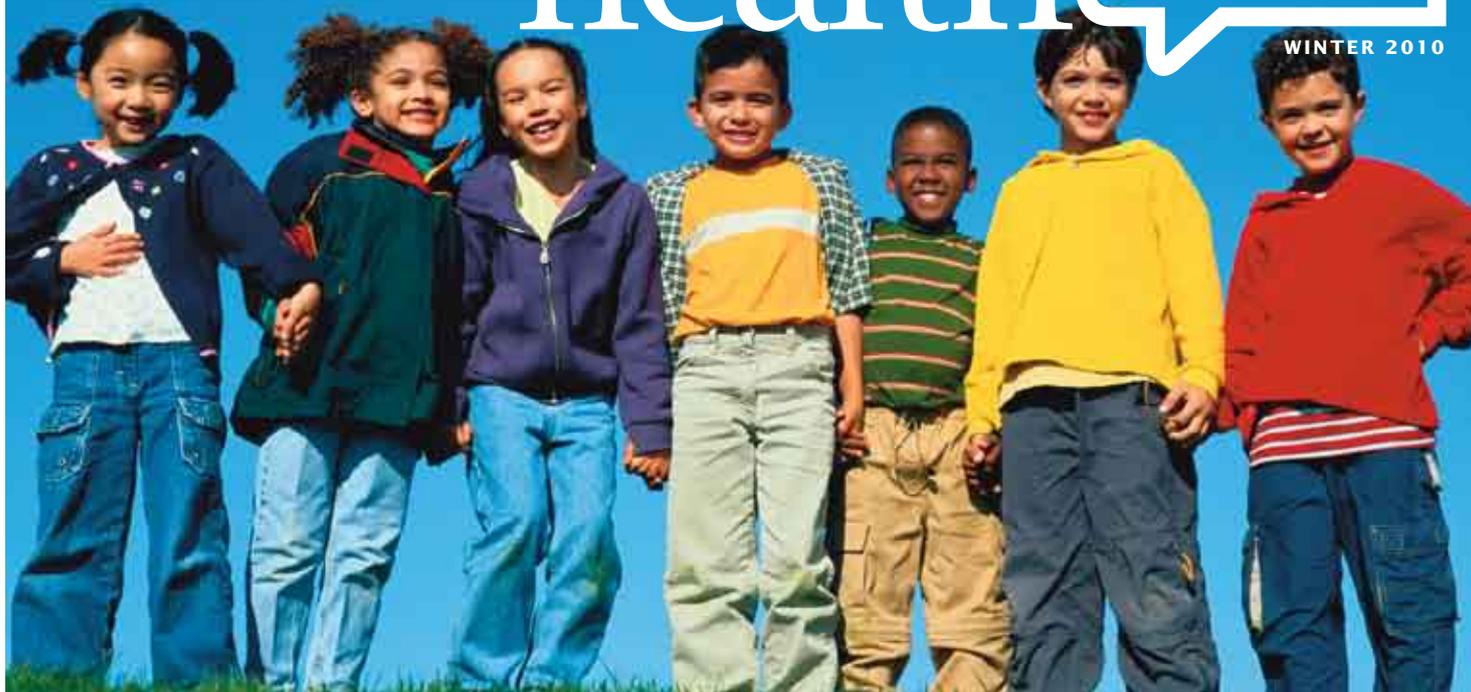


# health TALK

WINTER 2010



## 4 FACTS

### ABOUT SECONDHAND SMOKE



- 1** Three out of five kids aged 3-11 are around secondhand smoke.
- 2** Secondhand smoke makes kids sick. It causes sudden infant death syndrome (SIDS), lung infections and ear problems. It makes asthma worse.
- 3** Secondhand smoke raises the risk of heart disease by 25-30 percent.
- 4** Secondhand smoke raises the risk of lung cancer by 20-30 percent.

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 1-800-348-4058.

¡VOLTEE PARA ESPAÑOL!

### ▼ ABOUT YOUR PLAN

## fraud AND abuse

IF YOU SEE SOMETHING, SAY SOMETHING

**Most Medicaid members and providers are honest.** However, even a few dishonest people can cause big problems. If you know fraud or abuse is taking place, you must tell someone. You don't have to give your name.

#### FRAUD AND ABUSE BY MEMBERS INCLUDES:

- letting someone else use your plan or state Medicaid card or number.
- selling or giving your prescription medicine to anyone else.

#### FRAUD AND ABUSE BY PROVIDERS INCLUDES:

- billing for services that were never given or billing twice for the same service.
- ordering tests or services you don't need.

#### HOW TO REPORT FRAUD AND ABUSE:

Tell us in one of the following ways.

- Call the UnitedHealth Group Compliance Helpline at 1-800-455-4521. You can call 24/7.
- Contact the Member Helpline at 1-800-348-4058.
- Report fraud to the state by calling AHCCCS 1-888-487-6686 or 602-417-4193.



#### MAKE A STATEMENT

Learn more about how you can prevent or report fraud and abuse. Please refer to your Member Handbook for more information.



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# brisk<sup>WINTER</sup> air

## CONTROLLING ASTHMA WHEN IT'S COLD

Many people with asthma breathe a sigh of relief when winter comes. Outdoor triggers like pollen and weeds go away for a while. But some people feel worse in the winter. Their asthma can be triggered by cold air outside or dry air inside. Indoor triggers like dust mites and pet dander can also build up when windows are closed.

# 5

## TIPS FOR WINTER ASTHMA CONTROL

- 1 DRINK LOTS OF WATER.**  
Aim for eight 8-ounce glasses a day.
- 2 USE A HUMIDIFIER INSIDE.**  
Clean it and change the filter often.
- 3 COVER YOUR MOUTH AND NOSE OUTSIDE.** Use a scarf or a mask.
- 4 STAY AWAY FROM WOOD-BURNING FIREPLACES OR STOVES.**  
If you use one, keep it clean. Make sure your home is well ventilated.
- 5 VACUUM AND DUST OFTEN.**  
Keep pets out of bedrooms. Wash bed sheets weekly.

**i TIME FOR A CHANGE** Do you have asthma? Talk to your doctor about whether you need to change your asthma action plan seasonally. Remember to carry your rescue inhaler with you.

## no shame

### DON'T BE EMBARRASSED ABOUT DEPRESSION

Depression is a medical problem, like having diabetes or needing eyeglasses. It is nothing to be ashamed of. More than 18 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

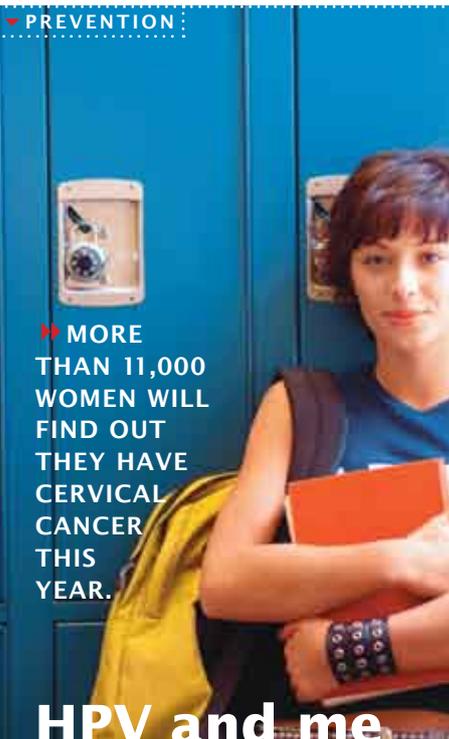
Depression can be treated. Medication can help. So can therapy. You can also try lifestyle changes. Exercising, getting enough sleep and eating healthy may improve your mood.

Some people get depressed each winter. This is called seasonal affective disorder (SAD). It's caused by not getting enough sunlight. Sitting by special lamps can help SAD. So can spending time outdoors on sunny days.

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



More than 1 out of 7 low-income Americans have depression.



**MORE THAN 11,000 WOMEN WILL FIND OUT THEY HAVE CERVICAL CANCER THIS YEAR.**

## HPV and me

### YOU CAN PREVENT CERVICAL CANCER

About 70 percent of cervical cancers are caused by the human papillomavirus (HPV). HPV is very common. You get it from unprotected sex. Today, there's a vaccine for HPV. Girls and women aged 9 to 26 should consider getting it. It works best when given to girls well before they become sexually active.

Cervical cancer is treatable when caught early. 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 until age 70. If you have had an abnormal Pap test or are infected with HPV, talk to your doctor about getting the test more often.

**TAKE CHARGE** Talk to your doctor about getting cancer screenings. For more information about cancer, call the National Cancer Institute at 1-800-4 CANCER or visit [www.cancer.gov](http://www.cancer.gov).

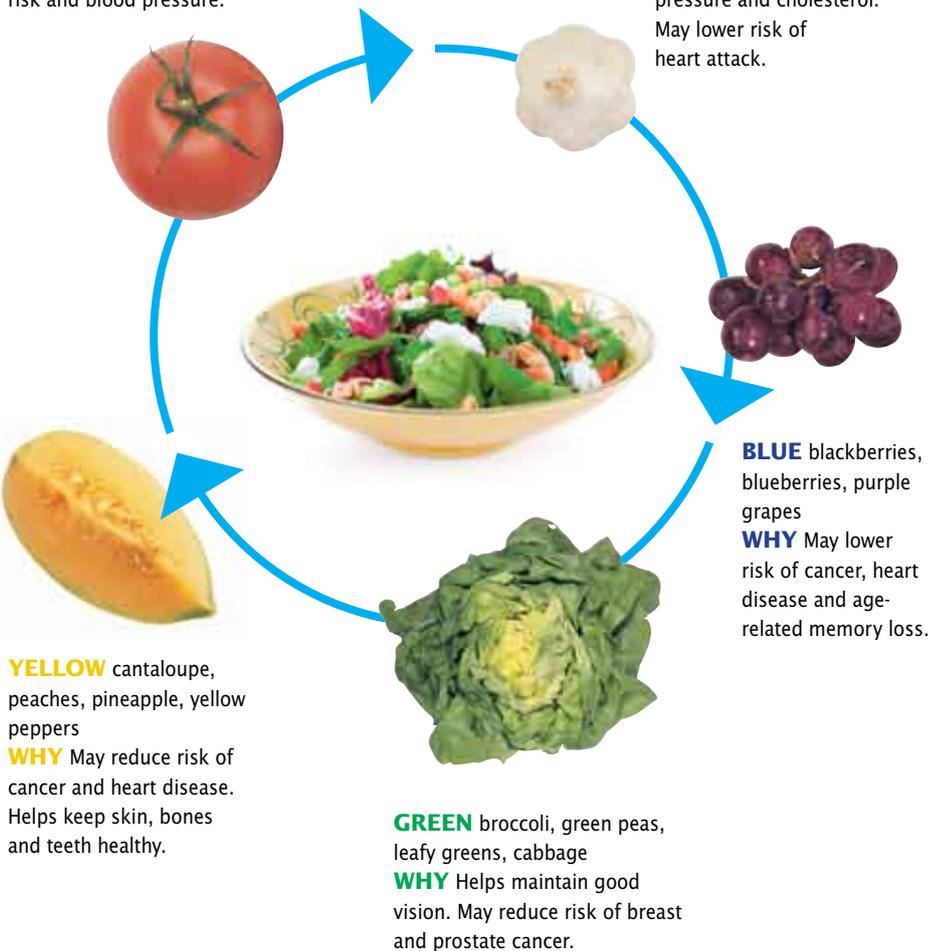
# color<sub>ME</sub> healthy

## 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. Fruits and vegetables are just as nutritious fresh, canned or frozen.

**RED** tomatoes, watermelon, pink grapefruit, strawberries  
**WHY** May lower prostate cancer risk and blood pressure.

**WHITE** garlic, leeks, white onions  
**WHY** May reduce blood pressure and cholesterol. May lower risk of heart attack.



**YOUR PYRAMID** Make a plan for eating healthy at [www.mypyramid.gov](http://www.mypyramid.gov). This Web site has many tools for people of all ages and sizes.



## what to do

### ABOUT THE H1N1 AND SEASONAL FLU

**Flu season hasn't peaked yet.** Both the seasonal flu and the H1N1 ("swine") flu will be spreading for a few more months. You should still be following basic tips for staying healthy. Wash your hands often. Cough or sneeze into a tissue or your elbow. Stay home if you are sick. And don't touch your eyes, nose or mouth.

It's not too late to get a flu shot. Follow the Centers for Disease Control (CDC) guidelines about who needs vaccines the most.

#### SEASONAL FLU VACCINE

- pregnant women
- children aged 6 months to 18 years old
- people of any age with certain chronic conditions
- healthcare workers
- people who live with or care for children younger than 6 months of age or others at high risk for complications from the flu
- people who live in nursing homes and other long-term care facilities
- people 50 years of age and older

#### H1N1 VACCINE

- pregnant women
- people aged 6 months to 24 years old
- people aged 25 through 64 years with certain chronic conditions
- healthcare and emergency medical services workers
- people who live with or care for children younger than 6 months of age

 **THE NOSE KNOWS** The seasonal and H1N1 vaccines are also available as nasal sprays for some age groups. If your provider does not have the vaccine, call Member Services at 1-800-348-4058 to find out where you can get immunized.

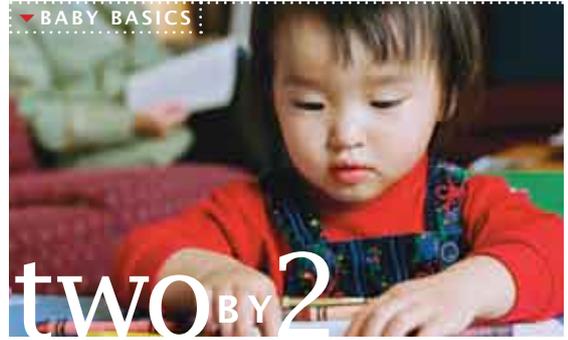
## who to call

### 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 the number for your area.



County	RBHA	Information & Referral	24-Hour Crisis Line
Maricopa	Magellan	1-800-564-5465	1-800-631-1314
Pima, Graham, Greenlee, Santa Cruz, Cochise	Community Partnership of Southern Arizona (CPSA)	1-800-771-9889	1-800-796-6762
Coconino, Navajo, Mohave, Apache, Yavapai	Northern Arizona Regional Behavioral Health Authority (NARBHA)	1-800-640-2123	1-877-756-4090
Pinal, Gila, Yuma, La Paz	Cenpatico	1-866-495-6738	1-866-495-6735



### GET YOUR BABY TESTED FOR LEAD

**Lead is a metal in our environment.** Before we knew it was dangerous, it was used in paint, gasoline and plumbing. Today there are laws against using it. Other countries don't have the same laws.

 **1 in 4 children are exposed to lead in their homes.**

That's why painted toys or other products made outside the U.S. can have lead. Homes built before 1970 can still have lead in their paint or pipes.

Even small amounts of lead can be dangerous to young children. Over time, lead poisoning can lead to problems. Children may have lower intelligence, slow growth, learning disabilities and other problems.

Have your child tested for lead at 1 and 2 years of age or when your doctor recommends. Lead poisoning can be treated when caught.

 **GET TESTED** Your health plan pays for lead testing.