



HEALTH PARTNERS TALK

PUBLISHED FOR MEMBERS OF HEALTH PARTNERS



Care for your heart

Know your rights

As a Health Partners Member, all you need to know about your rights, your responsibilities and how your health plan works can be found in your Member Handbook.

You can read the online Member Handbook at www.healthpart.com, under "Info for Members." For a new copy of the Member Handbook, please call Member Relations anytime at **1-800-553-0784** or **215-849-9600** (TTY **1-877-454-8477** or **215-849-1579**).

You may seldom think about that hardworking wonder beating inside your chest. But, believe it or not, your heart needs some loving care.

That may be especially true if you're a woman.

Heart disease is the leading cause of death for women in the U.S. It kills more women over age 65 than all cancers combined.

But you can prevent many heart problems just by changing some of your daily habits.

Stop smoking. This alone can cut your risk for heart attack in half within a single year. Try quitting slowly by reducing by half the number of cigarettes you smoke each day. If you need help to quit, ask your doctor.

Be active. Get at least 30 minutes of activity most days of the week. Walking two or three hours each week can make a big difference. Or find another activity you like to do.

Eat healthy food. Start with a variety of fruits and veggies. Add in whole grains and low-fat or nonfat dairy products. Get your protein from fish, poultry and lean meats.

Avoid trans fats, which are often found in stick margarine and ready-made fried and baked goods.

Know your numbers. Blood pressure, cholesterol and body mass index levels can point to heart disease risk. Visit your doctor to see where you stand. Your doctor can also help you get your numbers in line.

Source: American Heart Association

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for your health



Special programs

Disease Management

Health Partners' Disease Management program can help you avoid complications from many diseases, including:

- Heart failure (members over age 21)
- Asthma (members ages 2 years and older)
- Diabetes (members ages 2 years and older)

If you need special assistance managing diabetes, we will assign a Case Manager to help you develop a personal care plan. To learn more about Health Partners' Disease Management Program, call **215-991-4250** (TTY **1-877-454-8477** or **215-849-1579**).

Complex Case Management

Shift Care. If you meet the medical necessity of shift-care nursing or need a home health

aide, we will provide a Special Needs Case Manager to develop and coordinate a care plan just for you.

To learn more, please contact the Special Needs Unit at **1-866-500-4571** or **215-967-4690** (TTY **1-877-454-8477** or **215-849-1579**).

EPSDT services

Healthy kids are our priority!

Here at Health Partners, we want to make sure your children get the best possible care. That's why we have the Early and Periodic Screening, Diagnosis and Treatment (EPSDT) program. With EPSDT, all members under 21 receive services including, but not limited to:

Be wise: Immunize

Is your child between 11 and 19 years old?

He or she may need to get important immunizations (shots) to avoid serious diseases, including:

- Hepatitis A (Hep A)
- Polio
- Pneumococcal disease
- Tetanus, diphtheria and pertussis (Tdap)
- Human papillomavirus (HPV)



By getting all the shots he or she needs, your child can be sure to stay healthy and disease-free.

Take your child to see your primary care provider (PCP) at least once a year.



If you need help finding a PCP, just call Member Relations at 1-800-553-0784 or 215-849-9600 (TTY 1-877-454-8477 or 215-849-1579).

- Body mass index (BMI)
- Dental exams
- Anemia testing
- Sickle cell screening
- Hearing and eye exams
- Lead testing
- Immunizations (shots)
- Mental health counseling
- Drug and alcohol services

To find out more about EPSDT services, call Health Partners' EPSDT Coordinator at **215-991-4252** (TTY **1-877-454-8477** or **215-849-1579**).

Save money on your medicine

All Health Partners members can get the lowest available prices on generic and brand-name prescription drugs with ScriptSave.

Health Partners members using ScriptSave have recently saved an average of more than \$11 on each prescription.

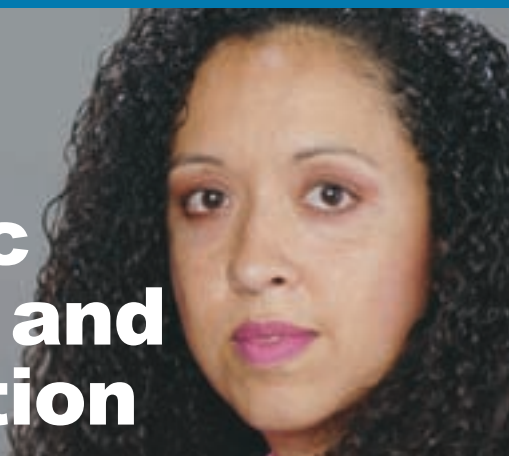
ScriptSave discounts are available for:

- All members for any prescriptions not covered by Health Partners
- All family members in your household, even if they do not have Medicaid

Just show your card at any of the many ScriptSave participating pharmacies and save! For more information about ScriptSave, please call Member Relations at **1-800-553-0784** or **215-849-9600** (TTY **1-877-454-8477** or **215-849-1579**).

ScriptSave is not an insurance policy and does not provide insurance coverage. Discounts are available only through participating pharmacies nationwide.

Domestic violence and immigration



An abused woman does not need to be a U.S. citizen or legal resident to get a protection from abuse order. However, many immigrant or refugee women hurt by domestic violence don't get help because they fear immigration officers.

It is not just undocumented women who are scared. It affects women who do not know their legal rights. They worry that they can't get permanent residency without their husband's help.

A federal law called the Violence Against Women Act (VAWA) creates two ways for women married to U.S. citizens or permanent residents to get residency.

The first option allows an abused immigrant woman to apply for her own and her children's residency without the

help of her abusive husband. He plays no role in the process. He does not have to know the petition has been filed.

The law is complicated. Ask for help from a domestic violence program before going to the Immigration and Naturalization Service (INS).

The second option is called "cancellation of removal." This choice is only open when a woman is in or can be placed into deportation proceedings. If a woman is eligible for this option, the court may stop the proceedings and grant residency.

If someone can't get help under VAWA, there may be other ways to get immigration status such as a new visa that has been created for crime victims.

The laws are confusing. It is important to reach out for help. Get help from a domestic violence program.

If you or someone you know needs help, call: National Domestic Violence Hotline,

- **1-800-799-7233**
- **(1-800-799-SAFE)**
- **1-800-787-3224** (TTY for the deaf)

Or visit www.ndvh.org.

Help is available 24 hours a day in English and Spanish and many other languages.

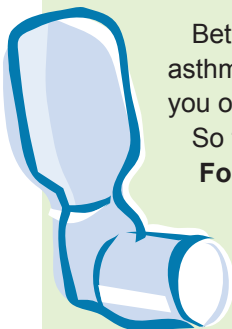
All contact with the hotline is free and confidential.

Skip a trip to the hospital

Better control of your asthma can help keep you out of the hospital.

So take these steps:

Follow your asthma plan. Do you take medicine regularly? Are you checking



your breathing with a peak-flow meter? Let your doctor know if your asthma is getting worse.

Take medicines as directed.

Talk to your doctor if you think you need more or less medicine.

Know your triggers. Many things cause flare-ups, such as tobacco smoke and pollen. Take steps to avoid your triggers.

Sources: American Academy of Family Physicians; American College of Allergy, Asthma and Immunology

get involved

We want you!



Health Partners is looking for a few good men and women who are members of the plan to actively participate on our Community Advisory Committee. This committee meets three times a year to discuss strategies and issues, and provide input on important community concerns.

Limited committee seats are available. To be considered for a position, please complete and send the application below to:

Claudia Tucker-Keto
Manager, Community Education

Health Partners
901 Market Street,
Suite 500
Philadelphia, PA 19107

Candidates will be selected based on their qualifications. **Applications must be received by Monday, April 7, 2008 for consideration.** If you have any questions, please call Claudia Tucker-Keto at **215-991-4092.**

COMMUNITY ADVISORY COMMITTEE APPLICATION (Please print)

Name _____ E-mail _____

Address _____

Daytime phone # _____ A Member of Health Partners for _____ years

Please list your community involvement:

Why would you like to participate on our Community Advisory Committee?

What strengths do you think you could bring to this committee?

Please include any relevant experience that you think would be helpful for this position.



HEALTH
partners TALK
www.healthpart.com

Editor **Teresa L. Heavens**

HEALTH PARTNERS TALK is published for the members of HEALTH PARTNERS, 901 Market St., Suite 500, Philadelphia, PA 19107, telephone 1-800-553-0784, www.healthpart.com. Information in HEALTH PARTNERS TALK comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider. Models may be used in photos and illustrations.

If you need help reading this information, please call the 24-hour Health Partners Member Relations line at 1-800-553-0784 or (215) 849-9600.

Si necesita ayuda para leer esta información por favor llame a la línea del Departamento de Servicios para los Miembros de Health Partners, disponible las 24 horas, al 1-800-553-0784 ó al (215) 849-9600.

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Nếu quý vị cần giúp đỡ đọc phần thông tin này, xin vui lòng gọi đường dây Liên Hệ Hội Viên Health Partners 24 tiếng tại số 1-800-553-0784 hoặc (215) 849-9600.

Если Вам нужна помощь в прочтении данной информации, пожалуйста, воспользуйтесь круглосуточной Справочной Службой для членов страхового плана по телефону 1-800-553-0784 или (215) 849-9600.

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