

# health TALK

WINTER 2009



## wheelchair repairs

Don't wait until it is too late! If your wheelchair needs work, let your primary care doctor know. Your doctor will write a prescription to get it fixed. Then you can call Preferred at 480-446-9010 to schedule a repair appointment.

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.

¡VOLTEE PARA ESPAÑOL!

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### ▼ BABY BASICS



## OH baby!

HEALTHY MOMS HAVE HEALTHY BABIES

A healthy pregnancy begins before you conceive. The healthier you are, the healthier your baby will be. If you are planning to have a baby, see your doctor for a pre-pregnancy checkup. Even if you are not planning a pregnancy, take care of yourself if you are sexually active, just in case:

- Take a vitamin with folic acid to prevent birth defects.
- Quit smoking and drinking alcohol.
- Get tested for HIV, hepatitis B and other conditions.

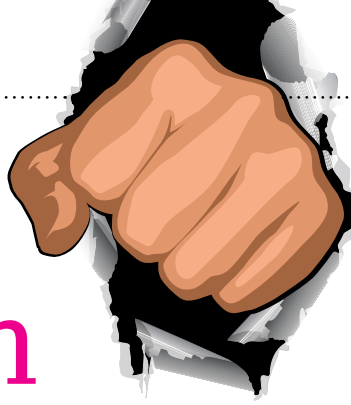
If you do get pregnant, start seeing a doctor or midwife as soon as you find out. Go for checkups every month for the first six months. Go more frequently in the last three months. This way, your provider can catch any problems early. You can also get tests you need on time.

And after you have your baby, make sure you go for your postpartum checkup.



**EXPECTING?** APIPA has a program for expecting moms called Healthy First Steps. Join by calling 800-348-4058, option 2. You can get support and information.

▼ PREVENTION



# a ONE-TWO punch

POWERFUL PREVENTION FOR CERVICAL CANCER

**More than 11,000 women will find out they have cervical cancer this year.** Hispanic and African American women are more likely to get it. 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 your doctor about getting cancer screenings. For more information about cancer, call the National Cancer Institute at 800-4 CANCER or visit [www.cancer.gov](http://www.cancer.gov).

▼ MENTAL HEALTH



## FEELING blue?

YOU DON'T HAVE TO

**Depression is more than feeling blue for a few days.** It is a serious illness. More than 15 million Americans have it.

Some signs include:

- a sad mood that doesn't go away
- not wanting to do things you once enjoyed
- eating much more or less than you used to
- trouble sleeping or sleeping too much
- lack of energy
- a hard time thinking
- thinking about death or suicide

Depression can be treated. Medication can help. So can therapy. You can also try lifestyle changes. Exercising, getting enough sleep and eating healthy may improve your mood.

**GET HELP** If you have symptoms of depression most of the time for more than a few weeks, talk to your doctor.

▼ CHRONIC CONDITIONS

► MORE THAN 17 MILLION HEALTH CARE VISITS EACH YEAR ARE DUE TO ASTHMA.



## it's a plan

UNDERSTANDING YOUR 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. 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. The plan should tell you when to call your doctor and when you need emergency care.

### THE THREE-ZONE ASTHMA PLAN





# Get the Lead Out

HOW TO KEEP YOUR CHILD SAFE FROM LEAD POISONING

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. Each year, about 310,000 kids are found to have high lead levels. The good news is that lead poisoning can be prevented.

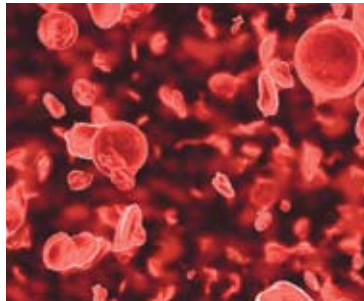


## WHERE DOES LEAD COME FROM?

Most of the lead that 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. Painted toys, ceramics or other products made outside the U.S. can also have lead.



## WHAT IS LEAD POISONING?




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. Over time, lead poisoning can lead to lower intelligence, slow growth, learning disabilities and other problems.

## HOW CAN YOU PREVENT LEAD POISONING?

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. Help your child develop good hand-washing habits at an early age. And, most importantly, have your child tested for lead when your doctor recommends—at least twice before the age of 2.



**CHECK IT OUT** The American Academy of Pediatrics says kids should get tested for lead at the ages of 1 and 2 years. Ask your doctor if your child needs to be tested.

 **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.

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.



▼ DENTAL CARE

## say cheese!

KEEP YOUR CHILD'S SMILE BRIGHT AND HEALTHY

All children ages 2 through 21 should have a dental visit every six months. Dental checkups are offered at no cost to you if you visit an APIPA dentist. Please make an appointment with your child's dentist today.

**i** **SMILE** If you need help finding a dentist, please visit our Web site at [www.myapipa.com](http://www.myapipa.com) or call 800-822-5353.



▼ BABY BASICS

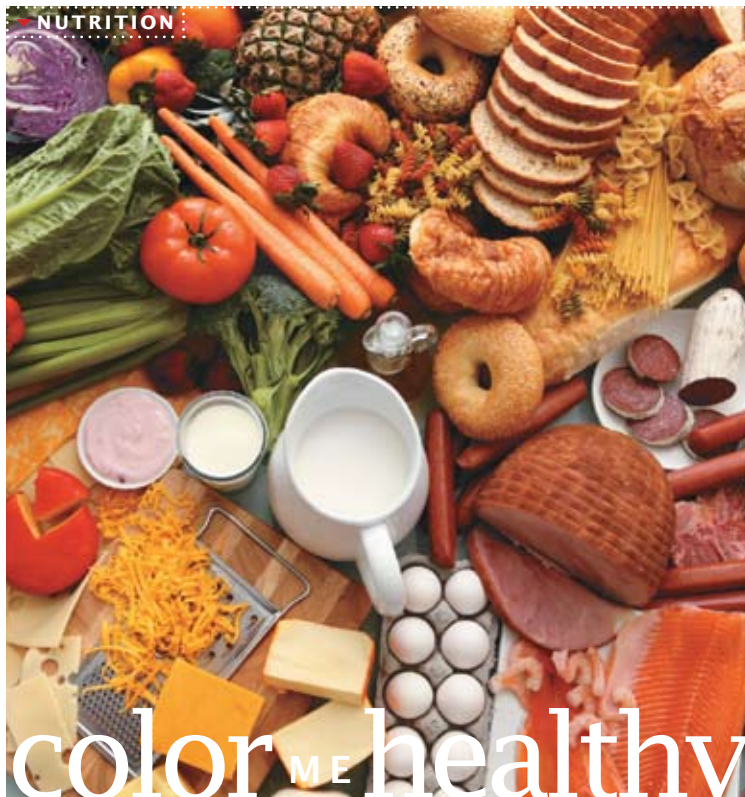
## HIV and pregnancy

YOU CAN AVOID INFECTING YOUR BABY

A pregnant woman infected with the human immunodeficiency virus (HIV) can pass the virus to her unborn baby during pregnancy, labor or breastfeeding. There are medications that can prevent HIV from being passed from mother to baby. HIV positive mothers are advised to bottle feed instead of breastfeed.

If you are a pregnant woman with HIV, APIPA has a program called Healthy First Steps (HFS). HFS case managers can help you through your pregnancy and postpartum.

**i** **WE CAN HELP** APIPA has an HIV coordinator available to answer any of your questions about HIV. To find out more, call Member Services at 800-348-4058, option 3.



NUTRITION

## color ME healthy

### A COLORFUL DIET IS A HEALTHY ONE

Eating a rainbow of foods can make you healthy. It can help you prevent cancer, heart disease and other problems. Eat at least one food of each color every day. There are many colorful, healthy foods to choose from.

**RED** TOMATOES, PINK GRAPEFRUIT, WATERMELON, STRAWBERRIES Lowers prostate cancer risk and blood pressure.



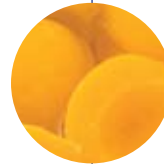
**WHITE** GARLIC, LEEKS, ONIONS Reduces blood pressure and cholesterol. Lowers risk of heart attack.



**BLUE** BLACKBERRIES, BLUEBERRIES, PURPLE GRAPES Lowers risk of cancer, heart disease and age-related memory loss.



**YELLOW** CANTALOUPE, PEACHES, PINEAPPLE, YELLOW PEPPERS Reduces risk of cancer and heart disease. Keeps skin, bones and teeth healthy.



**GREEN** BROCCOLI, PEAS, LEAFY GREENS, ZUCCHINI Helps maintain good vision. Reduces risk of cancer.



**i** **EAT RIGHT** Create an eating plan for your age, gender and level of activity. It's easy and free at [www.mypyramid.gov](http://www.mypyramid.gov).



## 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)	877-756-4090
Pinal, Gila, Yuma, La Paz	Cenpatico	866-495-6738 (Nurse Wise intake referrals 866-495-6735)	866-495-6735

## GETTING bills?

HERE'S WHAT TO DO ABOUT THEM

**You should not get a bill for an AHCCCS-covered service if you were on AHCCCS on the date of the service.** If you get a bill from your doctor or other health care provider, such as a hospital, here is what you can do.

- 1 Contact the doctor or provider immediately and tell them you have AHCCCS insurance with Arizona Physicians IPA.
- 2 Do not pay the bill.
- 3 If you continue to receive bills, send a copy of your bill with a letter to:  
**APIPA Member Services**  
 3141 N. 3rd Ave.  
 Phoenix, AZ 85013  
 Include your name, ID number and an explanation of the problem. A letter will be sent to your doctor or provider asking them to stop billing you.

### WHEN CAN YOU GET A BILL?

You can receive a bill from a doctor or other health care provider for services that are not covered by AHCCCS. Your Member Handbook has information on the services that are covered and those that are not covered. If you ask for a non-covered service and you sign a payment agreement, you will have to pay for those services.

### WHAT IF I ALREADY PAID A BILL?

You may have paid a bill before you received your AHCCCS coverage. Sometimes, AHCCCS will provide your coverage back to the date you applied. This is called prior period coverage (PPC). If you paid for services during this time, ask your doctor or other health care provider to bill APIPA and pay you back. If they won't, APIPA may be able to help. Send a copy of your receipts and a letter to:

**APIPA Member Services**  
 3141 N. 3rd Ave.  
 Phoenix, AZ 85013



**QUESTIONS?** Need to know what is covered? Need help understanding statements you receive? Call Member Services at 800-348-4058 (TTY 800-947-3529).



# The HEALTH on WHEELS TOUR

## MAP

We're coming to your town. Join us for Shine Arizona's Health on Wheels Tour, brought to you by Arizona Physicians IPA.

Take advantage of cooking demonstrations.

Test your skills with boxing, bowling, tennis and Dance Dance Revolution™ on the Nintendo Wii™.

Shoot hoops, jump rope, be healthy and much more.



Call 1-888-96-SHINE or visit [www.ShineArizona.com](http://www.ShineArizona.com) to learn when, where and who will be joining Shine Arizona's Health on Wheels visits in your community to help ALL Arizonans Be Healthy. Be Strong. Shine!



[www.ShineArizona.com](http://www.ShineArizona.com)

**Be HEALTHY. Be STRONG. SHINE!**

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