Make a list of all the prescription and over-the-counter medicines you take. Include vitamins, herbal supplements and ointments. Write down the name of the drug, the dose, when and how you take it and why you take it. Keep this list in a handy place. Share it with your pharmacist and any provider who treats you.

About your plan:

Renew on time
Don’t lose your health care coverage

Each year many families lose their NJ FamilyCare/Medicaid coverage. That’s because they do not send in their renewal forms or supporting documentation. Don’t be one of those families!

We know health insurance is important to you and your family. It provides you with the protection and peace of mind your family needs and deserves. Renewing your coverage is simple and easy. Here are the facts that will keep your family enrolled in AmeriChoice:

- Families must renew their insurance once a year.
- In most cases, a preprinted renewal form will be sent to your home two months before your coverage will end.
- Just review the information and make any changes right on the form, including adding any new family members.
- You must include proof of income.
- Return the form and documents in the postage-free envelope provided.

Keep your family protected. Don’t lose your health care coverage. Renew on time!

Renewing is easy
Do you need help or have questions?
Didn’t receive your renewal form? Call NJ FamilyCare at 800-701-0710 (TTY 800-701-0720). A health benefits coordinator will be happy to help you. Or, call your county welfare agency if you applied at the county.
**best start**

3 TIPS FOR BREASTFEEDING YOUR BABY

Breastfeeding can be a good experience for both you and your baby. Following these three tips can get breastfeeding off to a good start.

1. **NURSE EARLY AND OFTEN.** Try to breastfeed your baby within the first hour after birth. Newborns need to nurse at least every two hours, but not on a strict schedule. This tells your breasts to produce plenty of milk.

2. **BREASTFEED ON DEMAND.** Watch your baby for signs of hunger. Hungry babies may be more alert or active or put their hands by their mouths. Don’t wait until the baby starts crying to feed.

3. **HAVE BABY OPEN WIDE.** Nurse with the nipple and the areola (the darker area around the nipple) in the baby’s mouth.

**FREE HELP** Most moms can be successful with breastfeeding. Your local WIC office ([www.fns.usda.gov/wic](http://www.fns.usda.gov/wic)) or La Leche League chapter ([www.llli.org](http://www.llli.org)) can provide free breastfeeding help and advice. The National Women’s Health Information Center ([www.4women.gov](http://www.4women.gov)) has a free breastfeeding hotline at 800-994-9662.

**PREVENTION**

Colon cancer is the second leading cause of cancer deaths in the United States. But it shouldn’t be. That’s because it can be cured if caught early. And it can actually be avoided with these tips.

**CONTROL your BLOOD sugar**

WHY A1C TESTS ARE IMPORTANT

If you’re diabetic, you know how important it is to check your blood sugar often. That little finger prick gives you a good idea about how well you are controlling your diabetes. But it only tells you about your blood sugar at that moment.

There is a test that your doctor does that gives a more complete picture. It’s called A1c and it provides an average measurement of your glucose over a six- to 12-week period. It’s important to keep your blood sugar controlled over the long term to prevent serious complications.

For people without diabetes, a normal A1c result is between 4 percent and 6 percent. For people with diabetes, a good A1c result is under 7 percent. If your diabetes is not well-controlled, you should have an A1c test every three months. If you do have good control, two tests a year are recommended.

**DIABETIC?** Your health plan has programs to help people with diabetes and other chronic conditions. Call the toll-free number on your health plan ID card to learn about these programs.
COMMON COLD
Colds usually begin gradually. They start two to three days after you are infected. They may start with a sore throat. Then you start sneezing and get a runny nose. Fevers are rare, especially in adults.

THE FLU
The flu comes on quickly, often within a few hours. You feel worse than you do with a cold. Flu symptoms include headache, muscle aches, a dry cough and chills. A fever is common. In about two to three days, these symptoms stop. Then you get a stuffy nose and sore throat.

TREATMENT
Because viruses cause colds and the flu, antibiotics won’t help. Antibiotics kill bacteria. There are many over-the-counter medicines available to help you feel better. Generally, it’s best to choose those that treat only the symptoms you have. For example, if you have a sore throat and runny nose, you don’t need a medicine that also helps a cough.

And remember, over-the-counter drugs don’t cure you. They just make you feel more comfortable. Only time, and your body’s immune system, can beat a cold or flu.

WHEN IT’S WORSE Sometimes, a cold or flu causes another infection. You might get an ear infection, bronchitis or other problem. If you still feel bad one week after a cold or two weeks after the flu starts, see your doctor.
UNSURE? If you’re not sure what to do, call your PCP. If you can’t reach your PCP, call Customer Service at 800-941-4647 (TTY 800-852-7897).

DOMESTIC
abuse

IT CAN HAPPEN TO ANYONE

Domestic abuse is when one person in a relationship tries to control another. It can happen to anyone. It doesn’t matter if you are young or old, male or female, rich or poor, black or white.

Abusers may physically hurt their victims. But they can also do other things to make you afraid. They may keep you from seeing friends or family or not let you have enough money.

You may be a victim of domestic abuse if your partner or caregiver:

1. hurts you with words or physical force.
2. uses sex to hurt you.
3. uses money to control you.

GET HELP: If you are being abused, call the National Domestic Violence Hotline. The hotline is free and confidential. Call 800-799-7233 (TTY 800-787-3224). If you are in immediate danger, call 911 or your local police.

EMERGENCY CARE:

ABOUT 35 PERCENT OF ER VISITS ARE NOT CONSIDERED URGENT.

is it an emergency?

KNOW THE DIFFERENCE TO GET THE RIGHT CARE AT THE RIGHT PLACE

Each year, there are nearly 120 million emergency room visits. Many of these visits are unnecessary. Do you know when to go to the emergency room and when not to go?

An emergency is an illness or injury that starts suddenly. It is very serious. If you don’t get help right away, you could die or suffer other harm. Examples of emergencies include:

- signs of a heart attack or stroke.
- bleeding that won’t stop, a broken bone or a bad burn.
- trouble breathing or loss of consciousness.
- you feel you might hurt yourself or others.
- signs that something is wrong with a pregnancy, like pain or bleeding.

In a true medical emergency, you should go right to the nearest hospital emergency room or call 911.

Sometimes you have an illness or injury that is not an emergency, but you do need to see a doctor soon. This is called urgent care. It’s usually best to see your primary care provider (PCP) for urgent care. Your doctor should see you in the next day or two. Or, you might be told to go to an urgent care center or walk-in clinic.