



Health *lines*

Your source for great health care | Fall 2003, Vol. 5

THIS ISSUE:



- Are you at risk for diabetes?
- Have an asthma action plan



- Immunization schedules
- Help to stop smoking now!



- Mommy and Me
- Dental coverage update

Here's your chance to win!

Peel here



WINNER!

Win a FREE 10-minute calling card from HealthSource/Hudson Health Plan!

Peel off this sticker of our old logo to see our new logo!

If you see the word "winner," call Member Services at **1-800-339-4557** to get your **FREE** 10-minute calling card.

Hudson Health Plan

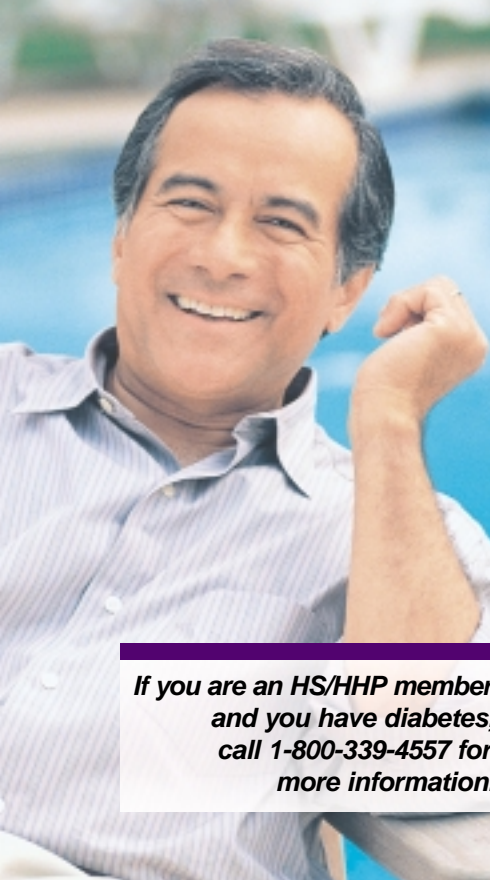
New name, same great service

Soon, your health plan will have a new but familiar name and logo. Our new name will simply be Hudson Health Plan. Check out our new logo above.

Why are we changing our name? For one thing, "HealthSource/Hudson Health Plan" is a tongue twister. "Hudson Health Plan" is easier to say and remember. The new name is also a way to celebrate our expansion into more areas of the Hudson Valley. This growth is a benefit to the

residents of Dutchess and Ulster counties who now have access to the same great services you have.

As Hudson Health Plan, we have more health care professionals ready to give you the highest-quality health care possible. **One thing, however, has not changed:** our commitment to serving the community by providing the care you need. We hope you are as excited as we are about this great news for Hudson Health Plan.



If you are an HS/HHP member and you have diabetes, call 1-800-339-4557 for more information.

Diabetes

Know and control your risk

About 17 million Americans have diabetes, but more than 5 million people with diabetes don't know they have the disease. Do you have diabetes? Are you at risk? Here is how to find out and what to do.

Get tested

You might need a diabetes test if you:

- △ Are older than 45
- △ Are overweight
- △ Have high blood pressure or cholesterol
- △ Have a close relative with diabetes
- △ Are African-American or Hispanic

Without treatment, diabetes may cause serious health problems including stroke, heart disease, blindness and kidney disease. Ask your primary care provider (PCP) if you should be tested for diabetes.

Get moving to control your weight

Exercise helps you stay at a healthy weight and manage diabetes. Adults should exercise at least 30 minutes most days. Talk to your PCP before starting an exercise program and ask what a healthy weight is for you.

Think before you eat

Enjoy at least five servings of fruits and vegetables a day. Avoid sugar, salt, fat, calories and fried foods. Drink water instead of soda. Add beans, lentils, brown rice and whole-grain bread to your diet.

If you have diabetes, you should:

1. Have your blood pressure checked. If you have high blood pressure, talk to your PCP.
2. Have your eyes checked by an eye care professional every year.
3. Ask your PCP to check your blood for cholesterol, lipids and A1c (a test for sugar), and your urine for kidney problems. Discuss the results of these tests with your PCP.
4. See your PCP at least twice a year. Make sure your PCP examines your feet at every visit. Discuss foot care with your PCP.
5. Ask your PCP you should meet with a diabetes educator, dietician or nutritionist to learn more about what to eat and how to take care of yourself.

Tex-Mex Pork Chops

This is a healthy, one-skillet dish with an olé touch! It's from *More Diabetic Meals in 30 Minutes — Or Less!*, published by the American Diabetes Association (ADA).

Ingredients:

- 2 teaspoons olive oil
- 6 six-ounce boneless pork loin chops
- 1½ cups salsa
- 4 ounces diced green chillies
- ½ teaspoon ground cumin

Instructions:

Heat oil in a skillet over medium-high heat. Add pork chops and sauté for about three minutes on each side. Add remaining ingredients. Lower heat, cover and simmer for 10 minutes. Serves 6.

Nutrition information (per serving):

Calories	168
Total fat	8 grams
Saturated fat	2 grams
Cholesterol	52 milligrams
Sodium	279 milligrams
Total carbohydrate	4 grams
Dietary fiber	1 gram
Sugars	2 grams
Protein	19 grams

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Your child's health

Always be ready with an asthma action plan

Does your child cough, get tired easily and wake up at night? He or she may have asthma that needs more treatment. It is very important that you discuss these symptoms with your child's PCP or nurse practitioner. Most children with asthma can live a normal life of school, play and sleep. Talk with your child's PCP to prepare a written asthma action plan for your child.

The plan should include:

- Medications your child takes every day
- When and how to increase doses if your child has symptoms
- When and how to call a physician


As a parent, you should also:

- Be familiar with all of your child's asthma drugs and equipment
- Explain the problem to your child's teacher and school nurse
- Talk to your child's doctor about managing asthma when the child plays sports

Children should not be around people who are smoking, especially children with asthma. HS/HHP covers the Free & Clear program for any family member who lives in a household with an asthmatic child (see box on page 3). The case manager can speak with your doctor to determine if a home visit from a registered nurse would benefit your child.

Childhood immunization schedule

Immunizations are one of the most effective ways to protect your children from illnesses such as polio, measles and chicken pox. This guide can help make sure that your children stay up to date with recommended immunizations.

	Diphtheria Tetanus Pertussis	Polio	HiB (H. Influenza type B)	Measles Mumps Rubella	Hepatitis B ¹	Varicella Chicken Pox ²	Pneumo- coccal	Hepatitis A	Influenza (Flu shot)
Birth-2 months					✓				
1-6 months					✓				
2 months	✓	✓	✓				✓		
4 months	✓	✓	✓		✓		✓		
6 months	✓	✓	✓		✓		✓		✓
6-18 months		✓			✓				
12-18 months	✓ 15-18 months	✓	✓ 12-15 months	✓ 12-15 months	✓	✓	✓ 12-15 months		✓
24 months								✓ 24 mos-18 yrs	✓
4-6 years	✓	✓		✓					
11-12 years	✓ Td 11-16 yrs			✓ If missed	✓ If missed	✓ If missed			✓ Yearly
13-18 years				✓					✓ Yearly

1. If your child or teen wasn't vaccinated against hepatitis B as a baby, your doctor can start the series of shots during any visit. If your child was never given three doses of hepatitis B vaccine, your doctor should start the doses at age 11 or 12. Older teens should be vaccinated whenever possible. 2. A one-time vaccine can be given between 12 months and 13 years to children who have never had chicken pox or a shot for it. Teenagers older than age 13 who have never had chicken pox, or a shot for it, should get the shot in two doses, four- to eight-weeks apart, after the primary care provider checks a blood test for immunity.

Adult immunization schedule

Adults need to stay up to date on immunizations too. Are you due for any of these recommended immunizations?

Hepatitis A	Recommended for many adults, including some foreign travelers. The two doses are given six months apart.
Hepatitis B	Given in three doses: the second is given one month after the first; the third is usually given five months later.
Influenza	Consult your primary care provider (PCP).
Measles, Mumps Rubella	Recommended for those born in 1957 or later if that person has not been previously vaccinated.
Meningococcal	If you are a young adult going to college, ask your PCP about your risk of meningococcal disease and your need for vaccination.
Pneumococcal	Recommended at age 65 (or older if it was not given at 65). Also recommended for people younger than 65 who have certain chronic illnesses. Some individuals may need a one-time revaccination dose five years later. Ask your PCP.
Tetanus Diphtheria	If you haven't had at least three basic tetanus-diphtheria shots in your life, you need a complete series: the second dose is given one month after the first, and the third given six months later. All adults need booster shots every 10 years.
Chicken Pox	Recommended for those who have not had chicken pox; the second dose is given one to two months after the first.



Trying to quit smoking? We can help!

Kicking the cigarette habit isn't easy. But it's important that you do, especially if you are pregnant or trying to have a baby. Smoking may cause low birth weight and premature birth.

Need help quitting? The American Cancer Society's Great American Smokeout will be held Thursday, Nov. 20. The event urges people to stop smoking for one day — and maybe forever.

We offer members free sign-up for Free & Clear. That's a savings of \$185 to you! We also cover medication to help you stop smoking. Call **1-800-292-2336** to register.

Mommy and Me

Baby yourself — and your baby

Having a baby is a wonderful experience. But it can also be a little scary. That's why we offer *Mommy and Me*, a program for soon-to-be mothers.

Mommy and Me can help you during pregnancy and the first few months of motherhood. The program includes information to assist you in:

- ☺ *Choosing a maternity care provider*
- ☺ *Making appointments with physicians*
- ☺ *Arranging transportation (Westchester County only)*
- ☺ *Understanding prenatal and infant care*
- ☺ *Accessing health screenings*
- ☺ *Finding emotional support*
- ☺ *Learning about Hudson Health Plan maternity services*

Mommy and Me is an excellent resource, whether you're expecting your first or fifth child. For more information, call toll free **1-800-339-4557**.



Smile!

Here's great news about your dental coverage

Starting Nov. 1, 2003, HealthSource/Hudson Health Plan's (HS/HHP) dental provider network will be even bigger. That means you will be able to choose from more dentists in Westchester, Rockland, Sullivan, Orange and Dutchess counties.

Your benefits will not change. HS/HHP will keep paying for routine and specialty care. You can still choose your dentist and get dental ID cards through Healthplex.

If you need help choosing a dentist or making an appointment, call Healthplex at **1-800-468-9868**. If you have questions about your benefits, please call Member Services at **1-800-339-4557**.



***Take care of yourself.
A healthy lifestyle is good
for you and your baby.***

Look at page 1 for your chance to win a FREE 10-minute calling card!

HealthSource/Hudson Health Plan *Healthlines* is a publication for members of HealthSource/Hudson Health Plan. The articles in *Healthlines* should not be considered specific medical advice as each individual situation is different. Should you feel a need for medical advice, consult with your physician or call HealthSource/Hudson Health Plan Member Services at **1-800-339-4557**.



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