

THIS ISSUE:



- Easy tips for making it a safe, fun summer



- Ten great reasons to quit smoking now
- Kids! Start drawing now for the artwork contest



- A simple test that could save your life

Healthy mom, healthy baby

Prenatal care important to a safe pregnancy

How can you improve your chances of having a healthy baby? Have a healthy pregnancy. That means taking care of yourself with exercise, a healthy lifestyle and good medical care.

Follow your doctor's orders

Be sure to tell your physician about any health concerns you have. Tell your doctor if you are taking any drugs or if you are seeing other doctors. Your doctor should test you for conditions such as cervical cancer, high blood pressure and sexually transmitted diseases. Talk to your doctor about other problems you experience.

Eat right

It's true: When you're pregnant, you eat for two. A balanced diet will benefit you and your baby. Look for healthful recipes that are easy to prepare. Ask your doctor if you should take a vitamin supplement containing folic acid. Folic acid is a B vitamin that helps fight birth defects.

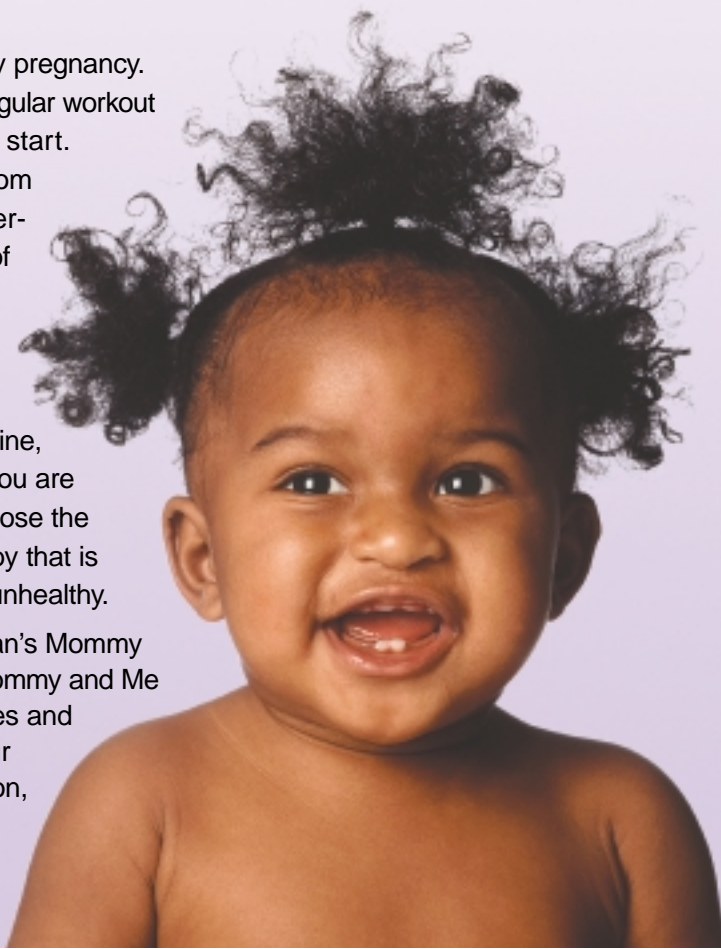
Exercise regularly

Exercise is important to a healthy pregnancy. It's OK if you have never had a regular workout program. This is a good time to start. You and your baby will benefit from stretching and strengthening exercises. Ask your doctor for a list of activities that will be safe for you.

Think, "Don't drink, don't smoke"

If you use alcohol, tobacco, cocaine, marijuana or other drugs when you are pregnant, you are more likely to lose the baby (miscarry), or to have a baby that is born too early, or too small and unhealthy.

HealthSource/Hudson Health Plan's Mommy and Me program can help too. Mommy and Me can help you find support services and information to keep you and your baby healthy. For more information, call 1-800-339-4557.



Vegetable stir-fry with fruit sauce



Ingredients

- ❑ 2 tbsp. rice vinegar
- ❑ 2 tbsp. thawed pineapple-orange juice concentrate
- ❑ 2 tsp. lemon juice
- ❑ 1 tsp. cornstarch
- ❑ 1 tsp. Worcestershire sauce
- ❑ 1 tsp. honey
- ❑ 1 tsp. olive oil
- ❑ Cooking spray
- ❑ ¾ cup chopped green onion
- ❑ 1 cup sliced carrot
- ❑ 1 cup cut yellow bell pepper
- ❑ 1 cup cut red bell pepper
- ❑ 3 cups small broccoli florets
- ❑ 1 cup fresh bean sprouts

Instructions:

1. Combine first six ingredients in a blender; process until smooth.
2. Heat oil in a large, nonstick skillet coated with cooking spray over medium-high heat until hot.
3. Add onions and stir-fry one minute.
4. Add carrots and bell peppers, and stir-fry one minute.
5. Add broccoli; cover and cook two minutes.
6. Add vinegar mixture and sprouts.
7. Bring to boil and cook, uncovered, for 30 seconds, stirring constantly.

Instead of reaching for a cold soda, why not try fresh fruit or 100 percent fruit juice — packed with essential nutrients and disease-fighting antioxidants, which can help prevent heart disease and cancer. Fruit is also a good source of vitamin A, vitamin C, folate and potassium.

Tips for the sun, pool and play

A safe summer is a fun summer

Summer is the time for children to be outside, in the pool or on a bike. It's also the time for bruises, bee stings and sunburns. Here's how you can help your family prevent some minor summer injuries.

Sun safety

- ☀ *Use a sunscreen with an SPF (sun protection factor) of at least 15*
- ☀ *Wear a hat and wear light-colored clothing that covers the arms and legs*
- ☀ *Be extra careful from 10 a.m. to 4 p.m., when the sun is strongest*

Pool safety

- ☀ *Never leave your child unattended near water*
- ☀ *Always have rescue equipment nearby*
- ☀ *Schedule swimming lessons for children 4 and older*

Bicycle safety

- ☀ *Make sure your child always wears a helmet*
- ☀ *Check your child's bike for safety equipment, including reflectors and lights*
- ☀ *Teach your child the rules of the road*

Skateboard and scooter safety

- ☀ *Do not let your child ride skateboards and scooters near traffic*
- ☀ *Make sure your child wears a helmet, kneepads, elbow pads and other protective gear*
- ☀ *Warn skateboarders not to try the fancy jumps and stunts seen on TV*

Other safety tips

- ☀ *Do not expose your child to bug sprays containing more than 10 percent DEET*
- ☀ *Make sure playground equipment is in good condition*
- ☀ *Give your child plenty of water*
- ☀ *Keep chemicals, cleaning products, medicines, matches, lighters and other potentially dangerous household products out of your children's reach*



Smoking

Why you should quit

Millions of people quit smoking every year. You can too. Here are 10 great reasons to kick the habit:

- 1 Your hair, clothes and breath won't smell like smoke.
- 2 You will be able to breathe easier.
- 3 You will stop harming those around you with secondhand smoke.
- 4 You will save a lot of money; a daily pack-and-a-half habit can cost more than \$3,000 a year.
- 5 You will reduce your risk for stroke, emphysema, heart disease, various cancers, infertility or impotence, and other medical problems.
- 6 You will be a good role model for your children — and for loved ones who smoke.
- 7 You will look younger; smoking causes premature wrinkles on the face.

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. Questions? Call HS/HHP Member Services Department at: 1-800-339-4557.

HealthSource/Hudson Health Plan will pay the fee for **Free & Clear**, to help you quit.

A \$175.00 Value!



- 8 You will not have to wonder: "Did I put out that cigarette before I left the house?"
- 9 You'll be able to taste and smell food better.
- 10 You will finally prove to yourself that you're strong enough to quit.

How many more can you think of?



Who will you walk for? Join us for the American Heart Walk

Cardiovascular disease is the number one cause of death in New York state and Westchester County. You can do your part to help. The annual American Heart Association's Heart Walk will be held on Sunday, September 21, at the **Kensico Dam Plaza, Valhalla, N.Y.**

The money raised from the walk will benefit the American Heart Association, which supports research and educational programs that strive to reduce the incidence of disability and death from cardiovascular disease and stroke.

This is a great opportunity to gather your family, friends and co-workers to support our fight against heart disease and stroke, all while getting some exercise! To register and receive your walker pledge envelope, contact the American Heart Association at **(914) 640-3278**. Raise Funds!! Participate!! Save Lives!!

Attention Kids!

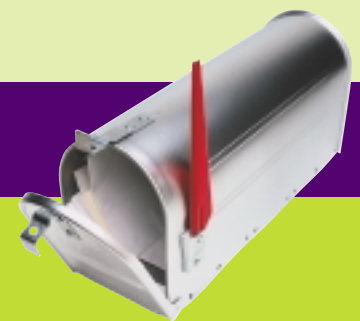
We'd like to invite children ages 5-12 who are members of HS/HHP to enter the calendar drawing contest. The theme of the 2004 Preventive Care Calendar is "Living Healthy Every Day." The first 12 winners will have their artwork included in the 2004 Living Healthy Every Day calendar. Send drawings to, or drop them by, the address below:

HealthSource/Hudson Health Plan
Attention: Artwork contest
303 South Broadway, Suite 321
Tarrytown, NY 10591

All artwork is due by September 1, 2003. Please put your first and last name and age on the back of your artwork. We will not be able to return artwork to children after the contest. For more information, call 1-800-339-4557.



You could have your drawing
printed on the 2004
Preventive Care Calendar!



ATTENTION MEMBERS:

Look for your new billing statement in the mail. Please be aware that premiums not paid by the due date will result in termination of benefits for your children enrolled in Child Health Plus.

When was your last Pap test? This simple check saves lives

Each year, more than 4,000 women in the United States die of cancer of the cervix. But cervical cancer can be cured. The key is to find it early. A Pap test is a quick and simple check for cervical cancer. The cervix is the narrow part of the uterus connected to the vagina. The physician takes a sample of cells from the cervix. This is done using a small brush. The cells are then checked to see if they are abnormal.

When to be tested

Unlike some cancers, cervical cancer often strikes women in their late teens and 20s. Most women should be tested every three years from 18 to 64. Women younger than 18 who have sex should be tested.

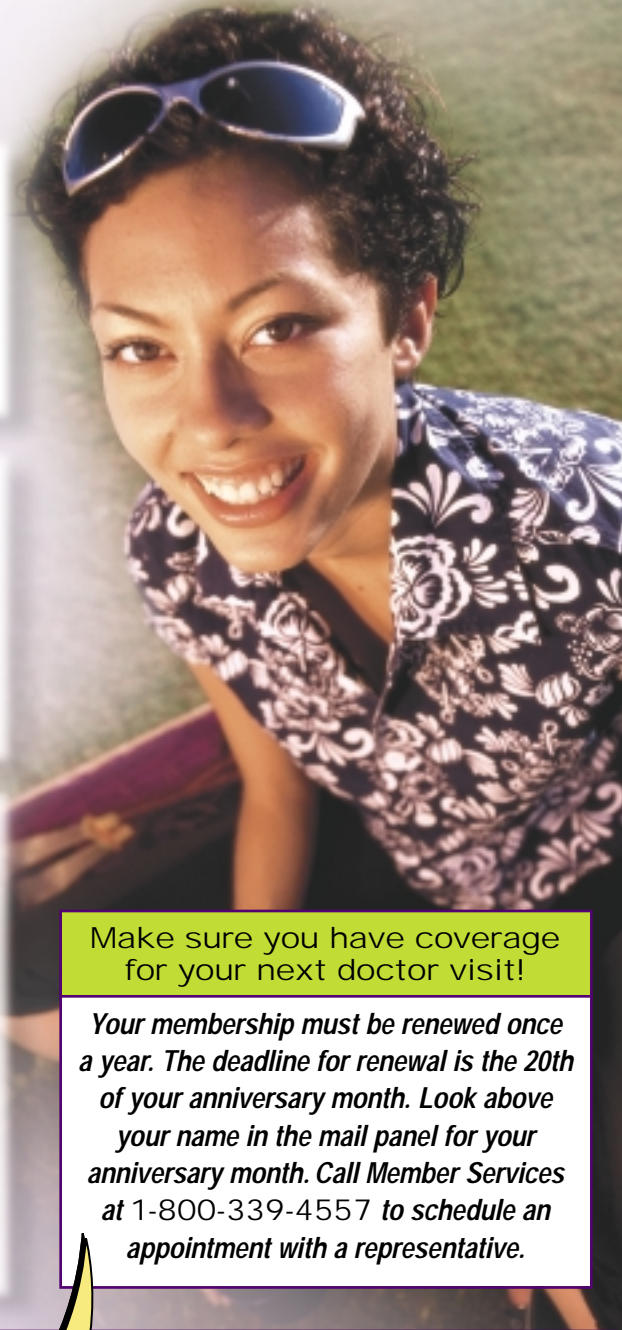
You have a higher risk for cervical cancer if you have, or have had:

- ✓ HPV (human papillomavirus) infection, the virus that causes genital warts
- ✓ Many sex partners
- ✓ HIV/AIDS

And don't forget ...

When you have a Pap test your doctor should also test for infections that can be transmitted sexually, including chlamydia. A woman may have a chlamydia infection but not know it because she feels fine. Chlamydia infections are easily treated and cured with medication. If a woman is infected with chlamydia and is not treated, she may become infertile — unable to have a baby.

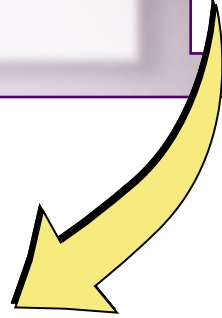
If you are concerned about your risk of cervical cancer, sexually transmitted infections or women's health issues, talk to your health care provider. Call HS/HHP Member Services at 1-800-339-4557 with questions or if you need assistance.



Make sure you have coverage for your next doctor visit!

Your membership must be renewed once a year. The deadline for renewal is the 20th of your anniversary month. Look above your name in the mail panel for your anniversary month. Call Member Services at 1-800-339-4557 to schedule an appointment with a representative.

V01 CHP



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