

MemberSource

Fall 2010

A newsletter for CareSource members

Put a well-child checkup on your Back-to-School list



- Shop for school supplies.**
- Fill out permission slips.**
- Take your child to the doctor.**
(If your child participates in sports,
take your child for a Sports Physical.
CareSource pays for this.)



The back-to-school season is a great time to put a well-child checkup on your schedule. These exams help track a child's growth, development and overall health. They also help prevent future illnesses and ensure immunizations are up to date.

School-age children (ages 3-20) need a well-child exam once a year. Babies age 2 and under need them more often. Call your child's doctor today to make an appointment. Kick the school year off right with a healthy start and a child who is ready to learn.

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How to reach us

Service Center: 1-800-390-7102 (TTY 1-800-649-3777 or 711)
CareSource 24, 24-Hour Nurse Advice Line: 1-866-206-0488





Why check your blood pressure?

Q: *Every time I go to the doctor, she checks my blood pressure. Why is this so important?*

A: Blood pressure is how hard your blood pushes against the walls of blood vessels as it flows through your body. Blood pressure normally rises and falls,

depending on your activity. Blood pressure that stays high all the time is not healthy. If it is not treated, it can cause strokes, heart attacks or even death.

You might not know if your blood pressure is high because there are usually no signs or symptoms of it. That's why your doctor should check your blood pressure at each visit. If you have high blood pressure, your doctor can give you medicine and help you make diet or exercise changes to control it.

Is it a cold or the flu?

Do you know the difference between a cold and the flu? A cold is caused by a virus and clears up by itself in one to two weeks. The flu can be more serious. It can lead to more complicated illnesses like pneumonia.

What may seem like a cold might be the flu. Here is how to tell the difference.

COLD SYMPTOM	FLU SYMPTOM
<p>Low or no fever</p> <p>Sometimes a headache</p> <p>Stuffy, runny nose</p> <p>Sneezing</p> <p>Mild, hacking cough</p> <p>Slight aches and pains</p> <p>Mild fatigue</p> <p>Sore throat</p> <p>Normal energy level</p>	<p>High fever</p> <p>Headache is common</p> <p>Sometimes a stuffy nose</p> <p>Sometimes sneezing</p> <p>Cough that might get worse</p> <p>Often severe aches and pains</p> <p>Fatigue that doesn't go away</p> <p>Sometimes a sore throat</p> <p>Exhaustion</p>



You can call CareSource 24, our 24-hour nurse advice line, any day of the week to talk to a nurse who can answer your health questions. Just call **1-866-206-0488**.

Blood lead testing made easier

Lead poisoning is a danger to children. They can get it from paint, dust, tap water, dirt and other sources. It can cause serious health problems.

Signs of lead poisoning are not always easy to see. That's why children should have a simple blood lead level test at age 1 and 2. Children between the ages of 3 and 6 who have not been tested before should also be tested. CareSource will pay for the test.

You don't always have to go to the trouble of taking your child to a lab to have blood drawn for the test. Some doctors collect a few drops of blood from a finger prick. It can be done right in the doctor's office. Call your child's doctor to make an appointment or to learn more.

What can a CareSource case manager do for you?

More than you might think!

CareSource has registered nurses and other outreach workers on staff who can work with you one-on-one to help coordinate your health care needs. They can help you:

- ▶ **Get follow-up care if you need to be hospitalized**
- ▶ **Better manage your health conditions such as asthma, diabetes or high blood pressure**
- ▶ **Understand your medicines and symptoms**
- ▶ **Find local resources to help you with other issues that affect your health like food and housing**
- ▶ **Support your doctor's plan of care**
- ▶ **Live a better quality of life**

To contact a CareSource case manager, call **1-800-390-7102** (TTY: 1-800-649-3777 or 711).



3 easy ways to keep your doctor appointments

Life is busy. We juggle family, school, work and a host of other things all at once. It's not always easy to remember doctor appointments. And it is important to keep them so you can stay healthy. Here are a few tips to make sure you don't miss the next one.



1. Use a calendar. Write all of your appointments on it. Keep it in a place where you will see it often.



2. Family reminders. Ask a family member or a close friend to help you remember important appointments. You can do the same for them.




3. Check your voicemail. Many doctor's offices offer phone call reminders for upcoming appointments. If yours doesn't, ask them to call you the day before your visit.



October is National Breast Cancer Awareness Month



Breast cancer is one of the most common forms of cancer in women. Learn what you can do to find and prevent breast cancer, including getting appropriate screenings. If you are 40 or older, talk to your doctor. He or she can help you decide when a mammogram is right for you based on your health and family history.



Tame your temper with these proven techniques

Everyone gets angry. It is a natural reaction to a threat or stress. But anger must be released in proper ways.

Uncontrolled anger is not healthy. Rages or outbursts can affect your relationships. These tips can help you get your anger under control.

Take a break. Count to 10 before reacting. Get some space from what you are angry about. This will give your frustrations some time to subside.



Get some exercise. Physical activity can reduce stress. It can serve as an outlet for your emotions, especially if you are about to erupt. Go for a brisk walk or run, swim, lift weights or shoot baskets.

Find a solution. Don't focus on what made you mad. Work with the person who angered you to resolve the issue. If you can forgive the other person, it will help you both. You can't expect everyone to behave exactly as you want.



Seek help. See a therapist or counselor. It can help you learn how to recognize your anger warning signs before you blow up and how to cope with your anger. Ask your primary care doctor for advice or a referral to a licensed professional.

Source: www.mayoclinic.com

The ABCs of postpartum care

New moms are tired and busy taking care of a new baby. But they need to focus on their own health, too.

Did you just have a baby? If so, be sure to follow these tips:



Ask for help.

Friends and family who want to help may not know what to do. Don't wait for them to offer. Ask them to do specific things like laundry, cooking a meal, or watching the baby for a while so you can get out of the house.



Be good to yourself.

Schedule a follow-up visit with your OB provider. You should have your postpartum (after birth) checkup 3-6 weeks after delivery unless your doctor tells you otherwise. This visit helps ensure you are healing normally. You can also ask your doctor any questions you might have at this time such as concerns about recovery, diet, exercise, birth control or depression.



Create a support team.

Taking care of a baby is not easy. Make sure you have a network of people you can count on to help out. It will help take the pressure off of you so you can enjoy being a mother.

ID card quiz

Take this short quiz. When should you show your CareSource member ID card? **When you:**

- See your primary care provider (PCP)
- See a specialist
- Go to the emergency room
- Stay at a hospital
- Get medical supplies
- Get a prescription filled
- Get medical tests
- Use CareSource transportation services
- All of the above



If you answered “all of the above”, you are right. You need your ID card each time you get medical services. Your card proves you are covered by CareSource. Be sure to keep it in a safe place and take it with you when you need it.

3 ways to manage your diabetes



Fact:

Diabetes is the leading cause of new cases of blindness in adults 20-74 years of age.*

What you can do:

If you have diabetes, get an eye exam every year. It can help prevent complications. CareSource covers a yearly exam if you have been diagnosed with diabetes. **You should also:**

- 1. Get your cholesterol checked at least once a year.**
- 2. Get a hemoglobin A1c test at least twice a year. This is a test that checks your blood sugar control.**
- 3. Get your blood pressure checked each time you go to the doctor.**

CareSource offers disease management services for members with diabetes. We can answer your questions and help you understand diabetes and what you can do to control it. Just call us at **1-800-390-7102** (TTY: 1-800-649-3777 or 711). We're here to help you stay healthy.

**Source: www.diabetes.org*



CareSource offers a Medicare Advantage plan

Did you know we have a Medicare Advantage Special Needs Health Plan? It is called CareSource Advantage (HMO). People eligible for both Medicaid and Medicare Part A and Part B can sign up. The plan also has Medicare prescription drug coverage and many more benefits.



CareSource Advantage (HMO) is in these counties:

- ▶ **Alpena**
- ▶ **Genesee**
- ▶ **Kalamazoo**
- ▶ **Saginaw**
- ▶ **Van Buren**
- ▶ **St. Joseph**

This plan will help you get the most out of your health care coverage.

For more details, call **1-877-725-4581** (TTY: 1-800-649-3777 or 711).

Or visit our website at **www.caresource.com**.



MemberSource

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Toll-free phone:
1-800-390-7102

P.O. Box 23037
Lansing, MI 48909-3037



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HEALTH PLAN (for Medicaid)
HEALTH CALL CENTER