

health TALK

WINTER 2008



protect your baby

Shots protect your baby from deadly diseases. To stay safe, your baby needs all of his or her shots. If your baby missed any shots, it is never too late to get them. Talk to your baby's doctor about the shots your baby needs. If you need help scheduling appointments or getting transportation, call the Member Helpline at 800-348-4058.

A PUBLICATION JUST FOR YOU FROM



If you need to receive this newsletter in a different format (such as another language, large print, Braille or audio tapes), please call the Member Helpline at 800-348-4058.

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▼ ABOUT YOUR PLAN ▼

WELL equipped

HOW TO GET MEDICAL EQUIPMENT PRODUCTS AND SERVICE

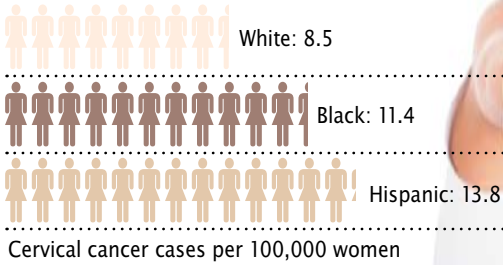
DOES YOUR WHEELCHAIR NEED TO BE FIXED? Having your wheelchair working well is important. You can request a prescription from your doctor asking for wheelchair repairs. Please call Preferred at 480-446-9010 for an appointment. Some repairs take more time than others.

DO YOU NEED DURABLE MEDICAL EQUIPMENT (DME)? Your doctor needs to include certain information on the request. Reports from your therapist and medical information are needed. They must support the need. You can help! Please let your doctor know how to request DME. Help us get your items faster.

i QUESTIONS Want to know what is covered? Need to know how to request products or services? Call the Member Helpline at 800-348-4058.



▼ PREVENTION



a ONE-TWO punch

POWERFUL PREVENTION FOR CERVICAL CANCER

More than 11,000 women will find out they have cervical cancer this year. But here's the good news. There are two powerful tools for prevention and early detection.

CHECK IT OUT

Pap tests find cancer early, before there are any symptoms. You should start getting Pap tests at age 21, or three years after you start having sex, whichever comes first. You should get a Pap test at least every three years. If you have had an abnormal Pap test or are at high risk for cervical cancer, talk to your doctor about getting the test more often. Your doctor might also test you for HPV.

YOUR BEST SHOT

About 70 percent of cervical cancers are caused by the human papillomavirus (HPV). HPV is very common. You get it from unprotected sex. Now, there's a vaccine for HPV. Girls and women aged 9 to 26 should get it. It works best when given to girls well before they become sexually active.

TAKE CHARGE Talk to you doctor about getting cancer screenings. For more information, call the National Cancer Institute at 800-4 CANCER or visit www.cancer.gov.

▼ CHRONIC CONDITIONS

take action

HAVE A PLAN FOR ASTHMA TREATMENT

There's no cure for asthma, but proper care can help you live a normal life. If you have asthma, it's important to follow your doctor's orders.

Asthma care can seem complicated. There might be different pills and inhalers. You might use a peak flow meter to test your breathing. You might keep an asthma diary to help you find out what causes your asthma to get worse.

A written asthma action plan can help you simplify and understand your asthma care. The plan should tell you when to call your doctor and when you need emergency care. It should tell you what medicines to take and when to take them. It should help you know if you should stop what you are doing if you don't feel well.

BREATHE EASY If you have asthma, talk to your doctor about getting an asthma action plan. If you already have an asthma action plan, make sure it's up-to-date and that you are using it.

▼ SICK DAYS

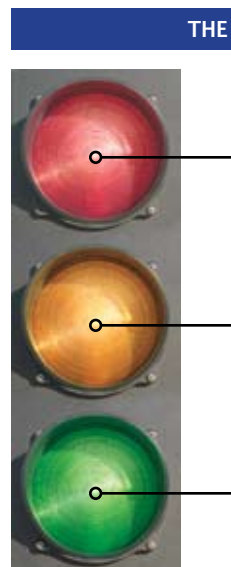
SAY ahhhh

WHAT TO DO WHEN YOUR CHILD HAS A SORE THROAT

Children often get sore throats. They can mean the beginning of a cold or virus. They usually go away on their own.

Sometimes, a sore throat can mean your child has strep throat. With strep throat, your child will likely have a fever. He or she might also have a stomachache, headache or red and white patches in the throat. If you think your child may have strep throat, take him or her to the doctor. The doctor will do a strep test.

Strep throat is caused by bacteria. It needs to be treated with antibiotics and is contagious until one day after your child starts taking medicine. If your child is prescribed antibiotics, it's important to finish the whole prescription, even after he or she feels better. Otherwise, some bacteria may be left and the infection can come back. Untreated or incompletely treated strep can cause serious health problems, like scarlet fever or blood infections.





Children aged 5-15 are most likely to get strep throat.

LEARN MORE Learn more about common childhood illnesses at www.kidshealth.org.



Get the Lead Out

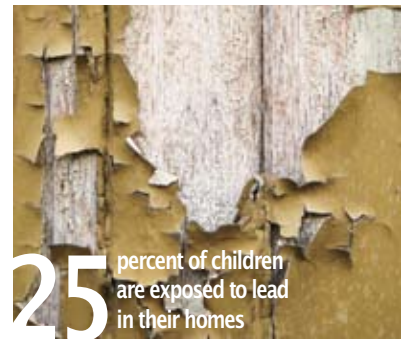
HOW TO MAKE YOUR CHILD SAFE FROM LEAD POISONING

More than 4 million toys were recalled in 2007 due to concerns about lead. Even small amounts of lead can be dangerous to young children. Because babies and toddlers often put their hands and toys in their mouths, they can swallow lead. The good news is that lead poisoning can be prevented.

WHERE DOES LEAD COME FROM?

ANSWER Most of the lead children are exposed to

comes from paint. When old paint with lead in it flakes or wears away, it is dangerous. The dust or chips can get on children's hands, and then into their mouths. Other common sources of lead are soil near busy streets or old lead plumbing pipes. Painted toys, ceramics or other products made outside the U.S. can also have lead.



25 percent of children are exposed to lead in their homes



310,000 kids are found to have high lead levels each year

WHAT IS LEAD POISONING?

ANSWER Lead can be swallowed or inhaled. When lead

gets into the body, it can end up in the blood, bones or organs. Usually, there are no symptoms of lead poisoning. If it is severe, a child may be tired a lot or have stomachaches, headaches or muscle pains. Over time, lead poisoning can lead to lower intelligence, slow growth, learning disabilities and other problems.

HOW CAN YOU PREVENT LEAD POISONING?

ANSWER If you live in a home built before 1970, ask

your local health department to test your walls and water for lead. Dust with a wet cloth. Let water run until it becomes very cold before you use it for cooking or drinking. Help your child develop good hand-washing habits at an early age. Have your child tested for lead at 1 and 2 years of age or when your doctor recommends.



80 percent of children who have high levels of lead are on Medicaid

THREE ZONE ASTHMA PLAN

Your doctor can give you directions for exactly what each zone means for you.

RED = STOP
Your symptoms are bad.
Get medical help right away.

YELLOW = CAREFUL
You are having some symptoms.
Use your quick-relief medication.

GREEN = GO
You're feeling OK. Keep using your preventive medication.


▼ PRESCRIPTION DRUGS



safety first

5 TIPS FOR MEDICATION SAFETY

- 1 **KNOW YOUR DRUGS** Ask about their names and possible side effects. Know why you need to take them. Ask how to take them, how much to take and how often to take them. Never take more or less of a drug without talking to your doctor.
- 2 **AVOID INTERACTIONS** Tell your doctor and pharmacist about any other drugs or supplements you are taking. Fill all your prescriptions at the same pharmacy. Or, go to a chain store that can see your records from any of its stores.
- 3 **DON'T STOP** You may feel better before the medicine is gone. But keep taking it for as long as your doctor tells you to. With some drugs, you must finish the entire prescription for it to work.
- 4 **HEED ALL WARNINGS** Ask your doctor about any foods, beverages or activities you should avoid while taking a drug.
- 5 **WATCH OUT FOR SIDE EFFECTS** Many medicines have side effects. If you feel side effects, talk with your doctor.

 **IT'S LISTED** APIPA uses a formulary. This is a list of covered prescription drugs. Using generic or formulary drugs saves money. Find out if your medicine is on the formulary. Call the Member Helpline at 800-348-4058 or see www.myapipa.com.

▼ PREVENTION



EARLY DETECTION IS KEY TO BREAST HEALTH

Breast cancer can often be found early through breast exams. And that may improve your chances of good treatment. To have good breast health you should:

- Get a mammogram every one to two years starting at age 40. A mammogram is a type of X-ray. It can help find cancer that is too small to be felt.
- Examine your breasts every month once you are 20 years old. Most breast lumps are found by women checking their own breasts.

▼ MENTAL HEALTH

who to call

HOW TO GET BEHAVIORAL HEALTH SERVICES

Do you need help for mental illness or substance abuse? APIPA members can receive behavioral health care. It is provided by the Regional Behavioral Health Authority (RBHA) in the county where you live.



| COUNTY | RBHA | INFO & REFERRAL | 24-HOUR CRISIS LINE |
|---|--|---|---------------------|
| Maricopa | Magellan | 800-564-5465 | 602-222-9444 |
| Pima, Graham, Greenlee, Santa Cruz, Cochise | Community Partnership of Southern Arizona (CPSA) | 800-771-9889 | 520-622-6000 |
| Coconino, Navajo, Mohave, Apache, Yavapai | Northern Arizona Regional Behavioral Health Authority (NARBHA) | 877-923-1400 (members call 800-640-2123) | 800-640-2123 |
| Pinal, Gila, Yuma, La Paz | Cenpatico | 866-495-6738 (Nurse Wise intake referrals 866-495-6735) | 866-495-6735 |