

HEALTHY moves



WINTER 2015

» Find us online!
pshp.com



Stay ahead of health problems

Preventive care is the best kind of care. It helps you and your doctor find problems before you feel sick.

Preventive care can include vaccines, like the flu shot. It can also mean tests for cancer, like mammograms.

Seeing your doctor for a checkup is also preventive care.

Your doctor will check your blood pressure, your weight, and other signs of your health. Children and teenagers need to have regular checkups. These are also called well visits.

Preventive care is covered. It does not cost you anything.

» Are you due for preventive care? Talk with your doctor. Review your Member Handbook or check our website for a recommended preventive care schedule: pshp.com.



You can prevent high blood pressure

Are you worried about your blood pressure? High blood pressure can lead to heart disease and stroke.

You can help control your blood pressure. Follow these four tips:

- 1. Quit smoking.** Peach State Health Plan can help. Call **1-800-704-1484** to learn more.
- 2. Limit your salt.** Don't add salt to your meals. Choose low-sodium options when you are shopping.

- 3. Eat healthy.** Your plate should be filled with fruits and vegetables and whole grains. Instead of red meat, choose chicken, fish and beans. Avoid fast food and snacks.

- 4. Get moving.** Regular exercise helps your health. You do not need a gym. Walking your dog and even yard work is good for you.

» **HOW ARE WE DOING? We set goals for how we help control blood pressure.**

HEDIS MEASURE	HEDIS RATE	NCQA GOAL
Controlling High Blood Pressure	44.15%	57.52%

We are listening to you

Every year, we use a survey to ask our members how we're doing. If you filled out the survey, thank you! Your input shows us where we are doing well. It also shows us where we need to improve. Here are some key results:

PEACH STATE HEALTH PLAN SURVEY RESULTS		
Positive Results	2014	GOAL
Getting Needed Care	86.1%	85%
Customer Service	88.3%	87.5%
Areas for Improvement	2014	GOAL
How Well Doctors Communicate	91.8%	94%
Getting Care Quickly	90.7%	91%

WE REVIEW NEW TECHNOLOGY

Peach State Health Plan has a team that reviews treatments and technology. This group helps make sure members can get safe and effective care.

Your diabetes checklist

Managing diabetes takes work. But if you do it well, you can live a healthy and active life.

Use this tip list to help you manage your diabetes every day:

- ▶ Check your blood sugar levels, also called glucose levels. You and your doctor can decide on the best plan.
- ▶ Brush and floss your teeth twice a day. Poor dental health can cause your blood sugar to increase.
- ▶ Look at your feet. If you see blisters or sores, call your doctor.

You should see your doctor every 3 to 6 months. Your doctor will give you tests to check your overall health, including an HbA1c test. The HbA1c test compares your blood sugar levels over the last few months. You want to get a result of 7% or less.

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

» HOW ARE WE DOING? We set goals for how we manage diabetes.

HEDIS MEASURE	HEDIS RATE	NCQA GOAL
HbA1c	79.51%	87.01%

Let's talk about your future

You have the right to make decisions about your care. What kind of care do you want if you cannot speak for yourself? State your wishes. An advance directive is a form that can help you do this.

There are two kinds of advance directives: a Living Will and a Medical Power of Attorney. Your doctor can help you complete one of these forms.

Keep the form in a safe place. Share the location with a trusted family member. Keep a copy with your doctor, too. Call us if you need more information about advance directives.



INSIDE: Your diabetes checklist

Do you know your **benefits?**

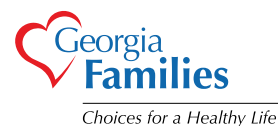
There is a lot you can learn from your Member Handbook and our website, **pshp.com**. You can learn about:

- ▶ Covered and non-covered benefits
- ▶ How to find a doctor or other provider

- ▶ How to make a complaint or file an appeal

It is important to learn about your benefits so you can make the most of your health insurance.

Do you have questions? Or do you want a paper copy of your Member Handbook? We can help. Call Member Services at **1-800-704-1484**.



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**).

Published by McMurry/TMG, LLC. © 2015. All rights reserved. No material may be reproduced in whole or in part from this publication without the express written permission of the publisher. The information in this publication is intended to complement—not take the place of—the recommendations of your healthcare provider. Consult your physician before making major changes in your lifestyle or healthcare regimen. McMurry/TMG makes no endorsements or warranties regarding any of the products and services included in this publication or its articles.