



MISSOURI | SPRING 2010

HARMONY

HAPPENINGS



BRUSH UP ON BASIC DENTAL CARE

What does basic dental care mean? Brushing and flossing your teeth regularly are a big part of it. So are regular dental checkups and cleanings. But basic dental care also includes eating foods that are good for your mouth.

WHY IS BASIC DENTAL CARE IMPORTANT?

Basic dental care...

- Prevents tooth decay
- Prevents gum disease, which can damage gum tissue and the bones that support teeth
- Helps prevent bad breath

ARE THERE WAYS TO AVOID DENTAL PROBLEMS?

Keeping your teeth and gums healthy requires good nutrition and regular brushing and flossing.

- Brush your teeth twice a day. Floss once a day.
- Use toothpaste that contains fluoride. This fights tooth decay and cavities.
- Avoid foods with a lot of sugar.
- Avoid tobacco products. They can cause gum disease and oral cancer.
- Clean your tongue. You can use a tongue cleaner or a soft-bristle toothbrush, stroking back to front.
- Schedule regular trips to the dentist based on how often you need exams and cleaning.

WHAT IS A "MOUTH-HEALTHY" DIET?

A mouth-healthy diet is a balanced diet. It includes foods like whole grains, vegetables, fruits and dairy products. It is also low in salt and bad fats. Good nutrition is important for healthy gums!

- Cheeses, peanuts, yogurt, milk and sugar-free chewing gum are good for your teeth.
- Avoid foods that contain a lot of sugar. Sugar hurts teeth when it sticks to them.
- Do not snack before bedtime. Food left on the teeth can cause cavities at night.



Keeping your teeth and gums healthy requires good nutrition and regular brushing and flossing.



WE KEEP YOUR PHI PRIVATE

The law says your Protected Health Information (PHI) must be kept private. Harmony Health Plan follows this law. By law, we tell you how we keep your PHI safe. PHI includes information that can be used to identify you. It may have details about your health and the care you get or have had.

We appreciate your trust and have made policies to keep your PHI safe. These include:

- Setting rules about who can see your PHI
- Defining how you can get access to your PHI, get a list of prior disclosures, ask for changes, and ask for restrictions
- Training our staff on how to keep your PHI safe within and outside of Harmony

You can see our policies on our Web site, www.harmonyhpm.com. You can also call Member Services.

If we change our PHI policies, we will post a new notice on our Web site. We will also mail a notice of the changes to you when the law requires it.





HAVEN'T EXERCISED IN A WHILE? START SLOWLY.

It's easy to overdo it on the first day and push yourself too hard. The next day, you can barely walk, and your brave new exercise scheme is postponed for another year. Step up gradually to exercising on most days of the week for 30 to 60 minutes.

The choice of exercise doesn't really matter. Start walking. Pick up a new sport or an old one that you liked back in high school. It might take a little experimentation before you find something that you really enjoy.

If you need a little extra motivation, get other people involved. Join a group that meets for pick-up games in the park. Having an obligation to someone else might be just what you need to push yourself out of your easy chair.

START YOUR OWN FAMILY FITNESS PLAN

Who ever said physical activity is all work and no play? It can be just the opposite! There is no need to think of hard exercises or boring workouts. Instead, imagine doing fun physical activities with your family. And watch the health benefits follow!

TIPS FOR PARENTS

You play an important role in shaping your children's attitudes toward exercise. Here are some tips to help them be more active.

- Make physical activity part of your family's daily routine. Set aside time for family walks or for playing active games together.
- Give children active toys and equipment. Take them to places where they can be active.
- Cheer children on when they participate in physical activities. Encourage them as they express interest in new ones.
- Make physical activity fun. It can be anything your child enjoys, from team sports to free-time play.
- Make sure activities are age-appropriate. And, to ensure safety, provide gear such as helmets, wrist pads and knee pads.
- Find a convenient place to be active regularly.
- Limit TV and video game time to no more than two hours a day. Encourage children to walk, play chase or dance instead!

Source: Centers for Disease Control and Prevention (CDC)

KNOW YOUR HARMONY HEALTH PLAN OF MISSOURI MEMBER RIGHTS

As a Harmony member, you have the right:

- To get information about the plan, its services, its Primary Care Providers (PCPs) and health care providers.
- To get information about your rights and responsibilities.
- To know the names and titles of PCPs and other health care providers caring for you.
- To be treated with respect.
- To be treated with dignity.
- To privacy.
- To decide with your PCP on the care you get.
- To talk openly about care you need for your health, regardless of cost or benefit coverage, as well as choices and risks involved. The information must be given in a way you understand.
- To know about your health care needs after you get out of the hospital or leave the health care provider's office.
- To refuse care, as long as you agree to be responsible for your decision.
- To refuse to take part in any medical research.
- To complain about the plan or the care it provides and to know that if you do, it will not affect how you are treated.
- To not be responsible for the plan's debts.
- To be free from any form of restraint or seclusion as a means of force, discipline, convenience or revenge.
- To have access to your medical records, and make changes if necessary.
- To have your records kept private.
- To make your health care wishes known through Advance Directives.
- To have input in the plan's member rights.
- To appeal medical or administrative decisions by using the plan or the State's grievance process.
- To exercise these rights no matter what your sex, age, race, ethnicity, income, education or religion.
- To have all Harmony Health Plan staff observe your rights.
- To have all the above rights apply to the person legally able to make decisions about your health care.

You have responsibilities as a member:

- To give information that the plan and its PCPs and health care providers need to provide care.
- To follow plans and instructions for care that you have agreed on with your health care provider.
- To understand your health problems.
- To help set treatment goals that you and your health care provider agree to.
- To read the Member Handbook to understand how Harmony Health Plan works.
- To always carry your member ID card.
- To always carry your red or white MO HealthNet card.
- To show your ID cards to each health care provider.
- To schedule appointments for all non-emergency care through your PCP.
- To get a referral from your PCP for specialty care.
- To cooperate with the people providing your health care.
- To be on time for appointments.
- To notify your health care provider's office if you need to cancel or change an appointment.
- To respect the rights of all health care providers.
- To respect the property of all health care providers.
- To respect the rights of other patients.
- To not be disruptive in your health care provider's office.
- To know the medicines you take, what they are for, and how to take them the right way.
- To make sure your PCP has copies of all previous medical records.
- To let your plan know within 48 hours, or as soon as possible, if you are admitted to the hospital or receive emergency room care.

GET CHECKED FOR CERVICAL CANCER

The cervix is the lower end of the uterus that connects with the vagina. Cancer of the cervix develops slowly. Many women do not have symptoms.

Regular Pap tests can help prevent cervical cancer. They find cells that can be treated before they become cancer. Pap tests can also find signs of cancer early to stop it from spreading.

If all women who need Pap tests got them, almost all deaths from cervical cancer could be prevented. Pap tests help save lives.

WHAT IS A PAP TEST?

A Pap test is part of a routine pelvic exam. A small sample from the cervix is sent for examination at a laboratory.

WHO SHOULD GET PAP TESTS?

Women 18 and older who have ever been sexually active should get a Pap test. A test is needed every 1 to 3 years. How often depends on your risk factors and past test results. If you have an abnormal test, it is essential to get follow-up care.

Women over 65 may not need Pap tests if recent tests have been normal. This is also true if they are not at higher risk for cervical cancer.

A woman who has had a total hysterectomy may no longer need Pap tests. An exception is if the surgery was done as a treatment for cervical cancer or pre-cancer.

RISK FACTORS FOR CERVICAL CANCER

Most cervical cancer is caused by the human papillomavirus (HPV). HPV is a common sexually transmitted infection.

Tell your health care provider if you:

- Had cervical cancer in the past.
- Have had sex with many partners.
- Have had sex with a partner who has had many partners.
- Have had a sexually transmitted infection.
- Smoke cigarettes.
- Have a weakened immune system. For example, if you are HIV-positive or being treated for any type of cancer.

HOW TO REDUCE YOUR RISK FOR CERVICAL CANCER

- Get regular Pap tests. They are the only reliable way to help prevent cervical cancer.
- Limit your number of sex partners.
- Use condoms. They can help protect you from HIV and other sexually transmitted infections, including HPV.
- Quit smoking. It reduces the risk of many other cancers, too.

For more information, call Member Services at 1-866-822-1340 (TTY 1-877-650-0952).

FOR MORE INFORMATION

- Centers for Disease Control and Prevention: www.cdc.gov/cancer/nbccedp
- National Cancer Institute: www.cancer.gov/cancerinfo/types/cervical
- American Cancer Society: www.cancer.org or call 1-800-ACS-2345 (1-800-227-2345)
- National Cervical Cancer Coalition: www.nccc-online.org
- Gynecologic Cancer Foundation: www.thegcf.org



WHAT YOU NEED TO KNOW ABOUT ASTHMA

Asthma is a chronic disease, which means people who have it will always have it. When you have asthma, it causes the airways in your lungs to swell up, making it hard to breathe. This can cause coughing, wheezing and shortness of breath.

People with asthma will find that it is hard to breathe when they are exposed to certain things. These things are often called “triggers.” Examples of triggers are:

- Dust, pollen, and smoke from cigarettes, cigars and pipes
- Allergies to animals such as dogs or cats
- Colds or viral infections

Different people can have different triggers. But for anyone with asthma, triggers will cause asthma symptoms to get worse.

HOW DO I KNOW IF I HAVE ASTHMA?

Your health care provider will do a physical exam and ask questions about your health. If he/she thinks you have asthma, they will perform a simple test called “spirometry.” You will be asked to breathe into a small plastic device that will measure the amount of air in your lungs when you breathe in

and when you breathe out.

This test can help the provider decide what medications to order and see how well your asthma is being controlled.

I HAVE ASTHMA. WHAT SHOULD I DO?

- See your health care provider and ask him/her to complete an Asthma Action Plan.
- Have him/her teach you how to use a peak flow meter.
- Record your peak flow readings as instructed (usually once in the morning and once at bedtime).
- Learn what your “triggers” are and try to stay away from them.
- Be sure to take your medicine as ordered.
- Ask about getting a yearly flu vaccine.
- Ask if you should get a pneumonia vaccine.
- Ask any questions you have about your asthma and medications.

WHAT MEDICATIONS ARE USED FOR ASTHMA?

There are two main types of medicines for asthma:

- **Quick-relief medicines.** These are taken when asthma signs first start. They help with things like wheezing, coughing and tightness of the chest. You will feel them working within minutes. Examples are albuterol, ipratropium and metaproterenol.
- **Long-term control medicines.** These are taken every day for a long period of time. They help stop asthma symptoms. They also can stop asthma attacks. It takes a few weeks before you feel the full effects of these drugs. People who have asthma most of the time use them. The main type in this group is anti-inflammatory drugs. They stop or reverse swelling in the airways. They make the airways less sensitive. This keeps them from reacting as easily to triggers. Examples are Qvar and Flovent.

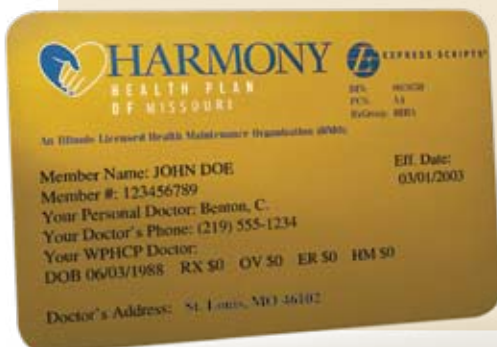
Many people need both quick-relief and long-term medicines to control their asthma. You need a prescription for these drugs. Ask your health care provider which treatment may be right for you.

Source: Based on asthma guidelines for physicians from www.nhlbi.nih.gov/guidelines/asthma/asthdln.htm. Full Report 2007.

HAVE YOU MOVED?

Has your address or telephone number changed? If so, please call Member Services to let us know. You can call us toll-free at 1-866-822-1340 weekdays, 8am to 5pm. It's important that we have your correct address and phone number. That way, we can keep you up-to-date about your health care coverage.

Also, please contact your eligibility specialist at your local Family Support Division office to report these changes.



It is important that we have your correct address and phone number. That way, we can keep you up-to-date about your health care coverage.



13 Wolf Creek Drive
 Suite 4
 Swansea, IL 62226

Para solicitar este documento en español, llame al Servicio al Miembro al 1-866-822-1340 (TTY 1-877-650-0952).



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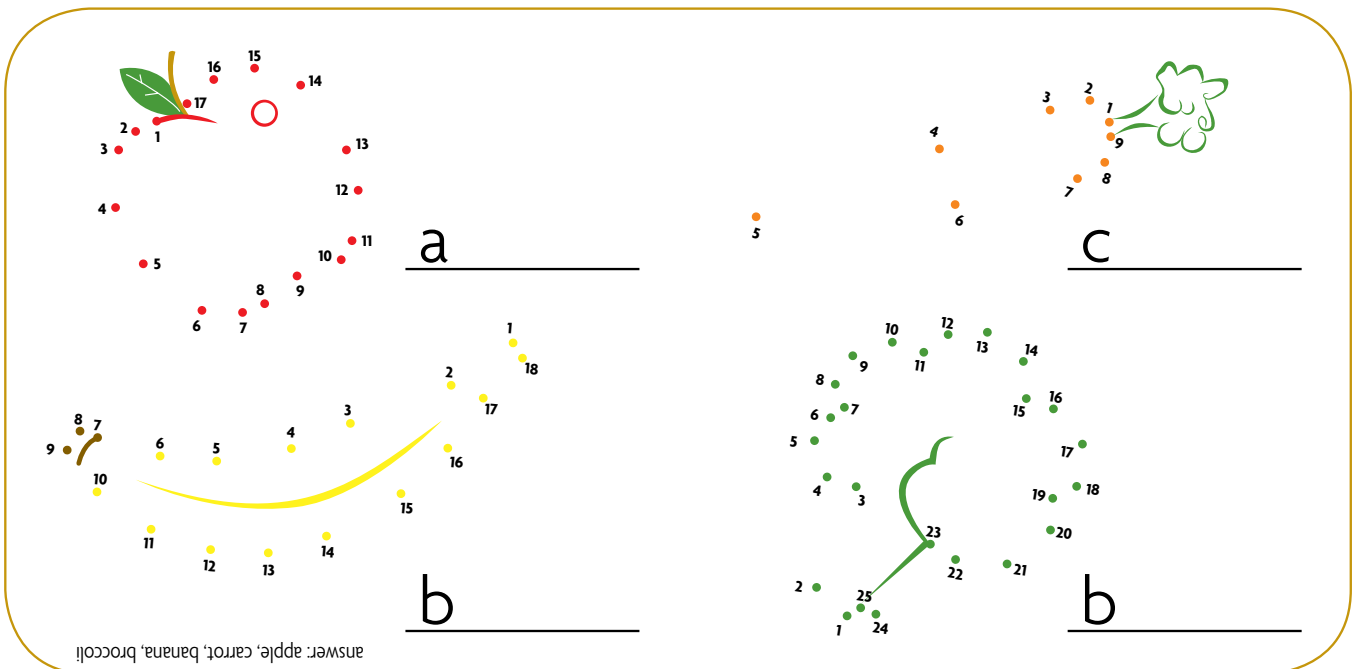
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JUST FOR KIDS

CONNECT WITH GOOD FOOD

Connect the dots to see the healthy fruits and vegetables below, then write the name next to it.



a _____

b _____

c _____

b _____

answer: apple, carrot, banana, broccoli