

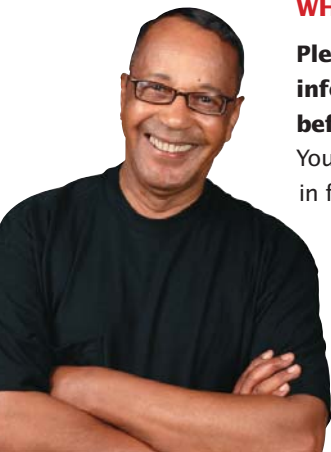


▼ ABOUT YOUR PLAN

WHEN IT'S TIME TO RENEW

Please update your personal information with your caseworker before your Medicaid renewal date.

Your caseworker may ask you to come in for an appointment if you have changes to things like income or family size. Please call your CDJFS caseworker if you don't get a letter in the mail. We want you to stay a member of Unison Health Plan. We are here to help you.



prescriptions

HOW TO GET INFORMATION ABOUT YOUR PRESCRIPTION DRUG BENEFITS

If you have questions or problems with your prescription drug coverage or a pharmacy, please contact the Ohio Medicaid Consumer Hotline at **1-800-324-8680 (TTY 1-800-292-3572)**. The Hotline is open Monday–Friday, 7 a.m.–8 p.m. and Saturday 8 a.m.–5 p.m. You can also use the Web site at <http://jfs.ohio.gov/ohp/bhpp/meddrug.stm> for lists of prescriptions that are available at no cost to you, have co-payments or require prior authorization.



is it an emergency?

KNOW THE DIFFERENCE TO GET THE RIGHT CARE AT THE RIGHT PLACE


More than one-third of emergency room visits are unnecessary. Do you know when to go to the emergency room and when not to go?

An emergency is an illness or injury that starts suddenly. It is very serious. If you don't get help right away, you could die or suffer other harm. Examples of emergencies include:

- signs of a heart attack or stroke.
- bleeding that won't stop, a broken bone or a bad burn.
- trouble breathing or loss of consciousness.
- you feel you might hurt yourself or others.
- signs that something is wrong with a pregnancy, like pain or bleeding.

In a true medical emergency, you should go right to the nearest hospital emergency room or call **911**.

Sometimes you have an illness or injury that is not an emergency, but you do need to see a doctor soon. This is called urgent care. It's usually best to see your primary care provider (PCP) for urgent care.

 **UNSURE?** If you're not sure what to do, call your PCP. Or, call our 24/7 NurseLine at 1-800-542-8630 (TTY 711) for advice.

allergies AND asthma

4 STEPS TO FEELING BETTER

If you have allergies or asthma, join the club.

About 20 million people in the U.S. have asthma. Allergies affect more than 50 million people.

Allergies happen when your body overreacts to something. It thinks something you eat, breathe or get on your skin is dangerous. Common causes are pollen, molds, animal dander and certain foods. In some people, allergies lead to asthma attacks.

Many allergies can be treated at home. You can avoid some triggers. Over-the-counter medicines can help. See your doctor if your allergies are bad, last a long time or cause asthma symptoms.

ALLERGY SYMPTOMS

- itchy, watery eyes
- sneezing, or a stuffy or runny nose
- coughing or wheezing
- rash, hives or inflamed skin

ASTHMA SYMPTOMS

- wheezing or coughing
- difficulty breathing
- tightness in the chest

4 TIPS

Steps toward controlling your allergies and asthma

- 1 Find out what your triggers are.
- 2 Avoid known allergens (things that cause allergies).
- 3 Pay attention to how you feel.
- 4 Take your medicine.



BREATHE BETTER If you have asthma, Unison has a program that can help you. Call 1-800-895-2017 (TTY 711) to find out how you can join.



1 OUT OF 4 PEOPLE HAVE ALLERGIES OR ASTHMA.

▼ DENTAL CARE



bright smiles

PROTECT YOUR TEETH WITH UNISON

Your teeth are a prized possession. It is important to take care of them. That's why **Unison members are covered for routine dental exams and cleanings every six months.** There are no age limits. Regular Medicaid covers just one routine dental and cleaning visit per year. This extra benefit, provided by Unison, is something to smile about.

Keep your teeth strong and healthy between dentist visits.

- Brush with fluoride toothpaste twice each day.
- Floss once each day.
- Eat nutritious meals and limit snacks.



OPEN WIDE Need help finding a dentist? Call member services at 1-800-895-2017 (TTY 711) or visit www.unisonhealthplan.com.

▼ SEXUAL HEALTH

check it out

CHLAMYDIA IS EASY TO GET, EASY TO DETECT, EASY TO TREAT

Chlamydia can cause serious problems in men and women. It can make women unable to get pregnant. It can also affect newborn babies of infected mothers.

Most people with chlamydia have no symptoms. The best way to see if you have it is to get tested. The test is done on urine and is fast, easy and painless. All sexually active women should get tested each year. It's even more important for women under 25.

Chlamydia is treated with antibiotics. It's important to take all the medicine. If you don't, the infection may come back. Your partner should also get tested, and treated if necessary.

To prevent chlamydia, use a condom every time you have sex.



OK FOR OB Annual OB/GYN checkups are a covered benefit. Call your health plan if you need to find a provider.

▼ BABY BASICS

baby^{BE} well

Your child should have at least 10 Healthchek well-baby visits in the first two years. These Healthchek visits make sure your baby is growing and developing well. If your baby has any problems, they can be caught early. Your baby can get the shots and tests he or she needs on time, including testing for lead and learning problems. These visits let you get to know your provider well. You can get help with your questions and concerns.

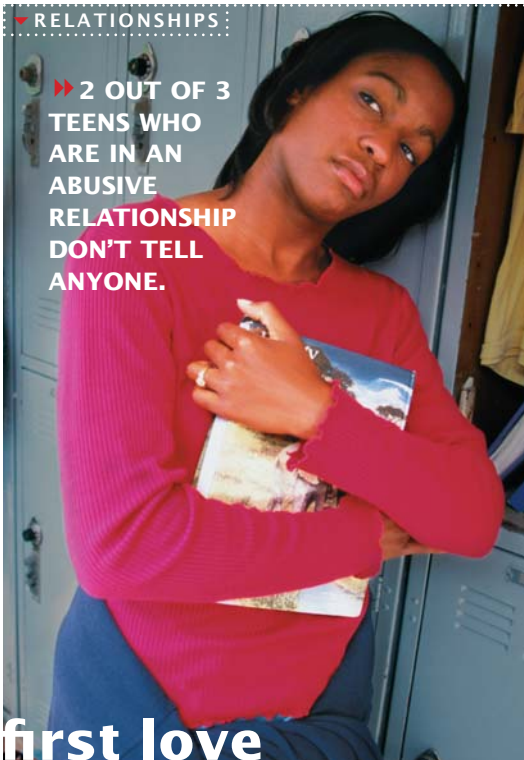


WHEN TO TAKE YOUR BABY FOR A HEALTHCHEK VISIT

- | | |
|--------------------------------------|--|
| <input type="checkbox"/> 3 to 5 days | <input type="checkbox"/> 24 months |
| <input type="checkbox"/> 1 month | <input type="checkbox"/> 30 months |
| <input type="checkbox"/> 2 months | <input type="checkbox"/> 3 years |
| <input type="checkbox"/> 4 months | <input type="checkbox"/> After that, take your child to the doctor for a checkup every year. |
| <input type="checkbox"/> 6 months | |
| <input type="checkbox"/> 9 months | |
| <input type="checkbox"/> 12 months | |
| <input type="checkbox"/> 15 months | |
| <input type="checkbox"/> 18 months | |

▼ RELATIONSHIPS ▼

▶▶ 2 OUT OF 3 TEENS WHO ARE IN AN ABUSIVE RELATIONSHIP DON'T TELL ANYONE.



first love

WHEN TEEN DATING TURNS TO DANGER

Teenagers are new to dating. They don't know what to expect. They sometimes let their feelings get in the way of making good decisions. Teens may confuse abuse for love.

Abuse can be physical, sexual or emotional. Both boys and girls can be abusers. Abuse can also happen in same-sex relationships.

10 WARNING SIGNS OF DATING ABUSE

- 1 He puts her down in front of other people.
- 2 He acts jealous when she talks with other boys.
- 3 She makes excuses for him.
- 4 She often cancels plans at the last minute without a good reason.
- 5 He is always calling or texting her. He wants to know where she is and who she's with at all times.
- 6 He loses his temper, sometimes hitting or breaking things.
- 7 She's afraid to make him angry.
- 8 She is giving up friends and activities that were important to her.
- 9 She's not who she used to be. Her looks or grades are changing.
- 10 She has injuries she can't explain or her reasons don't make sense.

HELP IS HERE If your friend or child has any of these signs, listen to him or her. Help is available from The National Teen Dating Abuse Helpline. Get information or chat online with a counselor at www.loveisrespect.org. Call 1-866-331-9474 (TTY 1-866-331-8453) to speak to someone.

▼ YOU AND YOUR DOCTOR ▼

FINDING doctor right

MAKE YOUR PCP YOUR PARTNER IN HEALTH

When you joined your health plan, you chose a primary care provider (PCP). Your PCP will provide or coordinate all your healthcare. If you need tests or treatments that your PCP can't provide, he or she will give you a referral.

You should feel comfortable with your PCP. If you are not, contact your health plan to choose a new one. Think about what you want in a PCP. You may prefer a PCP who is male or female. You might want one who speaks your language or shares your culture. You might want one with weekend hours, or one located near public transportation.

There are different types of doctors who are PCPs.

- **FAMILY PRACTITIONERS** treat the whole family. They may also provide women's healthcare.
- **INTERNISTS** treat adults only.
- **PEDIATRICIANS** treat children from birth through the teen years.
- **OB/GYNs** provide women's healthcare.

Women can choose one in addition to their PCP. They provide birth control and STD testing. They also provide prenatal care and deliver babies.



? WHAT'S YOUR TYPE? To see a list of participating providers, see www.unisonhealthplan.com. Or call 1-800-895-2017 (TTY 711) to ask for a directory.



OH-CAID