



all access

HOW TO GET CARE WHEN YOU ARE SICK

- If you do not feel well: Call your doctor.
- If you cannot get in: Go to the nearest urgent care center.
- If you do not know where to go: Call APIPA 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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MENTAL HEALTH



BEATING THE blues

KNOW THE SYMPTOMS OF DEPRESSION

Most of us feel a little down sometimes. But if you feel sad most of the time, you could have clinical depression. In the last two weeks, have you:

- felt like there's no hope?
- felt guilty, worthless or helpless?
- lost interest in your favorite hobbies or activities?
- felt restless or tired?
- had trouble concentrating or making decisions?
- been easily annoyed?
- had trouble sleeping, or been sleeping more than usual?
- been eating a lot more, or lost your appetite?
- had thoughts about death or suicide?

If you've had five or more of these symptoms recently, call your doctor today. Counseling or medication can help treat depression. With treatment, you'll probably feel better in a few weeks.

NEED HELP? Behavioral health care is a covered service. Call the RBHA in your area (listed on page 4) to be referred to a mental health professional. For information about mental health on the Web, visit www.nimh.nih.gov.



HIV protection

STAY SAFE FROM AIDS

Human immunodeficiency virus (HIV) is the virus that causes acquired immune deficiency syndrome (AIDS). There is no cure for HIV, but doctors can prescribe a mix of drugs called the “cocktail” to help patients have healthier lives by keeping their HIV under control. Exercising, eating a healthy diet, getting lots of rest and getting immunizations like the flu shot can also help. But the virus can still be passed on, so it’s important to be responsible and honest.

HIV is spread through bodily liquids like blood and semen. It is most often spread through sex and used needles. A mom who has HIV or AIDS can also give her baby the virus when she gives birth or breastfeeds, but a doctor can help keep this from happening. Sharing food, holding hands or sharing bathrooms will not spread HIV.

To protect your health, always use a condom during sex. Have sex with only one partner and get tested for sexually transmitted diseases (STDs). Do not use illegal drugs and don’t share any medical supplies or razors.

GET TESTED Protect the ones you love. HIV testing is a covered benefit. Ask your doctor for a test. Or, call your health plan to find out where you can get tested.

QA

Q What happens if my baby has an ear infection?

A Ear infections happen to many young children, and can be very uncomfortable. The good news is that they usually go away by themselves and most children stop getting them by age 5 or 6. Babies with an ear infection might pull at their ears, cry more, have trouble sleeping, be fussier or get a fever. Call your doctor if your baby shows these signs for more than a day, or if you see blood or pus coming from your baby’s ear. Doctors may prescribe medicine if your baby has ear infections a lot. For healthy, older children, doctors may wait to see if the infection clears up by itself.

fight^{THE}



GET IMMUNIZED THIS YEAR

You don’t want to get the flu this winter. At best, it makes you feel lousy. Plus, it can lead to serious complications such as pneumonia or other secondary infections or even death. Protect yourself by getting a flu vaccine every year. The vaccine is available in shot and nasal spray form. It’s recommended for everyone. Flu shots are even more important for people at higher risk for complications:

- adults over 50 years old
- children 6 months to 5 years old
- pregnant women or women planning to get pregnant
- people who have chronic conditions such as asthma, diabetes or heart disease
- people who live with or care for any of the above



YOUR BEST SHOT Ask your doctor for a flu shot. Flu shots are FREE with your health plan.



Get with the Beat

LIVING WITH HEART DISEASE

Having a heart attack or heart disease changes your life. But you can take control of these changes, and your health. Here are some little things you can do that make a big difference, along with following your doctor's orders.

RECOVERY

- Call your doctor if you have questions or feel sick.
- Get lots of rest, but begin moving around to exercise your heart.
- Pace yourself. It's okay to do things more slowly. Rest when you feel tired.
- Take your prescribed medicine.



5 REASONS WHY ADULTS NEED SHOTS, TOO

Many of the vaccinations you got as a child will protect you for life. But you still need some shots as an adult, because:

- 1 BOOSTERS** Some vaccines stop working over time.
- 2 NEW** Some vaccines were not available when you were a child.
- 3 MISSED** You might have missed some vaccinations.
- 4 AGING** As you get older, some illnesses are more dangerous.
- 5 LIFESTYLE** Your lifestyle may put you at risk for some diseases.

Talk to your doctor about shots you might need.



EXERCISE

- Check with your doctor before starting an exercise program.
- Take a walk every day, or get at least 30 minutes of physical activity. If you can't, break it down into three 10-minute segments.
- Warm up and cool down for 10 minutes when you exercise.
- Do different types of exercise, like cycling or lifting weights.



DIET

- Talk to your doctor about any dietary restrictions he or she recommends, such as limiting salt or fat.
- Eat oily fish such as salmon, trout or herring at least twice a week for omega-3 fatty acids.
- Cut back on meat.
- Add more servings of veggies and snack on fresh fruit.



Other lifestyle changes can also help. You may be able to avoid having another heart attack. You can also slow the progression of heart disease. Quit smoking. Join a cardiac rehabilitation program with prior authorization from your doctor. Talk to someone if you feel depressed. Manage your stress. You can also try meditation or yoga, or talking to an expert.



TALK TO YOUR DOCTOR about your heart disease risk factors. If you are at risk, take care of your heart now.

▼ BABY BASICS



baby steps

WE CAN HELP BEFORE AND AFTER YOU HAVE YOUR BABY

If you are expecting a baby, even if it's not your first pregnancy, getting good care is important. Our Healthy First Steps program can help you through all phases of your pregnancy and beyond. We'll help you:

- CHOOSE A PROVIDER FOR YOURSELF. You can choose an obstetrician, nurse practitioner, physician assistant or certified nurse midwife for pregnancy care. Your provider will tell you about good nutrition and exercise, childbirth options and classes, and HIV testing. We can also help you find a primary care doctor for after the baby is born.
- SCHEDULE APPOINTMENTS AND EXAMS.
- GET INFORMATION ABOUT SPECIAL SERVICES and community programs, such as WIC.
- CHOOSE A PEDIATRICIAN. The pediatrician will be your baby's primary care doctor. After delivery, the pediatrician will see your baby for regular Well Child Visits.
- GET POSTPARTUM CARE. You should see a doctor six to eight weeks after your baby is born. This visit will make sure you are feeling well, and that your body is healing after delivery. Your doctor can answer any questions you have.
- GET FAMILY PLANNING. Your postpartum visit is a good time to talk about family planning. Planning your family helps you plan your life. Talk with your doctor about birth control options that will work best for you.

 **WE CAN HELP** Contact Member Services at **800-348-4058**, Monday through Friday from 8 a.m. to 6 p.m., for more information.

Healthy First Steps 

▼ MENTAL HEALTH

who to call

GET HELP FOR MENTAL ILLNESS OR SUBSTANCE ABUSE

Behavioral Health Care is a covered service provided by the Regional Behavioral Health Authority (RBHA) in the county where you live. Call for services using a number below.



County	RBHA	Information & 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

▼ CHRONIC CONDITIONS



breathe EASY

IS YOUR ASTHMA MEDICATION WORKING?

If you have asthma, answer these questions to see if your medication is working:

- 1 Do you wake up at night with symptoms more than two times per month?
- 2 Do you take your rescue (quick-relief) inhaler more than two times per week?
- 3 Do you refill your rescue (quick-relief) inhaler more than two times per year?

If you answered yes to any questions, your asthma may not be controlled well. Talk with your PCP about your answers. Ask to review your rescue (quick-relief) and long-term controller medicines.

 **APIPA** has a free asthma program to help you manage your condition. Call Member Services at **800-348-4058 (TTY 800-947-3529)** and ask to be referred to the disease management department for your asthma.