

Disease Management and FREE Health Programs

At Midwest Health Plan (MHP), we care about the health and happiness of our members. We have many programs that will help you and your children stay healthy and happy.

Programs include:

Diabetes Control Network

If you have Diabetes this program is for you! This program will give you facts on how to take care of yourself if you have Diabetes and will send you materials in the mail. To join this program, call 1-888-654-2200 or 313-586-6071.

After joining, you will be sent information on:

- what diabetes is
- how to control your blood sugar
- taking medications the right way
- exercising
- eating right
- eye and foot care
- and other important information



A letter about the program is also sent to your doctor so he or she knows about your progress. If at any time you wish to stop getting the information, just call 313-586-6071 or toll free at 888-654-2200.

Asthma Focus

If you have asthma we can send you materials that can help. These materials will discuss:

- triggers and symptoms
- using medicine and inhalers
- what an Asthma Action Plan is and how to use it

If you have asthma and would like to enroll in our Asthma Focus program, please call 313-586-6071 or toll free at 888-654-2200. A letter



about the program is also sent to your doctor so he or she knows about your progress. If at any time you wish to stop getting the information, just call Midwest Health Plan.



Help to Stop Smoking

“I Can Quit” is a FREE phone-based program to help you quit smoking. If you join, you will work one-on-one with a health coach to develop a quit plan. Your health coach will call you to make sure you’re staying on track. You will also get a free quit kit with tools to help you stop smoking! For information, please call 313-586-6071 or toll free at 888-654-2200.

Preventive Health Reminders

Preventive health reminders are sent to members that may be due for services. These reminders include:

- Child Vaccines
- Adolescent Vaccines
- Lead Testing
- Well Child Visits/Well Adolescent Visits
- Diabetes Care
- Cervical Cancer Screening
- Physicals

Preventive Health Guidelines

Preventive guidelines are included in the new member welcome packet with a current vaccine schedule. The guidelines are also on the website under the Preventive Health section. If you would like to request a copy of the guidelines, please call 313-586-6071 or toll free at 888-654-2200.

Health Fairs

MHP holds an annual health fair each year for Midwest Health Plan members, their families, and the community. In the past health fairs have included free information on various health topics. Free health screenings were available for members of Midwest Health Plan including: blood pressure screenings, body fat, hearing and vision screenings, and many more. The fairs also feature health speakers on topics including: Asthma, Heart Health, Diabetes, Domestic Violence, Woman's care, and Nutrition.

Member Newsletters

Newsletters are sent to members during the year. The newsletters include health prevention and disease management information. The articles discuss health conditions and screenings that are important in preventing many diseases. The newsletters are also a way to let members know about programs and services available.

Health Education Materials

Educational materials are available for members on the following topics:

- Asthma
- Diabetes
- High Cholesterol
- High Blood Pressure
- Depression
- Pregnancy
- Controlling Weight
- Domestic Violence
- Healthy eating
- Vaccines
- Well Child Care

- Lead Poisoning
- Sexually Transmitted Diseases

Member Incentive Programs:

Preventive health reminders are sent to members due for services. An incentive form is included to have the member’s doctor sign and return to MHP, verifying that the service was completed. Please call the Health Management Department at 313-586-6071 or toll free at 888-654-2200 with any questions.

Members are eligible to receive gift cards after they have obtained the following services:

Service	How to receive gift card
Child Vaccines	Complete all before age 2 and return form
Adolescent Vaccines	Complete all before age 13 and return form
Adolescent Well Visit	1 well visit each year- Return form
Cervical Cancer Screening	Return form
Diabetes Services (Dilated eye exam, HbA1c, urine testing for nephropathy, LDL)	Return form