasses of water every day.
- Have a urine protein test once a year.

Visit your doctor once a year if you have diabetes. Your doctor can look for signs that diabetes is hurting your kidneys.

Peach State Health Plan can help you manage your diabetes. Call Peach State Health Plan.

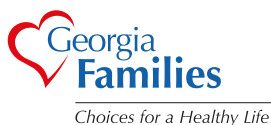


Speak up today about tomorrow's care

What would you do if you could not make decisions about your healthcare? Who will speak for you? Will they know your wishes about medical care?

People of all ages should document their wishes about future care. An advance directive lets you do this. You do not need a lawyer to complete one. Your doctor can help you.

Learn more and view your state's advance directive at www.caringinfo.org.



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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