



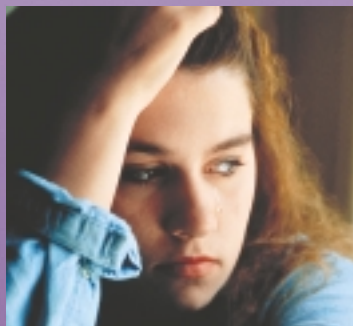
This Issue:



- Tips to help you quit smoking — for good
- Success story: 'Hudson Health Plan put my needs first'



- Newburgh Community Action Committee and Hudson Health Plan team up to provide care



- Teen depression: Real help for a real problem

Health *lines*

Your source for great health care | Spring 2004, Vol. 1

Your healthy pregnancy

Exercise is good for you and your baby

Women who exercise during pregnancy lose weight more rapidly after delivery and also sleep better and feel better during pregnancy.

But I've never exercised before.

There is no better time than right now to start. Gentle exercise and stretching may even make it easier for you to have your baby. It doesn't take a lot of time or money to help give your baby a healthy start in life.

I don't know what exercises to do.

Always check with your doctor before starting an exercise program. Walking is generally safe for pregnant women. Use common sense and avoid exercises that are uncomfortable or may cause you to fall. Wear comfortable shoes and drink plenty of water (not soda, coffee or tea) while exercising. Your doctor can help find exercises that will be best for you and your baby.

What else should I do?

- Visit your doctor regularly
- See your dentist to have your teeth cleaned in the second trimester. It is safe and may help your baby have a safe start in life
- Call your doctor immediately if you have problems such as dizziness, bleeding, abdominal cramps or persistent contractions
- Eat a healthful diet
- Don't smoke, don't drink alcohol, and don't take any drugs or medications that have not been approved by your OB doctor or midwife. Even medicines that were safe before you were pregnant may not be safe now
- Mommy and Me provides support and information to help you have a healthy baby. Call **1.800.339.4557** to sign up today



Our new look!

You may have noticed that our name and logo have changed. Our new logo reflects our expanded service area. We're excited about our new look and hope you are too.





Extra-Easy Hummus

Hummus is a tasty dip that only takes minutes, and is a great healthful snack or light meal served with cut vegetables, pita bread, or baked corn chips for dipping.

Servings: 4

Ingredients:

1 (15 ounce) can garbanzo beans, (drain, keep the liquid)

1 clove garlic, crushed

¼-½ teaspoon salt

1 to 2 tablespoons olive oil

¼-½ teaspoon ground cumin (optional)

½ lemon to squeeze (or two tablespoons lemon juice)

Pine nuts for garnish (optional)

Directions:

In a blender or food processor combine garbanzo beans, garlic, ¼ teaspoon cumin, ¼ teaspoon salt and 1 tablespoon olive oil. Blend on low speed, add lemon juice, then gradually add enough bean liquid to make a thick dip. Taste. If desired add additional salt and cumin. Put in a bowl and sprinkle the top with a drizzle of olive oil and (optional) a sprinkle of pine nuts.

Serve with cut vegetables for dipping: carrot sticks, celery, jicama, red and green peppers. Or serve in the traditional style with pita bread for dipping, or with baked corn chips.

It's time to clear the air about smoking

Every year, millions of people quit smoking. It might seem impossible, but you can do it! The question is: "How?" These tips can help.

Before you quit:

- ◆ Write down a list of all the reasons you want to quit
- ◆ For support, find a friend or family member to quit with you
- ◆ Admit that it will be hard. But tell yourself, "I can do it"

When you quit:

- ◆ Take it one day, one hour or one minute at a time
- ◆ Throw away your lighters, ashtrays and cigarettes
- ◆ Stay busy. One good idea is to clean house to get rid of the smoky smell
- ◆ Reach for sugarless hard candy or gum when you get the urge to smoke

After you quit:

- ◆ Don't go to places where you'll want to smoke
- ◆ Go to the library, movies and other places you can't smoke
- ◆ If you feel like smoking, go for a walk instead

Remember: If you do have a cigarette, don't stop trying to quit!

Need help quitting? Call us at **1.800.292.2336** and ask about **Free & Clear®**. This program can help you quit smoking. It's FREE and it works!



FREE & CLEAR® COUPON

For smokers who want to quit, call:
1.800.292.2336

to register for Free & Clear®, a telephone support program that works to help you stop smoking.



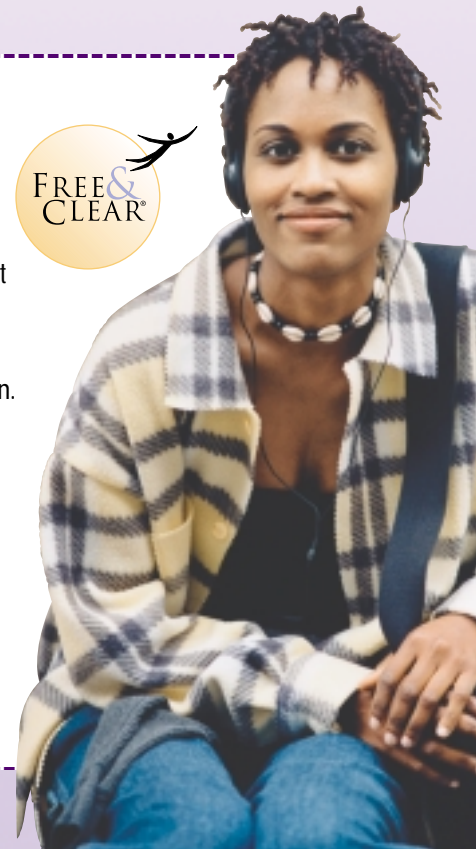
Bring this voucher to your PCP if you require medication.

For questions about this benefit,
call HHP Customer Care Department at:

1.800.339.4557

\$175.00 Value!

Hudson Health Plan will pay the fee for
Free & Clear® to help you quit.
Don't miss this opportunity to stop smoking!



What our members are saying 'Hudson Health Plan put my needs first'

Barbara Wagner is walking again. That may not sound like a big deal. But doctors once said she would never take another step.

Three years ago, a car wreck left Barbara in the hospital for three months. She lost her house, car and business. Worst of all, she suffered pain that was "like having a hot poker in my back all the time."

A pain specialist gave her some help. But when he closed his office, Barbara's health plan at that time didn't have another specialist in her area. She asked if she could use an out-of-network specialist at the in-network cost. The health plan refused. For a time, her primary doctor wrote prescriptions for her pain medication, but after seven months he stopped and left her with no alternative.

Fortunately, another doctor soon told Barbara to check out Hudson Health Plan (HHP). Things have been better ever since. HHP put Barbara in touch with a specialist who reviewed her case and recommended that she have a different treatment plan. An HHP nurse talked to Barbara before the surgery, then called back five more times afterward just to see how she was doing.

"Hudson Health Plan put my needs first," Barbara says. "I have never gotten so much help so quickly. The doctors and nurses are top-notch. It's totally unbelievable. Every time I call, I'm treated like I have the best health insurance in the world — and I do!"

Barbara is still recovering and may need hip surgery. But, for the first time in years, she has hope. "Hudson Health Plan saved my life," she says. "I told a friend, 'I'd like to live someplace warmer one day. But it has to be wherever Hudson Health Plan is.'"

Our 2004 member calendar Living healthy every day

Have you seen our new calendar for 2004? We hope it brightens your day and helps keep your family healthy.

Some of our young members drew pictures for the theme "Living Healthy Every Day." They include Carla

Hernandez (age 10), Ramon Robles (8), Yasmin Rocha (6), Armando Maldonado (8), Karen León (11), Astrid Vargas (7), Michael Clancy (5), Crystal Alexander (7), Shauna Quinones (5), Alexander Gonzalez (6), Krystal Quinones (7) and Sabrina Mastrogiovanni (10). Thanks to all of our artists.

We hope you enjoy the calendar. We had fun making it for you.

Keep in mind that we will begin accepting artwork for the 2005 calendar soon. Watch for details.



HHP and NCAC: Teamwork that works for you!

You can meet with a Hudson Health Plan representative at the Newburgh Community Action Committee Inc. (NCAC).

The NCAC shares our goal to help people get the care they need. Everyone who visits the NCAC is now screened at intake to see how they may benefit from our programs. They can then set up a time to meet with an HHP representative at the NCAC.

"Affordable health care is a big issue for people here," says Rudy LaMarr, executive director of the NCAC. "Hudson Health Plan helps us give our clients services they can afford. It improves the health status of the whole community."

The NCAC has been serving Newburgh for almost 35 years. It offers many education, health, family and career services for youths and adults.

NCAC

280 Broadway, Newburgh

9 a.m.-9 p.m.

Monday and Wednesday

9 a.m.-5 p.m.

Tuesday, Thursday and Friday

845.562.0100

HHP keeps growing!

We're pleased to announce that Hudson Health Plan is now available in Dutchess County. We look forward to serving our neighbors in this historic community.

Customer Care: Same number, different name

Your **Member Services** department is now called **Customer Care**, but can still be reached at **1.800.339.4557**.

Real help for a real problem

Help your teen deal with depression

Every teen has times when he or she feels sad. If these feelings happen too much or are too strong, they may be symptoms of depression. Depression is a serious illness that is very common in teens.

What you can do

As a parent, it is important for you to keep an eye out for signs of depression in your teen. The illness can be treated. But first you may have to reach out and offer help.

Remember that many teens get depressed. It doesn't mean that they are weak. It just means they need some help.

Look out for these signs

A depressed teen may think or talk about suicide. This is ALWAYS serious. If your teen talks about suicide, call your doctor immediately.

A depressed teen also may stop caring about his or her health, family and friends. He or she may start getting bad grades or having health problems, such as headaches or

backaches. These are just some of the signs of teen depression.

You should also watch out for:

- Low energy
- Changes in sleeping or eating habits
- Sadness and crying
- Feelings of hopelessness
- No interest in favorite activities

As many as one in four teen girls and one in 10 teen boys suffer an episode of major depression.

Get help

If you have concerns, ask the teen's doctor for advice immediately. The doctor can help your teen get the help he or she needs to have a bright future again.

If you or your teen could benefit from mental health services, call Hudson Health Plan at **1.800.339.4557** or Beacon Health Strategies at **1.800.872.0727**.



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Hudson Health Plan
Healthlines is a publication for members of 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 Hudson Health Plan Customer Care at **1.800.339.4557**.