



# HEALTH *Partners* TALK

Published for members of Health Partners

## Quit smoking for good

There are lots of good reasons to quit smoking. And you'd really like to quit. You may have even quit smoking before. But then you started again.

Sound like you?

If it does, don't worry. Many people who used to smoke tried to stop before they quit for good. You can quit too!

Here are some suggestions:

- Don't be too hard on yourself if you give in to the urge to have a cigarette. Just take steps to do better next time.

- Think about what makes you want to smoke. Plan how you'll deal with the urge next time.

Try putting something else in your mouth, like gum.

- Ask your doctor for help.

Whatever you do, don't give up! Quitting for good takes work. But the health benefits are worth it.



## Here's help

Health Partners has a stop-smoking program that can help you quit for good! Here's how it works:

First, talk to your doctor about quitting smoking. Your doctor will write you a prescription for nicotine replacement.

Next, call Health Partners, at **(215) 991-4250**. When you call Health Partners, make sure you have your doctor's name and phone number, the name and phone number of the pharmacy where you will pick up your prescription, and the name of the nicotine replacement therapy and the milligrams prescribed by your doctor.

Once your prescription has been approved and you have picked it up and started the therapy, we will follow up with you to see how you are doing with quitting smoking.

If you have additional questions about the stop-smoking program, please call us at **(215) 991-4250**.



For a full help guide, the contact number, call (215) 991-4250. Health Partners' Money Balance is a...  
 Services include...  
 TTY/TDD: 1-877-454-8477 or (215) 849-1579

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Feeling down?

# You can feel better soon



If you feel sad most of the time, or someone close to you says that you have seemed sad most of the time, you could have an illness called depression. Other signs include:

- You don't feel like doing a lot of things you used to enjoy.
- You want to be alone most of the time.
- You feel guilty for no reason, like you're no good.
- Life seems meaningless, like nothing good will happen again.
- It seems like you have no feelings at all.
- It's hard to make up your mind. You often forget things. Or, it's hard to concentrate.
- You get annoyed often. Little

things make you lose your temper.

- You are sleeping a lot more. Or, you have trouble falling asleep.
- You are not hungry—or you eat a lot more.
- You feel restless and tired most of the time.
- You think about death, suicide or feel like you're dying.

These feelings don't mean that you are weak or a failure. They mean you might need medical treatment.

There's help. If you've had some of these signs for more than two weeks, tell your doctor. He or she may recommend counseling or medication. The good news: Treatment helps most people feel better in just a few weeks. Talk to your Health Partners PCP, or you

can even call one of the following behavioral health agencies. Make sure to call the one that is in the county where you live.

### Philadelphia County

Community Behavioral Health  
1-888-545-2600

### Bucks County

Magellan Behavioral Healthcare  
1-877-769-9784

### Chester County

Magellan Behavioral Healthcare  
1-877-769-9780

### Delaware County

Magellan Behavioral Healthcare  
1-888-207-2911

### Montgomery County

Magellan Behavioral Healthcare  
1-877-769-9782

Source: National Institute of Mental Health

## How to help when teens are depressed

Teens can have depression too. Sadly, some think the only answer is to kill themselves. Often, the person who has depression does not even realize that they are depressed. They need to know treatment can help them feel better. A teen may be depressed and considering suicide if he or she:

- Has noticeable personality changes.
- Acts very violent or rebellious.
- Pulls away from family or friends.
- Starts doing poorly in school.
- Neglects the way he or she looks.
- Abuses drugs or alcohol.
- Complains of health problems that aren't real.

- Focuses on death.
- Gives away favorite things.
- Talks about suicide, even as a joke.
- Threatens or attempts suicide.

If you know a teen with any of these signs, show you care. Listen to him or her. Ask questions. And seek help from a doctor.

Source: American Academy of Pediatrics



## 3 smart ways to eat for your health

**E**ating right is one of the best ways to stay healthy. These three changes can help improve your eating habits:

### 1. Eat more fiber.

Fiber in foods such as oatmeal and dried beans helps lower cholesterol. High cholesterol may increase your risk for heart disease.

A diet high in fiber can help protect you from heart disease and some cancers.

To get more fiber, eat:

- Raw vegetables.

- Whole-grain cereals and breads.
- Beans in soups and salads.
- Fresh and dried fruits.

### 2. Cut down on fat.

Eating high-fat foods can increase cholesterol. High-fat foods can also lead to weight gain. Being overweight increases your risk for heart disease, diabetes and stroke.

To reduce fat:

- Avoid fried foods.
- Eat fewer packaged snacks such as chips, candy bars and cookies.
- Drink low-fat or skim milk instead of whole milk.

- Eat lean cuts of meat.
- Take the skin off chicken or turkey.

### 3. Eat less sugar.

Sweets and soft drinks are high in sugar. Like fatty foods, eating too many sugary foods can mean extra pounds.

To cut down on sugar:

- Drink water or unsweetened beverages instead of sugared soft drinks.
- Snack on more fruits and vegetables, and fewer cookies and other sweets.

Source: American Medical Association

## Good nutrition and fitness go hand in hand

It's just as important to exercise as it is to eat right. Exercise, like walking, jogging and jumping rope, helps you stay healthy and feel good about yourself. That's why Health Partners offers special memberships at area YMCAs and other fitness centers.

Remember to check with your doctor before starting a fitness program.

For more information, please call Health Partners' Disease Management Unit at (215) 991-4250.



## Steps to take if you get a bill

Sometimes, by mistake, you may get a bill in the mail from your hospital or doctor.

If this happens, here's what you need to do.

If you do get a bill:

1. Open it right away.
2. Do not pay it. Just write "Health Partners" and your Health Partners identification number on the bill.
3. Mail the bill back to the office that sent it to you. The address of the office is usually in the upper left-hand corner or lower right-hand corner of the bill.

If you follow these steps right away, you should not receive any more bills for your health care as long as you are going to Health Partners participating doctors, specialists, hospitals and pharmacies.

If you do get another bill for your health care, or if you have questions about what to do when you get a bill, call Health Partners' Member Relations department at **1-800-553-0784** or **(215) 849-9600**.

## Dental corner

# Dental care for everyone

**K**eep your teeth healthy with Health Partners.

Don't forget—you and every Health Partners member in your family receive the benefit of regular dental care. It is very important to see the dentist regularly and to have healthy teeth and gums.

You can go to any of the general dentists listed in the provider directory. Pick a dentist from this list and call the office to make an

appointment. You do not even need a referral for a dental visit.

Children under age 21 can receive complete dental services. Starting at age three, children should go to the dentist twice a year for a checkup and cleaning. All teens and adult members are eligible for two exams and cleanings a year.

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



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## Take note!

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 for care. In this way Health Partners makes sure that members get the care that is best for their medical needs.