

THE KEY TO THE GOOD LIFE IS A GREAT PLAN

# health TALK

SUMMER 2009



## WHERE TO GET BEHAVIORAL HEALTH SERVICES IN ARIZONA

MARICOPA COUNTY  
Magellan Health Services  
1-800-564-5465

GILA, LA PAZ, PINAL  
AND YUMA COUNTIES  
Cenpatico  
1-866-495-6738

COCHISE, GRAHAM,  
GREENLEE, PIMA  
AND SANTA CRUZ  
COUNTIES  
Community Partnership  
of Southern Arizona  
1-800-771-9889

APACHE, COCONINO,  
MOHAVE, NAVAJO  
AND YAVAPAI  
COUNTIES  
Northern Arizona  
Behavioral Health  
1-877-923-1400

A PUBLICATION JUST FOR YOU FROM

 **ARIZONA  
PHYSICIANS IPA**  
by UnitedHealthcare

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.

¡VOLTEE PARA ESPAÑOL!

## BEHAVIORAL HEALTH:




# INcrisis

### DO YOU NEED BEHAVIORAL HEALTH CARE?

An emotional crisis is a pattern of behavior that is not going away. It could be caused by stress, mental illness or substance abuse. Signs of an emotional crisis include:

- re-visiting the emergency room for heart attack-like signs or trouble breathing
- a change in appearance
- a change in eating or sleeping habits — a lot more or much less
- a change of friends, or wanting to be alone
- not showing up or having problems at work or school
- trouble getting along with others; being angry or fighting
- drinking more; hiding it or arguing about drinking
- lying; coming home late or not coming home at all
- confusion and forgetfulness; missing money

 **GET HELP** If you or a loved one have any of these signs, see your primary care provider (PCP). Or, call the Regional Behavioral Health Authority (RBHA) near you (listed at left).

PRSRST STD U.S. Postage  
PAID  
United Health Group  
America's Choice

Arizona Physicians IPA, Inc.  
3141 North Third Avenue  
Phoenix, AZ 85013-4345



# your BEST shot

## IMMUNIZATIONS KEEP KIDS 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, from babies through teens, to get the right shots at the right time.

**KEEP TRACK** Keep a record of what shots your child gets and when. Share this list with any new providers you see. Make copies of this list so you can give them to child care, schools, camps or sports programs.

### SHOTS FOR BABIES (BIRTH-15 MONTHS)

- HepB: Hepatitis B (3 doses)
- HepA: Hepatitis A (2 doses)
- DTaP: Diphtheria, Tetanus, Pertussis (4 doses)
- Hib: Haemophilus influenzae type b (3-4 doses)
- IPV: Polio (3 doses)
- PCV: Pneumococcal (4 doses)
- RV: Rotavirus (2-3 doses)
- MMR: Measles, Mumps, Rubella (1 dose)
- Varicella: Chickenpox (1 dose)
- Influenza (yearly)

### BOOSTER SHOTS FOR CHILDREN (4-6 YEARS)

- DTaP: Diphtheria, Tetanus, Pertussis
- IPV: Polio
- MMR: Measles, Mumps, Rubella
- Varicella: Chickenpox
- Influenza (yearly)

### SHOTS FOR PRE-TEENS (11-12 YEARS)

- Tdap: Tetanus, Diphtheria, Pertussis
- HPV: Human Papillomavirus (3 doses, girls only)
- MCV: Meningococcal
- Influenza (yearly)
- PPSV: Pneumococcal\*
- HepA: Hepatitis A\*

\* if at high risk

## check it out

**CHLAMYDIA IS EASY TO GET, EASY TO DETECT, EASY TO TREAT**

**Chlamydia is very common. You get it by having sex with a person who has it.** It can cause serious problems in men and women. It can make women unable to get pregnant. It can also affect newborn babies of infected mothers.

Most people with chlamydia have no symptoms. The best way to see if you have it is to get tested. The test is done on urine



**▶▶ MORE THAN 1 MILLION WOMEN IN THE U.S. GET CHLAMYDIA EACH YEAR.**

# sunKISSED

## WHAT THE SPF NUMBER ON SUNSCREEN MEANS

**SPF stands for Sun Protection Factor (SPF).** The way it works is that the sunscreen will protect you from sunburn for as long as it would take you to burn without it, times the SPF. So, if you would burn in 10 minutes, an SPF 30 sunscreen would protect you for 300 minutes. However, this figure only works in a lab. In real life, sunscreen wears

off after about an hour.

It's still very important to use sunscreen. It helps prevent skin cancer and also wrinkles. Wear moisturizer or makeup with sunscreen every day. If you are going to be outdoors for a while, apply a thick coating of sunscreen. Put on more after an hour or after swimming or sweating.

**▶▶ SKIN CANCER IS THE MOST COMMON FORM OF CANCER IN THE U.S.**

### ♥ BABY SOFT SKIN


Start using sunscreen on babies when they are 6 months old. For younger babies, keep skin covered with light clothing and a wide brimmed hat. Use the canopy on the stroller or car seat to provide shade.

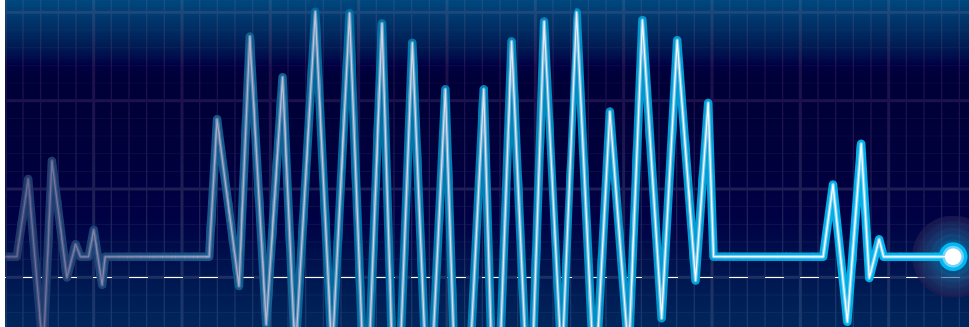


and is fast, easy and painless. All sexually active women should get tested each year. It's even more important for women under 25.

Chlamydia is treated with antibiotics. It's important to take all the medicine. If you don't, the infection may come back. Your partner should also get tested and treated if necessary.

To prevent chlamydia, use a condom every time you have sex.

 **OK FOR OB** Annual OB/GYN checkups are a covered benefit. Call your health plan if you need to find a provider.



# Know your Numbers

## COUNT ON A HEALTHY HEART

Heart disease is the number one cause of death in the United States. If your blood pressure, cholesterol or weight is too high, you could hurt your heart. Knowing your numbers can help keep your heart healthy.

### BLOOD PRESSURE

**IDEAL BLOOD PRESSURE: LESS THAN 120/80**  
High blood pressure makes the heart work harder to pump blood and oxygen through the body. **HITTING THE NUMBER** You can lower your blood pressure with a healthy lifestyle. Limiting salt and alcohol, losing weight and exercising can lower blood pressure. If lifestyle changes are not enough, medications can help.



### CHOLESTEROL


**IDEAL TOTAL CHOLESTEROL: LESS THAN 200** Cholesterol is a fatty substance in your blood. HDL is good cholesterol and LDL is the bad kind. Too much LDL can clog your arteries. **HITTING THE NUMBER** Eating right and exercising can lower your cholesterol. If that is not enough, your doctor may put you on cholesterol-lowering drugs.

### WEIGHT CONTROL

**IDEAL BODY MASS INDEX (BMI): LESS THAN 27** Your body mass index (BMI) is based on your height and weight. Having a high BMI is bad for your heart. **HITTING THE NUMBER** Your doctor can tell you your BMI. There are also BMI calculators on the Internet. Here's another way to find your BMI:

- 1 Multiply your height in inches by your height in inches.
- 2 Divide your weight in pounds by the answer to #1.
- 3 Multiply the answer to #2 by 703.
- 4 Round the answer to #3 to get your BMI.



 **ON THE WEB** There are tools online that can help you manage your heart health. See the American Heart Association at [www.hearthub.org](http://www.hearthub.org). You can track your blood pressure, take a cholesterol quiz, calculate your BMI and more.

▼ BABY BASICS



# BABY blues

## WHEN IS IT POSTPARTUM DEPRESSION?

Bringing a new baby home can be a joyful time, but one of change as well. Taking care of a baby is a lot of work! Along with being happy and excited, you may also feel worried, sad, tired, crabby or stressed. After giving birth, it's common to have many feelings, even going from glad to mad in a short time.

Sometimes the "baby blues" can be a more serious concern called postpartum depression. Some signs of this are:

- extreme irritability
- being unable to sleep or eat enough
- feelings of guilt, or not feeling like a good parent

If you or a loved one show these signs, it's important to get help right away by calling your doctor or your local Regional Behavioral Health Authority (RBHA).

**i NEED HELP?** See page 1 for the phone number for your RBHA. APIPA's Member Services can also help. Call 1-800-348-4058, 24 hours a day, 7 days a week.

▼ EMERGENCY CARE

## is it an emergency?

GET THE RIGHT CARE, AT THE RIGHT PLACE, AT THE RIGHT TIME

**Hospital emergency rooms are busy places.** Sometimes patients with less serious problems wait a very long time. What are your choices to get the care you need?

**CALL APIPA** Can't reach your PCP? Don't know who your PCP is? Need to find an urgent care center near you? Call Member Services at 1-800-348-4058.

### WHEN TO CALL YOUR PRIMARY CARE PROVIDER (PCP)

Most problems can be treated at the office or clinic where you receive routine care. Your PCP knows your medical history and can help you get the best care.



### WHEN TO VISIT AN URGENT CARE CENTER

If you have an illness or an injury that is not an emergency, but needs medical care faster than your doctor can see you, go to an urgent care center. You can be seen there for problems such as:

- vomiting
- diarrhea
- fever
- cough or cold
- rash or minor burns
- minor cuts & bruises
- non-severe bleeding
- earache
- stomach pain
- sore throat
- sprains or strain
- most drug reactions

### WHEN TO GO TO THE HOSPITAL EMERGENCY ROOM (ER)

ERs are for serious injuries or sudden illnesses that may be life-threatening and need medical care right away. In a true medical emergency, you should go right to the nearest ER or call 911. Some examples are:

- signs of a heart attack or stroke
- bleeding that won't stop
- broken bones
- bad burns
- trouble breathing or passing out
- feeling you might hurt yourself or others
- pregnant women with pain or bleeding

▼ CHRONIC CONDITIONS



## HAPPY summer

### WARM WEATHER TIPS FOR PEOPLE WITH DIABETES

**Do you have diabetes?** Follow these tips for a safe and healthy summer.

- Do not go barefoot or wear open shoes. Check your feet daily to make sure you have not gotten a cut.
- Use a sunscreen of at least 15 SPF or higher. Only stay in the sun for a short time. Use moisturizer to help to stop dryness and cracking.
- Drink plenty of sugar-free liquids to stop dehydration.
- Make sure you are up to date with your diabetes tests. Talk to your doctor about tests for cholesterol (LDL-C), kidneys (micro-albumin) and blood sugar (A1c).
- See an eye doctor for a diabetic (retinal) eye exam to prevent blindness.

**? DID YOU KNOW?** Your plan offers a diabetes disease management program. It teaches you about diabetes and helps you manage your disease. To learn more, please call the Member Services number on the back of your ID card.