

If you need to receive this newsletter in a different format (such as another language, large print, Braille or audio tape), please call the Member Helpline at 1-800-348-4058.



SEE PAGE 3  
FOR IMPORTANT  
CHANGES  
TO YOUR  
BENEFITS.



**OUR NAME IS CHANGING**

On January 1, Arizona Physicians IPA (APIPA) will become UnitedHealthcare Arizona Physicians IPA. Your benefits will not change. Our phone numbers will stay the same. We will still have an office in Arizona. Our commitment to your health will continue.

HEALTHY LIFESTYLES

# kids AND smoking



STOP THEM BEFORE THEY START

**You know that smoking is very bad for your health.** Make sure your kids know it, too. Tell your kids not to smoke. Studies show they will listen. Start when your kids are young.

If you smoke, try to quit. Be a good role model for your kids. Tell your kids how hard it is to have a bad habit. Let them know that you wish you had never started smoking.

You might find out that your kids have tried cigarettes. Ask them what they like about it. Point out some of the bad things about smoking, such as the smell. Plus, it is very expensive. Make it clear smoking is not allowed in your family.



**QUITTING TIME?** Call the Arizona Smokers' Helpline for information and resources at 1-800-556-6222.

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# SWEET baby

## UNDERSTANDING GESTATIONAL DIABETES

Sometimes women get diabetes when they are pregnant. This is called gestational diabetes. It causes women to have too much sugar in their blood. It goes away after the baby is born.

If you are pregnant, your doctor will order a test for gestational diabetes. You should have the test when you are 24–28 weeks pregnant. Most women with gestational diabetes have healthy babies. But there are some risks:

- Your baby could be larger than normal when born. You might need a C-section to deliver a very large baby.
- Your baby could be born with low blood sugar. Feeding the baby right away usually helps this. Some babies need an IV with sugar.
- Your baby could have jaundice. It causes babies to look yellow. Sunlight or special lights treat jaundice.
- Your baby may have a higher risk of obesity and diabetes.
- You may be at risk for Type 2 diabetes when you get older.

Managing gestational diabetes well can help lower these risks. It's important to follow your doctor's advice. Keep your blood sugar under control. Eat a healthy diet. Get some exercise. Try not to gain too much weight. If you need medicine, be sure to take it on time.

**PREPREGNANT?** We have a program that can help you. It's called Healthy First Steps. See [www.myapipa.com](http://www.myapipa.com) or call 1-800-599-5985 (TTY 1-800-367-8939, or 711) to see how you can join.



# no flu for you

**Every fall, a new seasonal flu shot becomes available.** It protects against the kinds of flu that are likely to be the most common this year. This year, the H1N1 (swine) flu will be included in the seasonal flu shot.

The flu spreads quickly and easily. If you get it, it makes you feel terrible. It makes you miss work or school. It can cause serious problems.

Flu shots are a good idea for everyone. You need a new one each year. The flu is even more dangerous for very young or old people. People with chronic diseases also suffer more from the flu. Flu shots are a must for these people.

**FLU FREE** Flu shots are free when given by your primary care provider (PCP). Find out if you are in a high-risk group at [www.flu.gov](http://www.flu.gov). You can also track the flu season in your area on this website.



## WE CARE

UnitedHealthcare Arizona Physicians IPA provides care management. It helps members with special needs. These include:

- physical disabilities
- serious mental illness
- complex health problems
- chronic illnesses
- other special needs

Care managers work with the health plan and outside agencies. They help members get the special services and care they need.

**HELP IS HERE** If you have special needs, you may be able to get care management. Call 1-800-348-4058 to find out how.



# NEW exclusions

## AHCCCS CHANGES BENEFITS

**Arizona is having budget problems.** At the same time, there are now more people on Medicaid. That's why AHCCCS had to make some benefit changes for adults aged 21 and over. These changes began October 1, 2010. The following services are no longer covered for adults:

- most dental care
- bone-anchored hearing aids and cochlear implants
- insulin pumps
- percussive vests
- orthotics
- visits to a podiatrist
- pancreas transplants (except when done at the same time as a kidney transplant)
- lung transplants
- allogeneic unrelated hematopoietic cell transplants
- heart transplants for non-ischemic cardiomyopathy
- liver transplants for people with hepatitis C
- visits to the doctor when you have no specific complaint and are not being treated for any symptoms (well exams)
- microprocessor-controlled lower limbs and joints for lower limbs

There are also new limits to some benefits. Outpatient physical therapy will now be limited to 15 visits per contract year. The contract year is October 1 to September 30.

If you are a qualified Medicare beneficiary, we will continue to pay your Medicare deductible and coinsurance for these services.



**FIND OUT** For more information, visit the AHCCCS website at [www.azahcccs.gov/reporting/legislation/2010/BenefitChanges.aspx](http://www.azahcccs.gov/reporting/legislation/2010/BenefitChanges.aspx).

## in control

YOU HAVE THE POWER TO MANAGE YOUR DIABETES

**WHAT IS DIABETES?** Diabetes is a condition where the body cannot turn the sugar from food into energy well. People with diabetes have too much sugar in their blood.

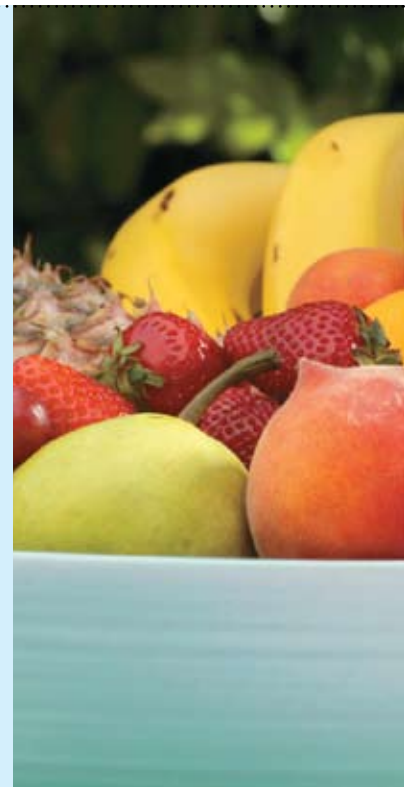
**CAN YOU PREVENT DIABETES?** There are two types of diabetes. Type 1 diabetes is also called juvenile diabetes. It cannot be prevented. Type 2 diabetes is also called adult onset diabetes. It is the kind you can prevent. Keeping an ideal weight is the best way to prevent Type 2 diabetes. Reducing the amount of fat in your diet, along with getting regular exercise, can also help reduce your chances.

**WHAT IF YOU HAVE DIABETES?** See your doctor often. Make sure to get the following tests as recommended by your doctor.

- **HbA1C TEST:** twice a year (unless otherwise recommended by your doctor)
- **LDL SCREENINGS:** once a year (unless otherwise recommended by your doctor)
- **EYE EXAMS:** once a year



**GET CHECKED** Do you have diabetes? Are you behind in getting the recommended tests? Please call us at 1-888-664-2777. We can help schedule those appointments for you.





▼ BEHAVIORAL HEALTH



TELL YOUR MEDICAL DOCTOR ABOUT YOUR BEHAVIORAL HEALTH CARE

Are you getting help for a mental health or substance abuse problem? This is called behavioral health care. It is important for your behavioral health care provider to talk with your primary care provider. If you see any other doctors, they should also be talking to each other.

- You may get medicines from both your behavioral health care provider and medical doctor. Some medicines do not work well together. Your doctors need to know what other medicines you take.
- Your behavioral health care provider needs to know about any medical problems you have. They can affect your treatment.

Tell your doctors how to contact each other. You will need to sign a consent form so that your doctors have permission to talk. All information shared is subject to privacy laws. To help manage your care, make a list of all treatment providers you have. Include therapists, psychiatrists and medical doctors. Give a copy of this list to each provider you see.

**TO LEARN MORE ABOUT YOUR BEHAVIORAL HEALTH BENEFITS,** contact the Regional Behavioral Health Authority (RBHA) in your county.

COUNTY	RBHA	INFORMATION OR ENROLLMENT	24-HOUR CRISIS LINE
Maricopa	Magellan	1-800-564-5465	602-222-9444
Pima	Community Partnership Southern Arizona (CPSA)	1-800-771-9889	520-622-6000
Cochise, Gila, Graham, Greenlee, La Paz, Pinal, Santa Cruz and Yuma	Cenpatico	1-866-495-6738	1-866-495-6735
Apache, Coconino, Mojave, Navajo and Yavapai	Northern Arizona Behavioral Health Authority (NARBHA)	1-800-640-2123	1-877-756-4090

**TELL YOUR DOCTOR** For more information on benefits and services go to [www.myapipa.com](http://www.myapipa.com) and click on "Members," or call Member Services at 1-800-348-4058 (TTY 1-800-367-8939, or 711).

▼ SEXUAL HEALTH



**safety dance**

YOU CAN PREVENT STDs WITH SAFER SEX

**Sexually transmitted diseases (STDs) are passed from one person to another through sexual contact.**

Some STDs can be cured. Others you have for a lifetime. They may lead to infertility or even death.

STDs can have no symptoms at all. But there can be signs that you may have one. If you are diagnosed with an STD, your doctor will tell you what kind you have and may give you medicine. Tell people you have had sex with that they should see a doctor, too.

You can prevent getting or spreading STDs. If you are sexually active, follow these tips:

- Use a latex condom for oral, vaginal or anal sex. Every time.
- Ask your partner if he or she has had an STD. Offer to get tested if your partner will get tested, too.
- Don't have sex if your partner has sores, warts, bumps, redness, discharge or other signs of an STD.
- If you think you have been exposed to an STD, visit your health care provider right away.

**BE SAFE** Tests are available for most STDs. If you are sexually active, see your doctor once a year. Go right away if you have symptoms.