



HEALTH Partners TALK

PUBLISHED FOR MEMBERS OF HEALTH PARTNERS

Domestic violence hurts everyone



Domestic violence occurs within a family or an intimate relationship as a way for one person to control another. Most victims of domestic violence are women, although men can be battered too. It includes physical abuse, not allowing someone to leave home or using objects like knives and guns to cause injury. It also includes harming someone emotionally by threats, name-calling and put-downs.

Domestic violence spares no one, especially children who hear and witness it or are targets. Living in a home where one parent uses violence against the other places children at risk for emotional and behavioral problems. They may feel confused, wet the bed, be unable to sleep, have trouble in school or blame themselves for the violence.

If something about your relationship scares you or you are worried about your children and you need to talk, you can

get help by calling the National Domestic Violence Hotline.

If you are abusing your family or loved one, you should know that domestic violence is a crime and that you could lose your children, friends, home and job if it doesn't stop. Did you know that boys who witness the abuse of their mothers may be at greater risk for becoming men who batter in adulthood than boys from homes free of violence? There is no excuse for your behavior.

If you are abusing your loved ones, it is important to get

information about how you can get help for your behavior by also calling the National Hotline.

National Domestic Violence Hotline



● 1-800-799-SAFE (7233)

● 1-800-787-3224

(TTY for the deaf)

● www.ndvh.org

Help is available in English and Spanish and many other languages. All contact with the hotline is free and confidential.

Do you think you're overweight?

In the United States, the number of people who are overweight has doubled in the past 10 years. Two out of three adults are considered overweight.

Adults are not the only ones who may be overweight. Children and adolescents can be overweight as well.

If you are overweight, you have an extra amount of body weight that includes muscle, bone, fat and water. Genetics plays a major role in someone's being overweight. If one or both of your parents are overweight, you may be also.

But there are other reasons as well. For example, if you do not exercise, if you drink a lot of alcohol, and/or if you eat more than your body needs, you can become overweight.

Eating healthy foods, such as

fruits and vegetables, can reduce your risk of becoming overweight.

Being overweight also increases the chance of developing high blood pressure, high cholesterol, diabetes, heart disease, becoming depressed and having other health problems.

If you are interested in changing your eating habits and would like more information, please talk to your doctor about what is best for you.

Health Partners has a fitness program that can assist you in managing your weight. If you have diabetes, Health Partners offers diabetes education classes.



For more information, please call Health Partners' Member Relations at 1-800-553-0784 or (215) 849-9600.

Quick quiz

Yes or no

- Do you eat fast foods at least three times a week?
- Do you exercise only once in a while?
- Do you eat unhealthy snacks with lots of fat in them, such as potato chips?

- Are you uncomfortable with your current weight?
- Do you need more information on healthy food choices?

If you answered yes to any of these questions, you may be at risk for becoming overweight or developing other health problems. At right are some quick tips to help you reach your goal.

Quick tips

Watch your diet

- Eat fewer calories.
- Take the skin off your chicken before cooking.
- Choose baked, broiled or roasted meats—instead of fried.
- Use liquid cooking oil or cooking spray—instead of canned grease/shortening.
- Use turkey products—instead of beef or pork.
- Reduce the amount of alcohol you drink.
- Choose healthy snacks, like dried fruit and Jell-O, instead of chips and cakes.

Develop an exercise routine

- Take the stairs—instead of catching the elevator.
- Go the long way—instead of taking the shortcut.
- Dancing and housework are good forms of exercise.
- Encourage your children to be active—and reduce television/video game time.

Make healthy food choices

- Eat a variety of grains, fruits and vegetables daily.
- Limit fat, saturated fat, cholesterol, sugar and salt.
- Avoid drinks that are high in sugar, like soda. Drink eight large glasses of water each day.



Dental corner

Growing older? You can still keep your teeth!

Most people think that as they get older they will lose all their teeth and have to get a full set of dentures.

This is not true. If you brush and floss every day and see your dentist twice a year, you can save many of your teeth.

If you wear a full set of dentures, eating can sometimes be tricky, and some words may be hard to pronounce.

You may not need to have dentures if you keep your teeth and gums clean and healthy. Take care of your teeth—and they'll take care of you!



For more information about your dental plan or how to find a participating dentist, or if you need help making an appointment, call Health Partners' Member Relations at (215) 849-9600 or 1-800-553-0784.



Two free conferences: **Learn to prevent or manage diabetes**

Health Partners cares about the health of our members with diabetes. If you would like to learn more about how to prevent or treat diabetes, please come to one of these two events. They are free and open to the public.

Latino diabetes conference: Oct. 2

The Latino Diabetes Alliance, a project of the Health Promotion Council of Southeastern Pennsylvania, is having a Latino diabetes conference, "Nuestra Salud/Our Health," on **Oct. 2** at the Julia de Burgos Elementary School, 401 W. Lehigh Ave., from **9 a.m. to 3 p.m.**

This is a free Spanish conference for Latinos, with workshops on diabetes prevention and

information about where people can go to get help with their diabetes.

Diabetes expo: Nov. 13

The American Diabetes Association (ADA) is sponsoring a diabetes expo on **Nov. 13** from **10 a.m. to 4 p.m.** at the Pennsylvania Convention Center.

The expo is designed to educate people with diabetes through cooking demonstrations, workshops, games, and screenings for blood pressure, cholesterol and foot problems.

We encourage you to go and learn more about diabetes at one of these free events. Control your diabetes—don't let your diabetes control you!

Did you know?

There are some services or items that your PCP or specialist must ask Health Partners to approve for you.

When your doctor requests authorization for care and

services, the decision to approve or not approve the request is based on whether or not the benefit is covered by your medical assistance benefits package and if it is medically necessary.

Health Partners does not directly or indirectly give financial

rewards or incentives (a gift or something else that will make someone want to do something) to doctors or staff to limit or deny approvals or care. In this way Health Partners makes sure that members get the care that is best for their medical needs.



Every Parent Should Do This

EPSDT stands for **E**arly and **P**eriodic **S**creening, **D**iagnosis and **T**reatment. This means keeping your child healthy with services available to all Health Partners members under age 21.

EPSDT works by making sure your child gets the right shots, tests and health care at the right time. And most important, EPSDT services help find problems early.

To keep your child healthy, work together with your child's doctor. Your child's doctor keeps track of your child's health care information. At each doctor visit, ask your doctor to check that EPSDT services are up-to-date.

EPSDT services

- **Shots** protect your child from serious illnesses. This applies to young children and adolescents. Included with this newsletter is a schedule of shots (immunizations) that your child

should have to prevent serious diseases and stay healthy.

Keep this schedule in a safe place. As your child gets a shot, you can place a check mark next to it on the schedule as a reminder that your child received that shot.

Use these services to help keep your child healthy.

- **Physical exams** show if your child is growing well and if he or she is healthy.

- **Dental exams** show if your child's teeth are healthy. Regular dental exams are the best habit to form for good dental health and can help prevent tooth decay.

- **Lead tests** show if your child's body has too much lead. High lead levels can cause brain damage, stunt your child's growth, cause trouble hearing and interfere with learning if not treated quickly.

Lead can be in dust, paint chips and water. Lead is especially a problem if you live in older housing. All children should be tested by their doctor for lead.

- **Hearing tests** show if your child has a hearing problem. Hearing problems can affect talking and learning.

- **Eye tests** show if your child can see well. Eye problems can affect learning and safety. Glasses are included with EPSDT services, if needed.

A chart which shows when you should take your child for physical exams, dental exams, lead tests (lead screenings), hearing tests and eye tests is also included in this newsletter.

- **Mental health counseling** can help your child deal with a problem. The sooner your child talks about the problem, the easier it is to treat.

- **Drug and alcohol services** can help your child get the help he or she needs. Members who are under 21 and need extra help for their illnesses, disabilities or other special needs can get expanded EPSDT services. You or your doctor can call Health Partners' Special Needs Unit at **(215) 991-4370** to ask for these extra services.

As a parent, keeping your child healthy is one of the most important things you can do. Be sure to get your child EPSDT services. **Every Parent Should Do This!**





If you have any questions about EPSDT services, ask your doctor or call Health Partners' Member Relations at (215) 849-9600 or 1-800-553-0784.

immunizations



Recommended Childhood Immunization Schedule United States, 2004

Vaccinations (shots) help protect your children from getting diseases that can make them very sick. The chart below shows what shots your children should get and at what age they should get them. Shaded bars  show the age your children should get the shot. Bars that are outlined  show the age your children should get the shot if it was missed or given earlier than it should have been. Talk to your doctor about making sure your children get their shots when they need them.

Vaccines	Age in Months						Age in Years					
	Birth	1	2	4	6	12	15	18	24	4-6	11-12	13-18
Hepatitis B (Hep B)	Hep B #1		Hep B #2								Hep B Series	
Diphtheria, Tetanus, Pertussis (DTaP)			DTaP	DTaP	DTaP					DTaP	Td (Tetanus, Diphtheria)	
<i>Haemophilus influenzae</i> Type b (Hib)			Hib	Hib	Hib			Hib				
Inactivated Polio (IPV)			IPV	IPV						IPV		
Measles, Mumps, Rubella (MMR)										MMR #1		MMR #2
Chicken Pox (Var)												Var
Pneumococcal (PCV)(PPV)			PCV	PCV						PCV		PPV
Hepatitis A (Hep A)												Hep A Series
Influenza												Influenza (yearly)

Approved by the Advisory Committee on Immunization Practices (ACIP), the American Academy of Pediatrics (AAP), and the American Academy of Family Physicians (AAFP).

Special Note: A child will need to have a second measles vaccine before **first** entering school (in any grade). If the hepatitis B vaccines were not given, the child will need three properly spaced doses of the vaccine before starting the seventh grade. A child who has not had chicken pox will also need the varicella vaccine before entering kindergarten, first or seventh grade.

Care for Babies, Toddlers & Children (Birth to 10 years)

The chart below shows when your child needs to see the doctor for a check-up. It also shows what tests the doctor needs to give. Ask your doctor to make sure your child gets these check-ups. This will help keep your child healthy.

Type of Care	Babies (0–18 months)	Toddlers/Children (2–10 Years)
CHECK-UP		
Physical Exam	Your baby should have a physical exam at birth and at months 1, 2, 4, 6, 9, 12, 15 and 18.	Your child should have a physical exam at ages 2, 3, 4, 5, 6, 7, 8, 9 and 10.
Check Development	To make sure your baby is learning well, understanding and learning should be checked at birth and at months 1, 2, 4, 6, 9, 12, 15 and 18.	Your child should get development checked at ages 2, 3, 4, 5, 6, 7, 8, 9 and 10.
Dental Exam	To make sure your baby's teeth are growing well, your child's PCP should check teeth during regular check-ups.	To make sure your child's teeth are healthy, your child's PCP should check teeth at check-ups. Starting at age 3, your child should go to the dentist twice a year for a check-up and cleaning.
TESTS/SCREENINGS		
Eye Test	Make sure your baby's eyes are checked at each physical exam. Eye tests will be given starting at age three.	Your child should get eye tests at ages 3, 4, 5, 6, 8, 10 and 12.
Hearing Test	Make sure your baby's ears are checked at each physical exam. Hearing tests will be given starting at age three.	Your child should get hearing tests at ages 3, 4, 5, 6, 8 and 10.
Lead Screening	To make sure your baby doesn't have a high lead level, a lead screening test should be done between 9-11 months. If not done then, test as soon as possible by either 1 year, 15 months or 18 months.	A lead screening test should be done between ages two and six if not done previously.



If you use the Crozer-Keystone Health System

As of July 1, 2004, by mutual agreement, Crozer-Keystone Health System no longer participates with Health Partners.

This means that as a Health Partners member, you cannot use Crozer-Keystone Health System for non-emergency care after June 30, 2004.

You will need to use Mercy Fitzgerald Hospital or Riddle Memorial Hospital, or a Health Partners participating hospital outside of Delaware County, for all non-emergency hospital services.

You should have received a letter in the mail about this change. If you did not receive a letter, or if you have questions or concerns, please call Member Relations

at (215) 849-9600 or 1-800-553-0784.

Baby Partners Prenatal Outreach Program Health Partners wins national award

Health Partners recently received the 2004 Gold AHIP/Wyeth HERA Award for its Baby Partners prenatal outreach program. AHIP stands for "America's Health Insurance Plans," and the AHIP/Wyeth HERA Award honors programs that have made a difference in the lives of women and children.

The award is named after the ancient Greek goddess Hera, thought to be the protector of mothers and their babies. Health Partners received the Gold (top) HERA Award in the national "Health Plan" category.

Health Partners' Baby Partners Outreach Program offers complete prenatal support with one-on-one counseling for pregnant members.

Outreach staff members provide individual support, like help with smoking cessation, transportation for doctors' visits, daily personal phone calls, home

care visits, risk assessment and more.

As a result of Baby Partners strategies, the number of preterm babies born in one year decreased significantly—by 17 percent.

Baby Partners offers complete prenatal support.

"The most rewarding part of our program is seeing more and more healthy moms and healthy babies going home from the hospital together as a result of our Baby Partners outreach efforts," says Dr. Paul Alexander, Senior Vice President and Chief Medical Officer for Health Partners.



If you would like more information about our Baby Partners Prenatal Outreach Program, please call (215) 991-4252.



chronic medical conditions

- Are going to be 3 months pregnant during the flu season

Talk to your child's doctor to see if you or your children who are 6 months old or older should get a vaccine, especially if they have any other medical conditions.

Flu vaccine is now recommended for children or children's caregivers who:

- Are ages 6 to 23 months or are a close contact of a child age 6 to 23 months
- Are children or adolescents (age 6 months to 18 years) who are taking an aspirin each day for other medical conditions

Members over age 65 should also get the pneumococcal vaccine. This shot helps prevent many serious cases of pneumonia.

You should get your shots starting **in October**, but the shots can be given through early winter.

Remember to see your PCP

Don't forget to see your PCP (primary care provider) every year for a checkup. This is very important if you have asthma or breathing problems, diabetes, heart disease, high blood pressure, hemophilia, HIV/AIDS or any other chronic illness.

Stay healthy with a flu shot

A flu shot can help you stay well. Having the flu could mean more than just feeling stuffy, sneezy and achy. Most of us don't know that the flu can actually cause death.

Some of you may have heard of SARS (sudden acute respiratory syndrome), which caused 813 deaths around the world last year. But the flu caused 20,000 deaths just in the United States last year. Talk to your doctor about a flu shot.

disease or HIV/AIDS

- Have a chronic medical condition and were treated in a hospital or clinic in the past year
- Are a health care worker

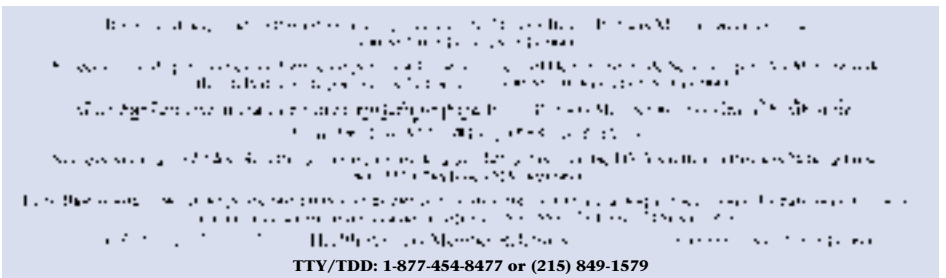
Don't forget to see your PCP every year for a checkup.

or someone who has contact with or cares for small children, the elderly or people with

Who needs a flu shot?

Ask your doctor if a flu shot is right for you, especially if you:

- Are 50 years old or older
- Have a chronic medical condition, such as asthma, diabetes, sickle cell disease, heart



TTY/TDD: 1-877-454-8477 or (215) 849-1579