COULD YOUR CHILD HAVE ADHD?

All kids get antsy sometimes. They don’t always pay attention. But some kids may have these problems most of the time. Their behavior can cause problems at home or school.

If your child has at least five of these symptoms at home and at school, talk to his or her doctor about ADHD:

- Gets distracted easily
- Changes activities quickly
- Forgets things often
- Can’t follow directions
- Doesn’t finish tasks
- Loses things often
- Talks too much
- Can’t sit still for long
- Runs around a lot
- Touches everything
- Is very impatient
- Can’t control his or her feelings

1 in 10 boys ages 3–17 has been diagnosed with ADHD.
LIFE GOES ON WITH HIV

HIV is the virus that causes AIDS. It is spread through blood, semen and other body fluids.

HIV damages your immune system over time. It does this by killing the cells that help your body fight infection. People with HIV who no longer have enough of these disease-fighting cells get AIDS.

People with AIDS are at risk for getting certain diseases. Even everyday illnesses like the flu can be deadly. There is no cure for HIV, but drug therapy is helping infected people live longer, healthier lives.

This is why it is so important to get tested. People with HIV who take medicine for it can keep from getting AIDS for a long time. They can be careful about not spreading the virus.

NEED TO KNOW Send a text message with your zip code to “KNOWIT” (566948) to find out where you can get an HIV test. Or, see www.hivtest.org.

SEXUAL HEALTH

get tested

NEED TO KNOW

Send a text message with your zip code to “KNOWIT” (566948) to find out where you can get an HIV test. Or, see www.hivtest.org.

BABY BASICS

OH baby!

Most pregnancies go well. But serious complications can happen. That’s why it is so important to see a doctor or midwife for prenatal care.

THREE COMMON COMPLICATIONS

<table>
<thead>
<tr>
<th>PREECLAMPSIA</th>
<th>GESTATIONAL DIABETES</th>
<th>PRETERM LABOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>High blood pressure caused by pregnancy</td>
<td>Diabetes caused by pregnancy</td>
<td>Contraction start, your cervix opens or your water breaks</td>
</tr>
<tr>
<td>Usually after 20 weeks</td>
<td>Begins in the fifth or sixth month</td>
<td>Before 37 weeks</td>
</tr>
<tr>
<td>It can keep the baby from getting enough blood. This deprives the baby of oxygen and nutrients.</td>
<td>It can cause a very large baby, or low blood sugar or jaundice in the baby. It can also increase the mother’s risk of diabetes later in life.</td>
<td>Premature babies can have health problems. Mothers can get an infection if water breaks early.</td>
</tr>
<tr>
<td>High blood pressure, swelling in the hands, legs and feet that doesn’t go away, headaches, changes in vision</td>
<td>High blood sugar on a routine test</td>
<td>Leaking fluid, regular contractions, pelvic pressure</td>
</tr>
<tr>
<td>Delivery if the baby is big enough. Otherwise, bed rest and medicine. Sometimes, you might need to be in the hospital.</td>
<td>Exercise, diet, regular blood testing and sometimes medication or insulin</td>
<td>If the baby is 34 weeks along, it is often safe to deliver. If earlier, your doctor or midwife may give you drugs to slow labor. You might need to be in the hospital or home on bed rest.</td>
</tr>
</tbody>
</table>

HEALTHY LIFESTYLES

HAPPY quit DAY

MAKE IT A SMOKE-FREE CELEBRATION

Are you one of the 43 million people in the U.S. who still smoke?
The Great American Smokeout takes place on November 19 this year.
Why not choose this date to quit?
If you’re ready to quit, mark the date on your calendar. Tell your friends and family about it. Ask them to help hold you to your decision.

Before your quit day arrives, talk to your doctor. Decide what kind of support, nicotine replacement and/or medications you will use. Combining methods can raise your chances of success.

When your quit day comes, get rid of all your cigarettes, lighters and ashtrays. Have substitutes for cigarettes handy. Try gum, hard candy, carrot sticks or even drinking straws.
The Flu and You

BE FREE FROM THE FLU THIS SEASON

The H1N1 flu virus spread around the world quickly. Because it is a new virus, most people do not have immunity. It is no more dangerous than the regular flu, but that could change. It’s important to protect yourself, but not panic.

CHOOSE YOUR WEAPON

[Image: Flu shot and hands washing]

**FLU SHOTS**

It’s always a good idea to get a flu shot each fall. The shot will protect you against common strains of the flu. Although last year’s flu shot did not have the H1N1 virus in it, people who had the shot were less likely to get sick from H1N1. Flu shots are even more important for young children, older people and people with certain health conditions.

**HAND WASHING**

Washing your hands often is the best way to avoid the flu. Use regular bar or liquid soap and warm water. Wash the back of your hands, your fingers and your palms well. Lather up for 20 seconds. This is about the amount of time it takes to sing the ABCs. If you can’t wash your hands, use an alcohol-based hand sanitizer.

**COMMON SENSE**

The flu comes on suddenly with a fever, sore throat and a cough. You may feel achy or have a sick stomach. If you get the flu, stay at home for seven days or until you are better, whichever is longer. Cough into a tissue or your elbow. If you have trouble breathing, see your doctor quickly.

**WHERE IT IS**

**WHEN IT HAPPENS**

**WHY IT’S DANGEROUS**

**SIGNS AND SYMPTOMS**

**TREATMENT**

**SMOKING CAUSES 1 IN 5 DEATHS.**

Stick with your plan and keep busy. If you slip up, don’t get discouraged. Just strengthen your resolve and go right back to your plan. You can do it.

See www.cancer.org to find local resources to help you observe The Great American Smokeout. Or call 1-800-QUITNOW (1-800-784-8669) to get help quitting.

Flu shots are a covered benefit with your health plan. For reliable information about H1N1, see www.cdc.gov or call 1-800-CDC-INFO (TTY 888-232-6348).

WHAT IS A PANDEMIC?

It has nothing to do with how bad a virus is. It just means the virus has been reported in more than one region.
we measure up

WE WANT YOU TO GET THE RIGHT CARE

We want you to get the best care possible. One way for us to tell if we are getting you the best care is by using something called HEDIS®. HEDIS stands for Healthcare Effectiveness Data and Information Set. HEDIS looks at many different kinds of care. Here’s what our most up-to-date information from HEDIS tells us:

MORE OF OUR ADULT MEMBERS ARE GETTING THE FOLLOWING KINDS OF CARE:
- preventive and ambulatory health services
- well care
- diabetes screening tests
- follow-up after mental health hospitalizations
- prenatal and postpartum care

MOST OF OUR MEMBERS WHO ARE CHILDREN ARE GETTING:
- six or more well-child visits
- immunizations
- visits with their primary care physician
- the right medications
- follow-up care for medications

WANT RESULTS? For a complete set of our HEDIS and CAHPS results or more information about our Quality Improvement Program, call Member Services at 1-800-587-5187 (TTY 1-800-587-5188). Or, visit our Web site at www.uhcmedicaid.com/rhodeisland.

finding Doctor right

MAKE YOUR PCP YOUR PARTNER IN HEALTH

When you joined your health plan, you chose a primary care provider (PCP). Your PCP will provide or coordinate all your health care. If you need tests or treatments that your PCP can’t provide, he or she will give you a referral.

You should feel comfortable with your PCP. If you are not, contact your health plan to choose a new one. Think about what you want in a PCP. You may prefer a PCP who is male or female. You might want one who speaks your language or shares your culture. You might want one with weekend hours, or one located near public transportation. There are different types of doctors who are PCPs. They include:
- FAMILY PRACTITIONERS treat the whole family. They may also provide women’s health care. They are a good choice for families who want a relationship with one doctor.
- INTERNISTS treat adults only. They are a good choice for adults with ongoing health concerns.
- PEDIATRICIANS treat children from birth through their teen years.
- OB/GYNS provide women’s health care. Women can choose one in addition to their PCPs. They provide birth control and STD testing. They also provide prenatal care and deliver babies.

WHAT’S YOUR TYPE? To see a list of participating providers, see www.uhcmedicaid.com/rhodeisland. Or call 1-800-587-5187 to ask for a directory. Show your health plan ID card every time you see your doctor.
WHEN TO USE THEM

People often think they should go to the emergency room (ER) when they are ill or hurt. They go because they think it is fast and open 24 hours a day. Actually, the ER is not the best place for less serious cases. It is also not as fast as you might expect — you might wait four to six hours to be seen.

For less serious cases, call your doctor. Ask if you can be seen that day or the next. If you need medical care and cannot wait, you might want to go to an urgent care center. Some reasons to go to an urgent care center include:

- earaches
- sprains
- skin rashes
- minor cuts where bleeding is controlled
- colds, coughs and sore throats
- most fevers (if there is convulsion or extreme fever in a child, go to the ER)

If you have a question about whether it is an emergency, call your primary care doctor.
urgent care centers
in Rhode Island

CENTROS DE ATENCION DE URGENCIA EN RODE ISLAND

SAVE THIS LIST SO YOU WILL HAVE IT
WHEN YOU NEED IT.
GUARDE ESTA LISTA PARA CUANDO LA NECESITE.

BARRINGTON
Urgent Care Group
310 Maple Avenue
401-289-0001

BLOCK ISLAND
Block Island Health Service
6 Faye Road
401-466-2974

BRISTOL
Medical Associates of Bristol
1180 Hope Street
401-253-8900

CENTRAL FALLS
Notre Dame Ambulatory Clinic
1000 Broad Street
401-726-1800

COVENTRY
Pawtucket Valley Medical and Surgical Services
592 Tique Avenue
401-621-6800

CRANSTON
Cranston Medical
495 Atwood Avenue
401-943-4540

GARDEN CITY
Cranston Medical Center
5150 Reservoir Avenue
401-946-2400

MIDDLETOWN
Family Medicine Center
700 Aquidneck Avenue
401-847-0519

NEWPORT COUNTY
Medical Treatment Office
67 Valley Road
401-847-4950

NARRAGANSETT
South County Walk-In Primary Care
360 Kingstown, Suite 104
401-789-1086

NORTH PROVIDENCE
North Providence Medical Service
1653 Mineral Spring Avenue, Suite 115
401-353-1022

NORTH SMITHFIELD
Park Square Urgent Care
65 Eddie Dowling Highway
401-597-5333

PAWTUCKET
Armitage Urgent Care
209 Armitage Boulevard
401-725-4100

Urgent Care Center Pawtucket
100 Smithfield Avenue
401-725-4600

PROVIDENCE
East Side Urgent Care
1195 N. Main Street
401-461-3782

SMITHFIELD
Urgent Medical Care
400 E. Putnam Pike
401-232-7001

WARREN
Wexcom Medical Associates
619 Metacon Avenue
401-245-1500

WARWICK
Starcare
400 Bald Hill Road, Suite 511
401-737-6420

Warwick Medical Walk-In Room
1111 Warwick Avenue
401-785-9333

WESTERLY
Westerly Urgent Care Center
77 Franklin Street
401-596-6464

WOONSOCKET
Woonsocket Urgent Care
25 John Cummings Way
401-766-2700

Save this list so you will have it when you need it.
GUARDE ESTA LISTA PARA CUANDO LA NECESITE.
member services can answer your questions about:

- How to change your child’s pediatrician or your PCP
- How to get a medical interpreter for visits to your doctor
- How to arrange transportation for visits to your doctor
- How to access your covered benefits
- How to file a complaint or appeal
- How to request a Fair Hearing with the Department of Human Services
- How to request a new ID card, Provider Directory or Member Handbook
- Case management and disease management programs you can participate in

For more information, call Member Services at 1-800-587-5187 (TTY 1-800-587-5188). Information and materials are also on our Web site at www.uhcmedicaid.com/rhodeisland.

other important numbers

- CASE MANAGEMENT staff is available on site in Rhode Island. To see if you are eligible for one of our case management programs or to speak with a Case Manager, call us at 1-800-672-2156.

- Call UNITED BEHAVIORAL HEALTH at 1-800-435-7486 (TTY 1-800-486-7914) for information about mental health and substance abuse treatment.

- Call UNITED BEHAVIORAL HEALTH at 1-800-435-7486 (TTY 1-800-486-7914) for information about mental health and substance abuse treatment.

- For advice and help to QUIT SMOKING, call 1-800-TRY-TO-STOP (1-800-879-8678, or TTY 1-800-833-1477) to reach the Try-To-Stop Tobacco Resource Center. Information is also available on their Web site at www.trytostop.org.