



in UNISON

Working Together for Better Health

Pennsylvania • Summer 2008

Get Out the Crayons and the Paint Brushes!

UNISON'S Picture of Health Calendar Contest

Featuring drawings by our young members age 4-18



Drawing Contest

Unison Health Plan of Pennsylvania is sponsoring its first-ever drawing contest for MedPLUS and Unison Kids members age 4-18 years. We're asking these young members to draw something that is important to good health. Some ideas might be:

- *Going to the doctor*
- *Getting your shots*
- *Eating healthy*
- *Exercising or some physical activity*
- *Taking your medicine*
- *Getting enough sleep*

Three Age Brackets

Entries will be divided into 3 age brackets:

- Age 4 to 7
- Age 8 to 11
- Age 12 to 18

There will be four winners selected in each bracket, a total of 12 in all. Each winner will receive a \$10.00 gift card.

All winning pictures will appear in Unison's 2009 Picture of Health Calendar. Parents/Guardians of winners must sign a release giving Unison permission to use their child's name, their child's

photo, and their child's drawing in the calendar and all publicity material.

Entries

Entry deadline is Sept. 30, 2008.

There is no limit on the number of entries per member. All entries must be submitted on 8 1/2" x 11" paper or larger. On the back of each entry please print the child's:

- *Name*
- *Address*
- *Age*
- *Unison ID number*
- *Title of the picture.*



Mail entries to:
Picture of Health Contest
Unison Health Plan of PA
300 Oxford Drive
Monroeville, PA 15146

Good luck everyone! Show us what good health means to you!



STAY COOL: Summer Tips for Diabetics

Summer heat can be hard on people with diabetes. People who have diabetes are more at-risk for becoming dehydrated or overheated.

Keep your diabetes under control. Follow these simple tips to stay cool during the summer:

- *Stay hydrated – drink lots of water. Limit caffeine and alcohol.*
- *Watch for signs of heat exhaustion. Move to a cooler place, drink lots of water and seek medical care if you have any of these symptoms:*
 - *Feeling dizzy or fainting*
 - *Sweating more than normal*
 - *Muscle cramps*
 - *Skin that is cold or clammy*
 - *Headaches*
 - *Nausea*
- *Exercise in a cool place, or early in the morning and later in the evening when temperatures are not as high.*
- *If you take insulin, check you blood glucose levels at least three times a day.*
- *Carry plenty of water and snacks.*
- *Store your blood glucose meter, strips and insulin in a cool, dry place.*

Talk to your doctor if you have diabetes and have any questions about dealing with summer heat.

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Source: Joslin Diabetes Center



Immunization Schedule

- Birth to 18 years of age

Birth

- Hep B: Hepatitis B vaccine; may be given at any age for those not previously immunized.

1–4 months

- Hep B: Second dose should be administered 1 to 2 months after the first dose. If the first dose of Hep B vaccine is not given until a child is 2 months old, the second will be given when the child is 3 to 4 months old.

2 months

- DTaP: Diphtheria, tetanus, and acellular pertussis vaccine
- Hib: Haemophilus influenzae type b vaccine
- IPV: Inactivated poliovirus vaccine
- PCV: Pneumococcal conjugate vaccine
- RV: Rotavirus vaccine, recommended for infants at 2, 4, and 6 months of age

4 months

- DTaP
- Hib
- IPV
- PCV
- RV

>6 months and annually

- Influenza. Influenza vaccine is recommended every year for *all* children 6 months to 18 years of age. For kids under 9 who are getting a flu shot for the first time, it's given in two separate shots 1 month apart. It can take up to 1 or 2 weeks after the shot for the body to build up protection to the flu.

6 months

- DTaP
- Hib
- PCV
- RV

6–18 months

- Hep B
- IPV

12–15 months

- Hib
- MMR: Measles, mumps, and rubella (German measles) vaccine
- PCV
- Var: Varicella (chickenpox) vaccine; may be given at any visit after first birthday. A second dose should be given between 4 and 6 years of age.



BE WISE

- Immunize

Parents sometimes wonder if all the shots (immunizations) their children get are necessary. The answer is **YES!**

Childhood immunizations (shots) are very important. They protect your children from more than a dozen serious diseases. Regular checkups with your children's doctor keep them healthy, too.

Are your children's shots up-to-date? Remember many vaccines need a booster or come in a series of shots. And teens need shots, too. Check with your children's doctor to make sure they are protected.

12–23 months

- Hep A: Hepatitis A vaccine; recommended for kids 12–23 months old, given as two shots at least 6 months apart

15–18 months

- DTaP

4–6 years

- DTaP • IPV
- MMR • Var

11–12 years

- HPV: The AAP recommends the vaccine to prevent the human papillomavirus (HPV) be given to girls 11–12 years old, in addition to a catch-up

immunization for girls ages 13–18. The vaccine prevents most cases of genital warts and cervical cancer.

- Tdap: Tetanus, diphtheria, and pertussis booster
- MCV: Meningitis vaccine; recommended for kids at age 11 years, and for kids age 15 who haven't had the vaccine or are entering high school, whichever comes first. Also recommended for kids age 11 or older with a chronic illness or HIV or traveling to countries where meningitis is common. Also recommended for college entrants who plan to live in dormitories.

College entrants

- MCV4: Meningitis vaccine; recommended for previously unvaccinated college entrants who will live in dormitories.

Source: KidsHealth.org and US Centers for Disease Control



REMINDER:



CHIP brought to you by UNISON KIDS

Your child's CHIP membership is renewed every year. It is very important that you look for your child's CHIP, brought to you by Unison Kids, renewal information in the mail. Fill it out as soon as you receive it.

For more information or help filling out your child's Unison Kids CHIP renewal form, call Member Services at 1.800.414.9025. Hearing impaired call 711 or TTY 1.888.616.0021. Monday, Tuesday, Thursday and Friday from 8 a.m. to 5 p.m. and Wednesday 8 a.m. to 8 p.m.

The Battle of The **BULGE**

The percentage of overweight children in the United States is growing at an alarming rate. Almost one out of three children is overweight or is at risk of being overweight.

Being overweight is bad news for both mind and body. It can lead to emotional and social problems such as depression. Most overweight children and teens become overweight adults.

Kids and teens that are overweight are more likely to develop diabetes and heart disease when they get older.

These days, kids spend less time exercising and more time in front of the TV, computer, or video-game console. Busy families have less time to prepare nutritious, home-cooked meals everyday. Fast food is high in calories and low on nutritional value.

It's never too late to make changes, and Unison can help. Unison MedPLUS members under the age of 21 can get these services:

- Weight screening and assessment – This includes measuring your child's Body Mass Index (BMI). BMI looks at height and weight measurements to figure out how much body fat a person has. It takes into account age and whether the child is a boy or girl. BMI is the best way to tell if children and teens are overweight.
- Nutrition Counseling – This will help your child to make

good food choices. It will help you plan healthy meals. Your child can also get help with a safe exercise plan.

Keep the Kids **ACTIVE** This **SUMMER**

School is out, now what? Don't let the kids be couch potatoes this summer. Check out summer day camp activities at the YMCA, community centers, churches, boys' and girls' clubs, county and community parks. Many activities are free.

Getting enough physical activity is important for good health.

- Additional Counseling – This can include counseling for your child and the family. Kids with weight problems need support and encouragement from their family. They sometimes have social and emotional problems.

Call your child's primary care provider (PCP) and make an appointment. No referrals are needed. Unison's case managers are available to help you and your child choose a program.



A MAMMOGRAM Can Save Your Life

A mammogram is an x-ray picture of your breast. Mammograms save lives by finding breast cancer as early as possible. Finding breast cancer early reduces your risk of dying from the disease by 25 - 30% or more.

Women should start having mammograms yearly at age 40. You may need your first mammogram before age 40 if you are at extra risk of breast cancer.

You are at greater risk if:

- *you had breast cancer*
- *your mother, sister or daughter had breast cancer*
- *you are very overweight.*

Don't be afraid. Mammograms take only about 5 - 10 minutes. Discomfort is minimal. They are safe. They cost you nothing. This is a Unison covered benefit. You do not need a referral.

Source: American Cancer Society and breastcancer.org



STAYING HEALTHY

- Preventive Guidelines

We want to help you and your family stay healthy. Unison has preventive guidelines to help you know when it is time for check-ups with your PCP, when to get shots, and when to get certain tests like a mammogram. We have preventive guidelines on our website for:

- Children
- Adults
- Pregnancy
- Immunization Schedule

Go to www.unisonhealthplan.com, select Pennsylvania; select your plan (MedPLUS, Kids or aB). Click on Members and then click on Member Education. You'll find Preventive Guidelines. Call Member Services if you want a printed copy.

Si desea recibir una copia de esta informacion en espanol, por favor llame al numero 1.800.414.9025. TTY 1.888.616.0021.

Medicine SAFETY

Medicines can help you get better when you are sick. But, medicines can hurt you if you don't take them correctly. Before taking any medicine, read the label and talk to your doctor or pharmacist.

When you talk to your doctor and pharmacist:

- Tell them which medicines you are taking now.
- Tell them if you have ever had problems with medicine.
- Bring your medicine to your appointment to show the doctor what you are taking.
- Tell them if you are allergic to any foods or medicines.
- Tell the doctor or pharmacist if you are pregnant or are nursing a baby.

Before you take any kind of medicine, make sure you know:

- What it is.
- Why you should take it.
- If it could make you feel sleepy or cause other problems for you.
- When to take it.
- How much to take.
- How long to take it.

- If there are any foods or drinks that you should not have with the medicine.

Medicine safety tips:

- When you buy medicine, make sure no one has already opened it. If it was opened, tell a person working in the store.
- Never take someone else's prescription medicine.
- Keep all medicines away from children. A locked cabinet is best.

Source: U.S. Food and Drug Administration



When You Need a Prescription

If you are eligible for prescription drug coverage, you can go to any of our participating drug stores and have your prescription filled.

Unison uses a preferred drug list called a formulary. It helps your doctor choose which drugs to order for you. Some drugs need prior approval before your doctor can prescribe them. That means we must approve coverage before you fill the prescription.

Prior approval is also needed if your doctor thinks you need a drug that is not on our formulary. If we do not approve your doctor's request for a drug, we will send you information on how you can appeal our decision.

To learn more, go to www.unisonhealthplan.com. You will find:

- participating drug stores
- a complete list of our preferred drugs (formulary)
- information on our formulary process
- how to appeal a decision if a drug is not approved

Call Member Services if you would like a printed copy of this information.

SAFETY TIP:

Some over the counter medications may contain large amounts of sodium. Always read labels and check with your doctor.

Are You At **RISK** for Congestive Heart Failure?



When you have congestive heart failure (CHF), it means that your heart is not pumping blood as it should. Heart failure can get worse if it is not treated. About 5 million Americans are living with CHF. It is one of the most common reasons people who are over age 65 go into the hospital. If you do not have CHF but are at-risk, you can

make lifestyle changes now to prevent it.

- *Do not smoke. If you smoke, quit.*
- *Lower your cholesterol.*
- *Control your blood pressure.*
- *Get regular exercise.*
- *Control your diabetes.*
- *Limit your alcohol intake.*

Source: American Heart Association

Thinking about Quitting?

We all know that smoking is bad for your health. It harms almost every organ in your body. Cigarette smoking causes 87 percent of lung cancer deaths. It can also cause other cancers and health problems like lung disease, heart and blood vessel disease, stroke and cataracts. Your smoke is also bad for other people. They breathe in your smoke and can get many of the same problems as smokers.

Quitting smoking is hard, but there are many reasons to stop. If you stop smoking, you will:

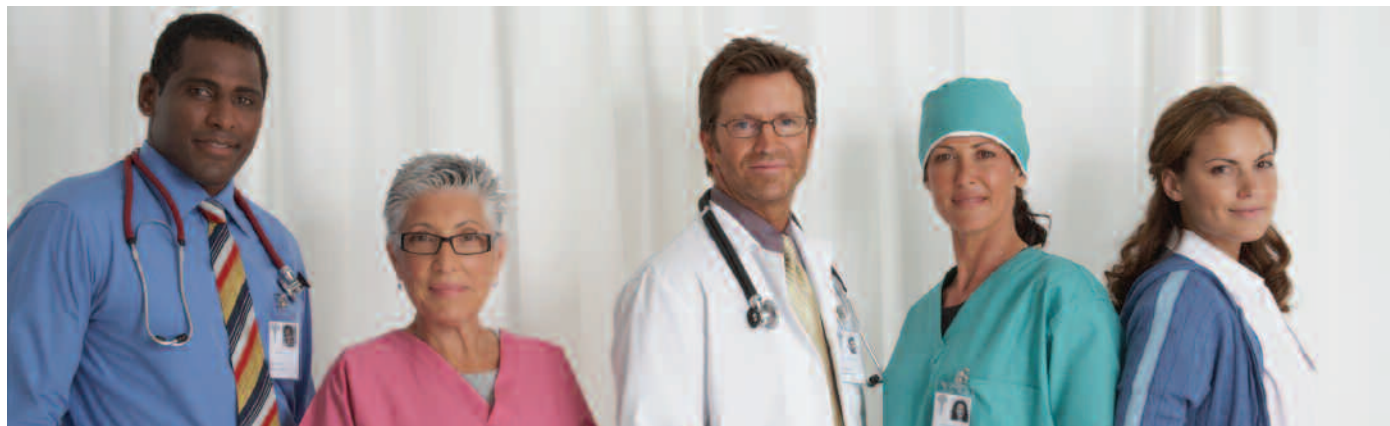
- *Feel healthier right away.*
- *Have more energy and better focus.*



- *Have whiter teeth and fresher breath.*
- *Cough less and breathe better.*
- *Lower your risk for cancer, heart attacks, strokes, early death, cataracts and skin wrinkles*
- *Have more money to spend.*

Go to www.health.state.pa.us. Click on "Quit Smoking Now" from the list on the left. Then click on "Counseling Assistance." You'll find counseling programs in your area that can help you quit smoking. You can also call Pennsylvania's Free Quitline at 1.800.QUITNOW (1.800.784.8669).

Does Your PCP have a **GOLD STAR**?



You know you are getting the best care when your doctor earns the Gold Star. The Unison Gold Star Program tells you which doctors have earned the highest quality ratings. It makes things easier for you,

too. Members who have Gold Star PCPs don't need referrals. You get a gold star on your ID card so everyone knows you don't need a referral. Visit our website at www.unisonhealthplan.com to

see if there is a Gold Star PCP near you. Gold Star PCPs have a star next to their name. You can call Member Services and get a printed copy of our provider directory.

ADVANCE Directives

Planning ahead for your medical care is called an advance directive. You have the right to make decisions about your health care. You have the right to refuse treatment if you wish. It's important to think ahead. What happens if you can't speak? Your doctor and family may not know what care you want. It is better to decide what you want in advance.

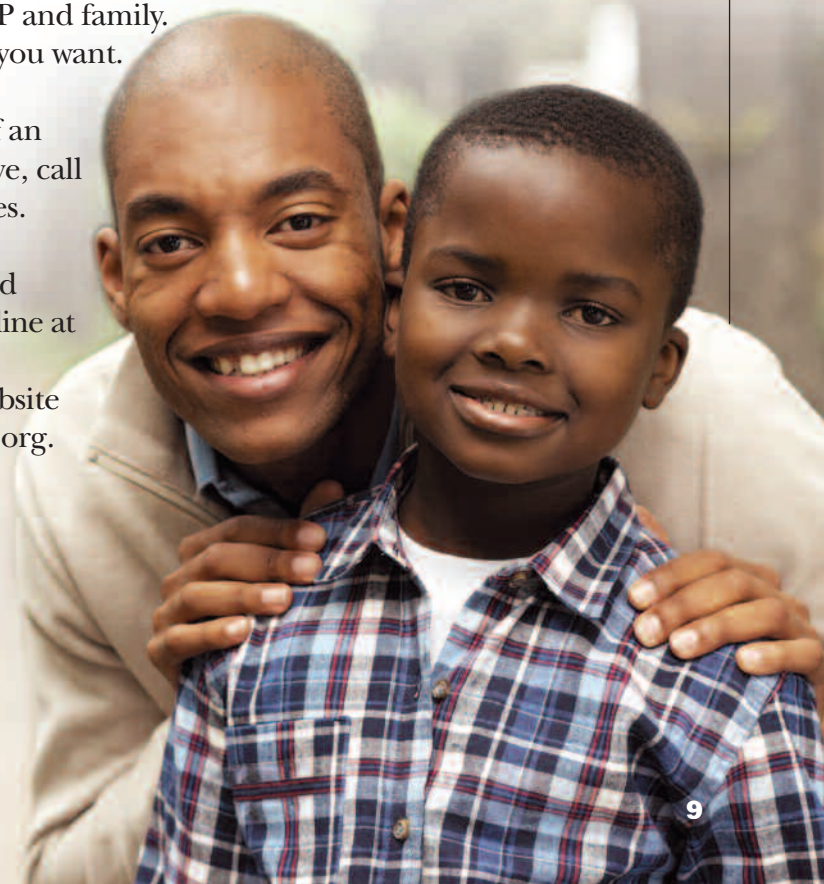
There are two types of advance directives:

1. **Living will** - *This tells your doctor and family what kind of treatment you do or do not want.*
2. **Medical power of attorney** - *This lets someone make health care decisions for you when you can't.*

Talk to your PCP and family. Tell them what you want.

To get a copy of an advance directive, call Member Services.

You can also find information online at the Caring Connections website www.caringinfo.org.



In an Emergency

Don't wait in an emergency. Go to the ER (emergency room) right away or call 911. You do not need a referral. Afterwards call your primary care physician (PCP) to let the doctor know what happened. Do this as soon as you can. The phone number is on your member ID card.

If you are not sure if it is an emergency, call your PCP. Your doctor will tell you if it is an emergency. You may only need to go to the doctor's office.

Your member handbook has more information about emergency care, urgent care and hospital care. If you need another copy of your handbook, call Member Services at 1.800.414.9025.

You can also look at your handbook on line at www.unisonhealthplan.com.



Quality Counts

We work hard to improve our service to you. We want you to receive the best possible care. Unison's Quality Improvement watches over and measures how well we are doing. Then they look for ways to make our programs better.

Please write to us if you want to learn more about

- how the Unison Quality Improvement program works
- how we are meeting our goals
- our practice guidelines for managing the health of our members.

Unison Health Plan
Quality Improvement
Unison Plaza
1001 Brinton Road
Pittsburgh, PA 15221

Domestic Violence Can Harm Your Health

Did you know that domestic violence can be harmful to your health? New studies show that domestic and sexual violence can create problems that last a lifetime. Individuals who have experienced this type of violence are at greater risk for many health problems. These problems include heart disease, stroke, asthma, arthritis, heavy drinking and the need for a

cane or wheelchair. The risk is high. Those who have experienced domestic violence are 80% more likely to have a stroke, 70% more likely to have heart disease, 60 % more likely to have asthma and 70% more likely to drink heavily. The underlying cause that may link domestic violence to health problems is stress and its effect on the body.

Are you in a healthy relationship?

If the answer is yes – great! Studies show that healthy relationships lead to better physical and mental health, longer life and good things for children.

Are you in an unhealthy relationship? If you are, your health and safety may be in danger. You may be feeling

Read the Label

to Lower Salt Intake

High blood pressure increases your risk for heart disease and stroke if not treated. Salt (sodium) helps balance body fluids and blood pressure. Most people eat much more salt than their bodies need.

The more salt you add to your diet, the more fluid your body retains. Your heart muscle will then have to work harder to pump this added fluid. In some

people it may increase blood pressure. If you have high blood pressure, try to limit your daily salt intake to no more than 2,300 mg per day. That is equal to almost 1 teaspoon. Most foods are labeled and must show how much sodium is in one serving. Pay attention when statements such as, "sodium free" and "low sodium" appear on the product. They are not always what you think:

THE LABEL SAYS: THAT MEANS:

- | | |
|--------------------|--|
| 1) Sodium free | 1) Less than 5mg per serving |
| 2) Very low sodium | 2) Less than 35mg per serving |
| 3) Low sodium | 3) Less than 140mg per serving |
| 4) Reduced sodium | 4) Has 25% less than regular product |
| 5) No salt added | 5) No salt was added when made, but still may contain salt |

Don't forget to look at the ingredients. Avoid foods that have "sodium" near or at the top of the ingredient list.

depressed or anxious. However, there are some steps you can take to help you cope and improve your health. Talk with your doctor or someone you trust about what is going on and the pain you have experienced. Reduce your stress by reaching out for help.

If you are being hurt by your partner, it is not your fault. You deserve to be safe and healthy. If you are worried and you need to talk, call us.

National Domestic Violence Hotline
1-800-799-7233 (SAFE)
1-800-787-3224 (TTY for the Deaf)
www.ndvh.org

National Teen Dating Abuse Hotline
1-866-331-9474
1-866-331-8453 (TTY for the Deaf)
www.loveisrespect.org

Help is available in English and Spanish and many other languages. All contact with the hotlines is free and confidential.

We're Online

Learn more about your health plan on our web site.

- What benefits and services are covered and what's not
- A list for doctors, dentists, specialists, drug stores, hospitals, and vision services
- Pharmacy Services
- How to get care - primary care, specialty care, after-hours care, behavioral health services and hospital services, and care when you are out of your service area
- What to do in an emergency
- Preventive health guidelines
- Your rights and responsibilities
- How to make a complaint
- How to appeal a decision
- What to do if your appeal is denied
- How we study and evaluate new treatments and services
- Our privacy policy.

Go to www.unisonhealthplan.com. From the pull down bar, select Pennsylvania. Select your plan (MedPLUS, Kids or aB). Click on Members. You will find this information and more. Call Member Services to get a printed copy of information on our website.



Unison Health Plan **Member Services**

For more information, we are available Monday, Tuesday, Thursday and Friday from 8 a.m. to 5 p.m. and Wednesday 8 a.m. to 8 p.m. You can reach us at **1.800.414.9025** or **TTY 1.888.616.0021**

Interpretation and translation services are free to members. Please call Member Services for more information.

Please refer to your member handbook for benefit coverage.



Language Support

Unison helps members who need special services to understand their benefits. These services include 711 National Relay Service for those members with hearing loss, TTY access, translation help for members who do not speak English and translated materials including materials in Braille. If you or your family needs this kind of help, please call Member Services at 1.800.414.9025. Members who are hearing impaired please call 711 or TTY 1.888.616.0021.



If you need help reading this information, please call Unison MedPLUS at 1.800.414.9025. The information in this notice is available in other languages and formats by calling Member Services at 1.800.414.9025 or 1.888.616.0021 (TTY).

Esta información también se ofrece en otros idiomas y formatos. Llame a Servicios para Miembros al 1.800.414.9025 o al 1.888.616.0021 (TTY).

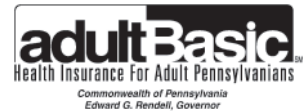
Bt(manenAkñúgesckbICUndMNgwgenH KWmanCaPasanigTMrgepSg>eT[t edayTUrs&BPeTARksYgbMerIsmaCik elx 1.800.414.9025 B 1.888.616.0021 (TTY) sMrab'Gñkzøg' 此通知里的信息有其它种语言及格式, 请致电1.800.414.9025或1.888.616.0021联系会员服务处索取。

Сведения, приведенные в данном уведомлении, существуют также в других форматах и на других языках. Чтобы получить их, звоните в Отдел обслуживания по телефонам 1.800.414.9025 или 1.888.616.0021 (для лиц с нарушениями слуха).

Muốn có thông tin trong thông báo này dưới hình thức và ngôn ngữ khác, xin gọi Ban Dịch Vụ Hội Viên số 1.800.414.9025 hay số 1.888.616.0021 (TTY).

Si necesita ayuda para traducir esta información, por favor comuníquese con el departamento de Servicios a miembros del Unison Kids al 1.800.414.9025. Usuarios del sistema TTY deberán llamar al 1.888.616.0021.

No person on the grounds of race, color, national origin, sex, age, religion or disability shall be excluded from participation in, be denied the benefits of, or be subject to discrimination under any program service provided by Unison Health Plan.



Unison Administrative Services
Unison Plaza, 1001 Brinton Road
Pittsburgh, PA 15221
www.unisonhealthplan.com

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