



Watch out for **high blood pressure**

High blood pressure can cause serious problems in your heart, in your kidneys and in your eyes. A good level for blood pressure is less than 140/90 for most people, but ask your doctor what a good blood pressure level is for you. You can make a big difference by making little changes every day.

Begin by following these tips:

- Take medicine just as your doctor tells you to.
- Make sure you see your doctor three to four times a year to have your blood pressure checked and talk about your diet, your medications and other things you can do to lower your blood pressure.
- Eat less fat and salt. Eat more fruits and vegetables.
- Ask your doctor what your weight should be.
- Get active every day.

Got the winter blues?

Seasonal Affective Disorder (SAD) is a kind of depression that certain people get as the days get shorter and there is less sunlight in the winter. It is caused by lack of direct sunlight on the skin.

If you are feeling sad, anxious or feel like you need someone to talk to about how you feel, MHS can help. Please call MHS Member Services and ask to speak with MHS Behavioral Health.

Member survey

Every year, MHS does a survey to see how happy our members are with us. Your answers help us make our services better. We will be doing our next survey around March 2016. Be sure to participate if you get one!

24-hr. nurse advice line is here to help

MHS encourages all of its members to have a close working relationship with their primary care doctors. Your doctor is always the best source of advice on how to treat a problem. Your doctor can help you decide if you need to be seen urgently for treatment.

Sometimes you may have a question about a problem that has just come up. Or, you may be unsure if you need to go the emergency room (ER) or an urgent care clinic or if a problem can wait until your doctor's office is open.

MHS has a 24-hour nurse advice line that can help. If you call, a trained nurse will speak with you immediately or call you back in a short time. The nurse can help you decide the seriousness of your problem and get you the care you need. If the nurse suggests that you need to go to the ER then co-pays for non-emergent care will not apply to you. When in doubt if you should go to the ER or an urgent care clinic, call the 24-hour nurse advice line at **1-877-647-4848**.

EARN REWARDS FOR HEALTHY BEHAVIORS

Did you know about all the rewards you can earn with the MHS CentAccount Healthy Rewards program? You can earn rewards for completing a health needs assessment and staying up to date on preventive care. You can use your rewards card at Walmart, Meijer, Rite Aid, Dollar General and Family Dollar to buy things like healthy groceries, baby and personal items, as well as over-the-counter drugs like cough medicine and pain relief. Log into your member portal account for a complete list of items you can purchase with the rewards program.

If you have never earned a reward, get started today! Call the CentAccount information line at **1-877-259-6959** or visit mhsindiana.com/centaccount.

Find out more about your pharmacy benefits

Did you know that you can review pharmacy benefit information on our website and the secure member portal? You can find a complete list of preferred medications, find a pharmacy, determine copay amounts and see other important information. Check it out at mhsindiana.com/for-members/your-benefits/pharmacy-benefits/.

Viruses or bacteria: What's got you sick?

Antibiotics only treat bacterial infections. Viral illnesses cannot be treated with antibiotics. When an antibiotic is not prescribed, ask your healthcare professional for tips on how to relieve symptoms and feel better.

Reprinted from the Get Smart: Know When Antibiotics Work program by the Centers for Disease Control and Prevention. Visit cdc.gov/getsmart for more information and resources.

Illness	Usual Cause		Antibiotic needed
	Viruses	Bacteria	
Cold/runny nose	✓		No
Bronchitis/chest cold (in otherwise healthy children and adults)	✓		No
Whooping cough		✓	Yes
Flu	✓		No
Strep throat		✓	Yes
Sore throat (except strep)	✓		No
Fluid in the middle ear (otitis media with effusion)	✓		No
Urinary tract infection		✓	Yes

Choose your MHS doctor right away

MHS cares about you having a successful medical home. That begins with choosing MHS doctors for you and your family. As an MHS member, you get to choose the doctor you want. He or she will help manage your healthcare, and help you get the services your family needs.

It's important that you choose the doctor you want within 30 days of becoming an MHS member. If you don't, MHS will choose a doctor for you.

How to choose your MHS doctor:

First, find a list of doctors in your area.

- Go online at **mhsindiana.com/find-a-provider**.
- Or call MHS Member Services at **1-877-647-4848** and ask for a list.

Next, pick your doctor from the list.

Last, tell us! You can tell us one of three ways:

- Complete the doctor selection

form and return it to MHS.*

- Choose your doctor through the Secure Member Portal at **mhsindiana.com/login**.
- Call MHS Member Services at **1-877-647-4848**.

Afterwards, MHS will send you a letter confirming the doctor(s) you chose.

*You can download a copy of the Doctor Selection Form at **mhsindiana.com/member-forms**.

You can choose from the following types of MHS doctors:

- Family practice
- General practice
- Internal medicine
- OB/GYN
- Pediatrician
- Endocrinologist (HIP only)

HELPING CHILDREN PREPARE TO MAKE HEALTHCARE DECISIONS

Are you the parent of a tween or teenager? Time flies! Before you know it, your child will be 18 years old and officially an adult. While healthcare choices now are made by a parent or guardian, it is important to begin including your child in those decisions so they can be successful as adults. We want to be sure your child gets the care needed to stay healthy and be active in healthcare decisions.

Before turning 18, your child should:

- Be involved in healthcare decisions
- Be comfortable talking to the doctor
- Be able to schedule appointments and follow-up care

- Understand any health conditions and how insurance works
- Know when to see the doctor, visit urgent care, or go to the emergency room

Talk with your child's doctor about ways to help your child manage his or her health. Doctors who only care for children will continue to provide care up to the ages of 18-21, and sometimes longer. If your child is now seeing a doctor who only cares for children, it is important to find a doctor who provides adult healthcare. Before your child takes full responsibility for their health, it

is best to schedule an appointment with a new doctor who will meet their adult healthcare needs. This will give your child time to feel comfortable with a new provider and to make sure any health conditions are stable.

Some children may have special healthcare needs preventing them from taking full responsibility for their health. In those cases, it is important to ask the doctor's office for any paperwork to remain involved in the child's care after age 18.

If you need help in changing your child's doctor to an adult healthcare provider, please call Member Services at **1-877-647-4848**.



Call MHS Member Services at **1-877-647-4848** if you need a paper copy of your member handbook, anything in this newsletter, or anything available on the MHS website at mhsindiana.com.

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Do you get your regular **diabetes tests?**

If you have diabetes, the best thing you can do is work closely with your doctor. And schedule these tests at least once each year, or as recommended by your doctor:

- The A1c (HbA1c) blood test shows how well you have controlled your blood sugar over the past few months. Most people should aim for an A1c of 7% or less.
- A LDL-C cholesterol blood test measures the “bad” fats in your blood. The bad fats can cause heart disease.
- A urine screening test makes sure your kidneys are working well. Diabetes can lead to kidney failure.
- A vision test will check for signs of eye diseases that can occur with diabetes. This needs to be a dilated retinal exam.
- People with diabetes should also have their feet checked at every exam.

JUST A THOUGHT...

Many times your doctor orders several blood tests at a time. For some tests, your doctor will tell you not to eat or drink at least 8 hours before the test.

If so, it is good to get an early appointment or show up for your lab tests as early as possible in the morning. This way your tests will be right and will not need to be done again.

Dr. Eric A. Yancy
MHS Chief Medical Officer
and practicing pediatrician

