

Health Partners

Talk

SPRING/SUMMER 2016

Health Partners Plans

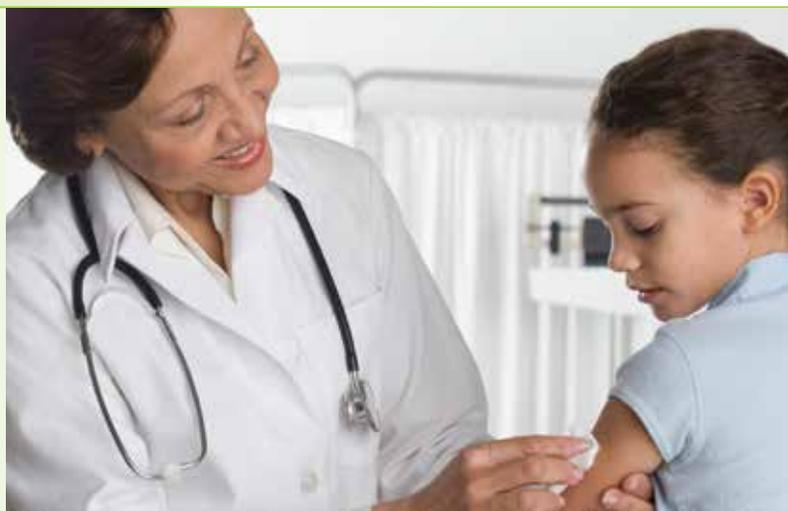


Has Your Child Been Checked for Lead?

Lead poisoning is extremely dangerous for young children but the signs may not show for years. It can cause behavior problems and lower intelligence for life.

All children under the age of five should receive at least two lead tests. Recommended screenings are at 9 to 11 months and 24 months.

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A Test Could Save Your Life

Cancer — it's a scary disease we would rather not think about. And when it comes to cancer of the rectum or colon (colorectal cancer), we'd rather not talk about it either. But colorectal cancer doesn't care if you're embarrassed to talk about it.

Instead of being embarrassed, you should be scared of not talking about it because colorectal cancer is the second leading cause of cancer deaths in the USA. That's the bad news. The good news is finding it early gives you a much better chance of survival. That's why it's important to follow testing schedules.

Most people should start tests at age 50. Those at higher risk should start at 45 — like people with a

history of colon polyps, a close relative who had colorectal cancer and African Americans.

Even if you don't have risk factors, you should still get tested. Over four percent of people will develop colorectal cancer. That may not sound like a lot but think of it this way. Say you're riding on a full city bus. Chances are that two of the passengers will get it.

A colonoscopy can find and remove growths called polyps. These may or may not be cancerous. Starting at age 50, people with average risk should get a colonoscopy every 10 years. People at increased or high risk should talk to their doctor about how often they should be tested. Visit the American Cancer Society's website to see if you may be high risk.

You can also do a FIT (Fecal Immunochemical Testing) test at home. It involves collecting a sample and mailing it to a lab. The lab will check for blood in the sample, which could be a sign of polyps. This should be done annually — ask your doctor.

If it's time for you to get tested or if you're overdue, call your doctor now to schedule your test. As always, if you have questions or need assistance, call our Member Relations department, 24/7 at **1-800-553-0784 (TTY 711)**.



Has Your Child Been Checked for Lead *Continued from page 1*

About one million children under the age of six in the United States have high levels of lead. It is very common in older neighborhoods. Any home built before 1978 may have lead paint. Children often eat peeling lead paint. And even if you can't see large paint chips, lead paint residue may still be found in household dust. Older water pipes may also have lead. Metal and plastic toys can contain lead, especially if they are old or a lesser known brand. Costume jewelry and charms can be dangerous too.

Here are some tips to keep your kids safe:

- Keep children away from peeling paint.
- Vacuum, dust or mop floors and other surfaces often.
- Wash children's hands and faces before they eat.

- Give your children foods rich in calcium and iron, like spinach, raisins and low-fat yogurt to lessen effects of lead.
- Wash toys and pacifiers often.

To find out more about lead and other tests covered under the Early and Periodic Screening, Diagnostic and Treatment (EPSDT) program, call **1-866-500-4571 (TTY 711)** or check the "Healthier YOU" section of our website, www.HealthPartnersPlans.com.

If you think you have lead in your home, contact the Philadelphia Department of Health Childhood Lead Poisoning Prevention Program at **215-685-2797** for a home inspection.



When Your Doctor Asks About Domestic Abuse

Domestic abuse is common. One in four adult women and one in 14 adult men will experience domestic abuse that is physical or sexual. Your doctor or nurse may ask about it because it may lead to issues related to health such as:

- Headaches
- Problems with the heart, lungs, liver or kidneys
- Depression or anxiety
- Drug or alcohol abuse
- Obesity
- Cancer
- Risky sexual behaviors
- Unplanned pregnancy or pressure to become pregnant

There are several ways that doctors or nurses may ask adult patients about abuse. Some may read questions from a card. Others may offer a card that the patient can read and then say whether he or she

needs help. Many health care sites place cards where no one needs to know if a patient takes one. A patient may also write down the phone number to a domestic abuse program and put the card back if it is not safe to take home. A doctor or nurse also may ask:

- Are you safe at home?
- Did someone do this to you?
- Have you been hit, kicked or slapped by your partner?
- Have you been punched or choked by your partner?

An adult patient does not have to tell a doctor or nurse about abuse or who caused it. However, a doctor or nurse who hears about abuse may be able to provide better health care. A doctor may be able to offer a phone for patients to call a domestic abuse program or connect a patient with a domestic abuse counselor.

To find the domestic abuse program nearest you, visit <http://pcadv.org> and click on Find Help or use the Find Help map on the home page. To reach the National Domestic Violence Hotline, call **1-800-799-SAFE (TTY 1-800-787-3224)**.

One in four adult women and one in 14 adult men will experience domestic abuse that is physical or sexual.

Recipe for Health

Vegetable Soup

- 1 teaspoon vegetable oil
- 1/2 cup chopped onion
- 1 garlic clove, chopped
- 29 ounces reduced-salt chicken broth
- 32 ounces canned diced tomatoes
- 1/3 cup alphabet pasta
- 1/2 cup parsley
- 2 cups chopped broccoli
- 2 cups carrots
- 2 cups sliced celery
- Salt and pepper to taste
- 2 tablespoons grated Parmesan cheese (optional)

Heat oil in a saucepan over medium heat. Add onion and garlic and cook until the onion is soft, about two minutes, stirring occasionally. Add chicken broth, tomatoes, pasta, and parsley to the saucepan. Bring the liquid to a boil, reduce heat and simmer for 10 minutes. Add broccoli, carrots and celery to soup; cook 10 minutes. Add salt and pepper to taste.

Makes 15 (2/3 cup) servings.



Nutrition Facts

Servings: 15.0

Amount Per Serving: 2/3 cup

Calories: 48

% Daily Value*

Total Fat: 1g	1%	Total Carbohydrate: 8g	3%
Saturated Fat: 0g	1%	Dietary Fiber: 2g	8%
Monounsaturated Fat: 0g		Sugars: 3g	
Polyunsaturated Fat: 0g		Protein: 3g	5%
Trans Fat: 0g		Vitamin A: 73%	
Cholesterol: 1mg	0%	Vitamin C: 39%	
Sodium: 191mg	24%	Calcium: 4%	
Potassium: 344mg	9%	Iron: 4%	

*The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100 percent accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Help is Available for SSI

Did you know that the Federal Social Security Office provides Supplemental Security Income (SSI) to people with disabilities? Health Partners Plans wants to make sure our members receive the government benefits to which they are entitled. The process for applying for SSI can be lengthy and confusing. That's why we partner with Human Arc to assist our members in the process. Human Arc will work with you to determine your eligibility, submit the application and follow up on any denials until all appeals are exhausted. For adults over the age of 18, a disability is defined as a physical or mental impairment that:

- Results in the inability to do any substantial gainful activity

- Can be expected to result in death
- Has lasted or can be expected to last for a continuous period of not less than 12 months

For children under the age of 18, a disability is defined as a physical or mental impairment that:

- Results in marked and severe functional limitations
- Can be expected to result in death
- Has lasted or can be expected to last for a continuous period of not less than 12 months

Working with an advocate from Human Arc is one of your plan benefits and is provided at no cost to you. If you would like to be connected with a representative from Human Arc, please call our Special Needs Unit hotline at **1-866-500-4571 (TTY 711)**.