

health **TALK**

SUMMER 2008



did you know?

Prescription drug abuse is a big problem. More than 6 million Americans take painkillers or other medicines to get high. In some places, abuse of these drugs is now the leading cause of death for young people. Some facts:

- ▶▶ 2.1 MILLION teens report abusing prescription drugs.
- ▶▶ 10 PERCENT of 12th graders have used the painkiller Vicodin to get high.
- ▶▶ 40 PERCENT of high school students say painkillers are easy to get. They take them from their own home or a relative's home, or they get them from a friend.

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▼ ABOUT YOUR PLAN ▼



need^A ride?

NEW: A TEN-RIDE PASS FOR MEDICAL VISITS

On July 1, a change in how your non-emergency medical transportation benefits work began. Most Rite Care and Rite Share members can now get a "Rhody Ten" ride pass. Each eligible member can get up to 10 one-way bus rides to medical appointments per month.

You can get your passes at Rhode Island Stop and Shop and Shaw's stores. You must present each family member's white Medical Assistance card at the store's customer service desk to receive a bus pass.

Monthly bus passes for medical transportation are no longer available for most members. However, families who receive cash assistance (FIP) or have recently come off of cash assistance can still get an unlimited monthly bus pass to be used for work, training, school or medical appointments.



NEED MORE? If you need more than 10 passes for rides to health care appointments, call UnitedHealthcare Member Services at 800-587-5187. For more information, please call the Rite Care InfoLine at 401-462-5300.

▼ PREVENTION



the secret to survival

MAMMOGRAMS SAVE LIVES

Breast cancer can be cured — if it is found early. There are more than 2 million breast cancer survivors in America. What is their secret? Early detection. If every woman examined her breasts monthly and got regular mammograms (X-rays of the breasts), about 15,000 lives would be saved in the United States each year.

Women should have their first mammogram when they turn 40. After that, they should have mammograms every 1–2 years. Mammograms can find breast cancer up to two years before you can feel a lump.



TALK TO YOUR DOCTOR Learn about your breast cancer risk factors. If you are at risk, you may need a mammogram at a younger age.

▼ SEXUAL HEALTH

teens AND STDs

WHAT THEY DON'T KNOW CAN HURT THEM

A recent study found that at least one in four teenage girls has an STD. STD stands for sexually transmitted disease. About half the girls in the study admitted having sex. Among these girls, 40 percent had an STD. Rates were even higher among African-American girls.

The most common STD was HPV. HPV can cause cervical cancer and genital warts. There is now a vaccine that can prevent HPV infection. Chlamydia was the second most common. It can be treated with antibiotics. But if it is not detected early, it can cause infertility and other problems.

The study also found that many girls did not know enough about STDs. Many did not know they could get an STD without having intercourse. Some girls also believed they could prevent STDs using methods like withdrawal or douching, which is not true.



PLAY IT SAFE When your daughter is 11–12 years old, talk to her doctor about HPV shots. If she is older, she can still get the vaccine. The doctor can also talk to your daughter about preventing STDs.

▶▶ 3.2 MILLION GIRLS HAVE AN STD.



▼ SICK DAYS

allergies AND asthma



1 out of 4 people have allergies or asthma.

4 STEPS TO FEELING BETTER

If you have allergies or asthma, join the club.

About 20 million people in the U.S. have asthma. Allergies affect more than 50 million people.

Allergies happen when your body overreacts to something. It thinks something you eat, breathe or get on your skin is dangerous. Common causes include pollen, molds, animal dander and certain foods. In some people, allergies can lead to asthma attacks.

SYMPTOMS OF AN ALLERGY

- itchy, watery eyes
- sneezing, or a stuffy or runny nose
- coughing or wheezing
- rash, hives or inflamed skin

SYMPTOMS OF ASTHMA

- wheezing or coughing
- difficulty breathing
- tightness in the chest





On Target

THE BEST SHOT AT STAYING HEALTHY

Years ago, many children died from common diseases. Today, those diseases are rare. This is because children now get vaccines to keep them from getting sick.

It's important for all children to get the right shots at the right time. You have to get some shots more than once. There may be three or four shots in the series. Your child should get the following shots before he or she is 6 years old:



NEWBORN-1 MONTH

- Hepatitis B #1

2-3 MONTHS

- Hepatitis B #2
- Hib #1
- Pevnar #1
- DTaP #1
- Polio #1
- Rotavirus

4-5 MONTHS

- DTaP #2
- Polio #2
- Rotavirus
- Hib #2
- Pevnar #2

6-8 MONTHS

- Hepatitis B #3
- Hib #3
- Pevnar #3
- DTaP #3
- Polio #3
- Rotavirus

9-11 MONTHS

- Make up any shots your child missed.

12-15 MONTHS

- DTaP #4
- Chicken pox vaccine
- Pevnar #4
- Hib #4
- Polio #3 (if not already done)
- Hepatitis A (2 doses, 6 months apart)
- MMR #1

4-6 YEARS

- DTaP #5
- Polio #4
- MMR #2



TAKE THESE STEPS TOWARD CONTROLLING YOUR ALLERGIES AND ASTHMA

- 1 Find out what your triggers are.
- 2 Avoid things that cause your allergies.
- 3 Pay attention to how you feel.
- 4 Take your medicine.

WHAT TO DO Many allergies can be treated at home. You can avoid some triggers. Over-the-counter medicines can help. See your doctor if your allergies are bad, last a long time or cause asthma symptoms.



KEEP TRACK Keep a record of what shots your child gets and when. Share this list with any new providers you see. Learn more about immunizations at www.kidshealth.org.

▼ ABOUT YOUR PLAN

new providers

NORTH PROVIDENCE
Adrian Popescu, M.D.

RUMFORD
Tracey Myatt, M.D.
William J. Morocco, M.D.

WAKEFIELD
George Robert Smith, M.D.



give us a call

OUR RHODE ISLAND TEAM

Beth Driscoll: 732-7148, Monica Tavares: 732-7120

UNITEDHEALTHCARE MEMBER SERVICES

800-587-5187 (TTY 800-587-5188)

Open 24 hours a day, seven days a week.

Member Services can answer any questions about:

- how to change your primary care physician
- how to get an interpreter
- how to arrange transportation for medical visits
- how to file an appeal or grievance
- your rights to a Department of Human Services Fair Hearing
- requesting a new ID card or a Provider Directory

You can also get information and member materials on our Web site at

www.uhcmedicaid.com/rhodeisland.

UNITED BEHAVIORAL HEALTH

800-435-7486 (TTY 888-229-1413)

www.liveandworkwell.com

Call for information about mental health and substance abuse treatment.

RHODE ISLAND RITE CARE STATE INFO LINE

401-462-5300, English and Spanish

(TTY 401-462-3363)

TRY-TO-STOP TOBACCO RESOURCE CENTER

800-TRY-TO-STOP (800-879-8678)

(TTY 800-833-1477) www.trytostop.org



Don't forget!
Rite Care
members
can go to the
Providence
Children's
Museum
for free!



THE place_{TO}go

WHY YOU NEED A MEMBER HANDBOOK

Your Member Handbook has a lot of great information, including:

- your Member Rights and Responsibilities
- information about your benefits
- how to request prior authorization
- how to file a complaint
- how to use advance directives
- understanding your personal health information and how we use it and protect it
- and much more



GET YOURS You can see your Member Handbook online at www.uhcmedicaid.com/rhodeisland. Or, call 800-587-5187 to have one sent to you.



We want you to get the right care, at the right time, in the right place. We don't want you to get too little care or care you don't really need. We also have to make sure the care you get is covered. Only doctors and pharmacists decide what is covered. We do not reward anyone for saying no to needed care.



QUESTIONS? Need to know what is covered? Call 800-587-5187 (TTY 800-587-5188).