



# MAKE Health HAPPEN

Summer 2010

## Protect Your Family's Health with Our *Guide to Staying Healthy*



**A**t Midwest Health Plan (MHP), we want you and your family to get the care you need to stay healthy. That's why we've developed the *Guide to Staying Healthy*. This guide describes preventive health services that are recommended for children, teens, and adults. Preventive health services are checkups, shots and screening tests. They can keep you and your family from getting sick.

Children and adults should both have regular checkups, even when they are well. Children younger than age 2 should see the doctor several times a year. Older children and adults should see the doctor once a year. A yearly physical exam is one of the most important things you can do to stay healthy.

Check the *Guide to Staying Healthy* to see which services are recommended for you and your family members. Remember, these services are free and will help keep you and your family from getting sick. ■

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### CALL OR VISIT US ONLINE

You can view the Preventive Health Guidelines on our Web site at [www.midwesthealthplan.com](http://www.midwesthealthplan.com), or you can request a hard copy by calling 313-586-6071. Your health is important—protect it by seeing your doctor *before* you get sick.

# Well-Child Checkups



All children should have the chance to grow up healthy, but sometimes they have problems with their growth and learning. These problems may keep them from getting a good start in life.

At well-child checkups, you can work with your child's doctor to

make sure your child has the best chance to grow and learn. Children need well-child checkups on a regular basis.

Well-child checkups are important because they can help find health and learning problems early and help stop some problems from happening. At every well-child

checkup, the doctor should ask you about your child's growth and development.

Sometimes your child's doctor may ask you to fill out a form with questions about your child's development. This should happen around the 9-, 18-, and 24- or 30-month visits, but may happen more often.

Children develop in their own way. Your child should keep growing and learning. If you are worried about how your child is growing and learning, don't worry—but don't wait. Call your child's doctor or nurse to talk about your concerns.

To find out more information on developmental screening, visit [www.cdc.gov/ncbddd/autism/actearly](http://www.cdc.gov/ncbddd/autism/actearly) or call **800-CDC-INFO**. ■

**Help keep your child healthy! Please call your child's doctor to make an appointment for a well-child checkup.**

## Midwest Health Plan's Web Site

Be sure to visit Midwest Health Plan's Web site at [www.midwesthealthplan.com](http://www.midwesthealthplan.com). Our Web site includes:

- Benefit information—covered services
- Clinical practice guidelines
- Directory of providers and how you can search for doctors and hospitals
- Fraud and abuse information
- Goals and progress on our goals
- Hospital safety
- How to file a complaint and appeal

- Information on our free health outreach and disease management programs
- Member newsletters
- Member handbook
- Notice of privacy practices
- Preventive health guides—*Guide to Staying Healthy*
- Quality Improvement Program
- Rights and responsibilities

For a hard copy of the information on our Web site, please call **888-654-2200**.



My doctor told me I have high blood pressure. That means the pressure of blood inside my blood vessels is too high. High blood pressure can lead to heart attack and stroke. That's why my doctor says it's important that I get mine checked regularly. He also gave me medicine that helps keep it under control.

There are lots of other things I can do that can keep my blood pressure down. I eat healthy foods, like fruits and vegetables, and make sure I don't gain too much weight. I also eat foods that don't have a lot of salt or fat in them. I don't drink a lot of alcohol, and I don't smoke. I also started exercising a few times a week. That helps me control my weight and get rid of stress.

I'm glad my doctor talked with me about high blood pressure. Now I know how to keep mine under control.



# Understanding Your Benefits

**Y**ou received a member handbook that listed all your benefits when you enrolled. This handbook is also on our Web site at [www.midwesthealthplan.com](http://www.midwesthealthplan.com). If you need another paper copy, please call the Customer Service Department toll-free at **888-654-2200**. Here are some of the things found in your handbook:

- Benefits and services that are and are not part of your coverage
- Pharmacy procedures
- Copayments on drugs and doctor visits
- Restrictions on benefits outside our service area

- How to get information about doctors who participate with MHP
  - How to submit a claim for covered services
  - How to get primary care, specialty care, and behavioral health and hospital services
  - How to get care after normal office hours
  - How to get emergency care
  - How to get care outside of Midwest's service area
  - How to voice a complaint
  - How to appeal a decision that affects coverage and benefits
  - How we look at new technology ■
- Look up your benefits online. Visit [www.midwesthealthplan.com](http://www.midwesthealthplan.com).

## FREE Programs to Keep You Healthy

Because we care about your health, we have free programs to help you get healthy and stay that way! We have listed our programs and the phone numbers to call for more information on how to enroll:

<ul style="list-style-type: none"> <li>✓ Diabetes</li> <li>✓ Asthma</li> </ul>	Learn more by calling <b>313-586-6071</b> .
<ul style="list-style-type: none"> <li>✓ Program to Quit Smoking</li> </ul>	To join a program, call <b>888-889-8602</b> .
<ul style="list-style-type: none"> <li>✓ Pregnancy Programs:               <ul style="list-style-type: none"> <li>■ Rosebud</li> <li>■ Maternal Infant Health Program</li> </ul> </li> </ul>	Learn more by calling <b>313-586-6071</b> .

Questions? Call  
Midwest Health Plan at  
**888-654-2200.**

**Midwest Health Plan**  
5050 Schaefer Road  
Dearborn, MI 48126

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## Physician Incentive Disclosure

We want to let you know that your good health is our first concern.

We **do not**:

- Pay money (incentives) to doctors or anyone else (MHP workers, other providers, practitioners, etc.) to withhold any care or services
- Use incentives to encourage barriers to care and service
- Reward anyone for denying services
- Have incentives for utilization decision makers

Decisions about your health care are based on good, high-quality medical care and benefit coverage.

Call Customer Service at **888-654-2200** if you have any questions about this issue.

## Get the Facts: Diabetes

**D**iabetes is a disease in which your blood sugar gets too high because your body has trouble producing insulin. Insulin is a hormone that your body makes. Most of the food you eat is broken down into sugar. You need insulin to be able to use this sugar for growth and energy. If you have diabetes, it is important to maintain a healthy lifestyle and stick to daily routines that involve regular exercise, good nutrition, diabetes screening tests, and regular visits to your doctor.

People with diabetes are also at risk for other serious health problems like heart or kidney disease. Remember to have these routine tests at least once a year to keep control of diabetes:

- Cholesterol (LDL) screening
- A1c (may be needed more often if your blood sugar is not well-controlled)
- Foot exam
- Dilated eye exam
- Urine test to check that your kidneys are working the right way
- Blood pressure

### MHP Glucometer Program

Midwest Health Plan (MHP) wants to help you take an active role in controlling your diabetes. MHP, along with Bayer Healthcare, provides glucometers **FREE** of charge to our members who have diabetes. There are 2 types of glucometers available: the Bayer BREEZE2 and Bayer CONTOUR. Please talk with your primary care doctor to see which meter is right for you. These meters are designed to help you self-monitor your blood sugar. The glucometer can be mailed directly to your home. Please call Bayer at **877-229-3777** to order your **FREE** meter.

MAKE  
**Health**  
HAPPEN

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If you would like this newsletter in Arabic or Spanish, please call **313-586-6071**.  
Si desea que este boletín en árabe o en español, por favor llame al **313-586-6071**.  
إعادتسرا عاجرلا, ةينابسلإا وأ ةيبرعلا ةغلللا يف ةيرابخلإا ةلاسزلإا هذه نأ تدرأ إذا  
**313-586-6071**.