

Health Partners

Talk

SUMMER 2017

Health Partners Plans



Can Your Child See the Chalkboard?

About one in every four children has vision problems, but half of all children have never had an eye exam. Your child could need glasses and not even know it. That can make school, sports and daily activities difficult. Don't just rely on vision tests at school. They might catch some problems but miss others such as astigmatism (blurry vision at any distance). Your child should have an exam by an eye doctor at least once a year.

Vision Is Covered

- Each child can get two eye exams each year
- Each child can get two pairs of glasses or one pair of contact lenses each year.
- Children can get additional exams and replacement glasses if medically necessary.

If your child doesn't already have a vision provider, you can find one using our online directory at HealthPartnersPlans.com or call Member Relations at 1-800-553-0784 (TTY 711).



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Recipe for Health

Beef Minestrone Soup



Packed with protein and fiber, this super soup is a meal in itself. Best of all, it's about \$1.40/serving.

Ingredients

- 1 lb. beef stew meat
- 6 cups water
- 1 28 oz. can "no salt added" diced tomatoes
- 1 medium onion, chopped
- 1 tbsp. Italian seasoning
- 1/2 tsp. pepper
- 2 cups (1/2 lb.) finely chopped cabbage
- 1 16 oz. can of navy beans, drained and rinsed
- 1 16 oz. bag of frozen green beans
- 1 cup uncooked medium-size whole grain pasta shells
- 1/4 cup grated Parmesan cheese

Directions

In a slow cooker (Crock-Pot®), combine the first eight ingredients. Cover and cook on low for seven to nine hours. (Cook two to three hours in a large pot if you don't have a slow cooker.) Add the remaining ingredients and cook on high for 30 minutes or until vegetables are tender. Top with cheese and serve.

Recipe adapted from Penn State Nutrition Links.

Nutrition Facts

Servings: 8

Amount Per Serving: 1.5 cups

Calories: 319, % Daily Value*

Total Fat: 7g, 10%	Total Carbohydrate: 39g, 40%
Saturated Fat: 3g, 16%	Dietary Fiber: 10g, 40%
Monounsaturated Fat: 1g	Sugars: 4g
Polyunsaturated Fat: 0g	Protein: 25g, 50%
Trans Fat: 0g	Vitamin A: 9%
Cholesterol: 45mg, 15%	Vitamin C: 36%
Sodium: 401mg, 17%	Calcium: 23%
Potassium: 596mg, 17%	Iron: 18%

*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 were created using the myfitnesspal.com recipe builder. They may not be 100% accurate because the recipe has not been professionally evaluated nor has it been evaluated by the U.S. FDA.



15 Minutes to Better Health

Get Your Personalized Health Report

Most of us want to take better care of our health but don't know where to start. Getting your personalized health report is a great first step. This report details your overall health status and what you can do about it. To get your personalized health report, take our

health questionnaire online. It asks about your lifestyle and health status. It takes about 15 minutes and you get your report instantly. You can also answer the questionnaire over the phone in about 30 minutes and get your report by mail.

Your Personalized Health Report

With your personalized health report in hand, you can take control of your health.

It shows you:

- a summary of your health status
- your risk for problems such as diabetes, heart disease and stroke
- tips on how to lower your risks for these and other health conditions

The information contained in your health report is confidential. Your information can't be used against you, nor can it be shared without your permission. But we may contact you about extra help we can offer. Your answers may also help us develop new programs to help all our members. Remember, you should take the health questionnaire every year to see your progress.

Visit the Everybody Get Healthy member portal via www.hpplans.com/portal or call 1-855-827-2862 (TTY/PA RELAY 711) from 10 a.m. to 7 p.m.

More Options for Family Planning with LARC

Many women think of birth control as a pill they have to take every day. You should also know about long-acting, reversible contraception (LARC). LARC is any birth control that lasts for several years. It works better than the pill because you can't miss a dose. Women can have LARC removed anytime if they want to try to get pregnant.

Health Partners members can get LARC at the hospital right after giving birth. That is the best time because you should wait at least six months after having a baby before getting pregnant again.

A LARC implant is a flexible rod about the size of a matchstick. It is inserted under the skin in the upper arm. It releases progestin (the same hormone used in birth control pills). It works for up to three years.



Intrauterine devices, or IUDs, are placed in the uterus where babies develop. Hormonal IUDs also release progestin. They last up to

five years. Copper IUDs contain no hormones. They work for up to 10 years.

All types of birth control have risks and benefits. Talk to your doctor about which ones might be right for you. Birth control will not protect you from sexually transmitted diseases (STDs).

Fight Phone Scammers



It's important to be careful, but not every call is a scam.

You can stay one step ahead of scammers by following these tips:

- Beware of spoofers. Scammers can use “number spoofing” to make an organization or someone else’s name or phone number show up on your caller ID.
- Ask, “What’s my name?” Although being asked for by name is not a guarantee that a caller is legitimate, a caller who doesn’t know your name is almost always a scammer.
- Never say “yes.” Some scammers want to record you saying the word “yes” so they can claim you agreed to pay for something you didn’t.
- Call the main number. If someone calls saying he or she represents the government or a company you do business with, hang up, find that organization’s number by searching for it online and call them.
- Protect vital information. It’s not just your Social Security number or birthdate anymore. Scammers want to know your birthplace, mailing address and companies you do business with.
- Report the crime. If you think you might have been a victim of a phone scam, file a complaint with the Federal Trade Commission at www.ftc.gov or call 1-877-382-4357 (TTY: 1-866-653-4261).

Every day, people fall victim to a phone scam. From “you won a free vacation” to “you owe money to the IRS,” most of us have learned to just hang up but scammers are always finding ways to keep us on the line.

It’s important to be careful, but not every call is a scam. Health care companies may need to ask for things like member ID, birthdate or the last four digits of your Social Security number to make sure they are talking to the right person. If a caller requests these, a good option is to say you’ll talk to them later and do some research. For instance, if someone calls saying they are from Health Partners Plans or working on our behalf, you can call us 24/7 at 1-800-553-0784 (TTY/PA RELAY: 711) to find out for sure. Remember, we’re always there for you if you are concerned about safeguarding your personal information.



Drugs, Alcohol and Teen Dating Abuse

Teens may feel peer pressure to drink alcohol or try drugs. Some teens take alcohol or drugs to cope with emotional pain. Emotional pain may be caused by one or more traumatic events. Data¹ show that boys who report dating abuse are more likely to use marijuana or be antisocial. Girls who report dating abuse are more likely to:

- Smoke
- Have suicidal thoughts
- Be depressed
- Binge drink

Teens also may be coerced into using drugs or alcohol by an abusive partner to:

- Control them through drug or alcohol addiction
- Make them do things they would not normally agree to
- Keep them from reporting the abuse

A teen may feel afraid to report abuse if they were high or drunk. This may be because the teen is afraid of getting into trouble. They may feel ashamed or at

fault. They may be afraid the person who did it will plan revenge. A local domestic abuse advocate can talk about ways to stay safer if more abuse is a risk.

No one deserves to be abused. It does not matter if they use drugs or alcohol. It does not matter what they say or do. It does not matter if they change their mind about what they agree to do. Drugs and alcohol do not make a person abuse their partner. Blaming abuse on drugs or alcohol is an excuse. There are people who can help teens who have been abused even if they were drunk or high at the time.

To find the domestic abuse program nearest you, visit <http://www.pcadv.org> and click on Find Help or use the Find Help map on the home page. To reach the National Dating Abuse hotline, call 1-866-331-9474 or text loveis to 22522. Or visit the websites: <http://www.loveisrespect.org/> <http://www.thatsnotcool.com/>

1. Exner-Cortens, Deiner, John Eckenrode, and Emily Rothman. "Longitudinal Associations Between Teen Dating Violence and Adverse Health Outcomes." *Pediatrics*. Abstract. Jan. 2013. <http://pediatrics.aappublications.org/content/early/2012/12/05/peds.2012-1029>

Spotlight on Teen Dental Health

Top Five Threats to Teens' Teeth

The teen years are when you should be taking control of your dental health. Too bad many teens make choices that can harm their teeth and gums for life. Here are some of the worst offenders:

1 - Tobacco

Both smoking and dipping leave ugly stains on teeth. But the real damage is less visible. Even short-term tobacco use makes it harder for your mouth to heal from dental work or injuries. Long-term use increases risk of mouth and throat cancer. Smokeless tobacco (chew, snuff, dip and snus) is extra hard on the mouth. These products deliver harmful chemicals right to your gums. They are also rough and wear away your teeth's enamel. Many contain sweeteners that promote cavities and can lead to tooth loss and gum disease.

2 - Piercings

Tongue and lip jewelry harm your teeth in two ways. Metal jewelry can wear away at your teeth and irritate your gums. You could also bite down on it and break a tooth. Piercings can also harbor nasty bacteria that cause tooth decay. In some cases, new piercings can become infected, leading to life-threatening complications or death.

3 - Sports Injuries

Getting hit in the mouth by a ball, fist or from falling is never fun. It's even worse if you break a tooth or lose one. Sports like basketball, football or skateboarding are especially dangerous to your teeth. You can reduce the risk by wearing a mouth guard. Custom-fit ones are best, but ones from sporting goods stores work too. If you do injure a tooth, get to an emergency dentist right away.

4 - Sugary, Sticky or Starchy Foods

Sugar feeds the bacteria that attack your teeth. We all know candy and soda are culprits, but there are others. Although they don't taste sweet, simple starches like those found in chips and bread are



just as harmful. Potato chips are especially good at getting stuck in your teeth where they feed bacteria. Other "sticky" foods include dried fruits and nuts, which can be good for your body but hard on your teeth. You can still eat these foods, but brush your teeth afterward! Crisp fruits and vegetables can also help keep your teeth clean between brushing.

5 - Neglect

Even if you avoid all of the above risks, you still need to take care of your teeth. That means brushing and flossing twice a day. You should also go to the dentist every six months for checkups. Pay attention between checkups too. Tooth and gum pain, swelling, sores and spots in your mouth can all get worse quickly. That's why it's so important to see a dentist when problems start.

Has Your Child Been Checked for Lead?

Lead poisoning is dangerous for young children. The signs may not show at first, but it can cause behavior problems and lower intelligence for life. Children should be tested at 9-11 months and 24 months. About one million children under age 6 in the United States have high levels of lead.

Any home built before 1978 may have lead paint. Children often eat peeling lead paint. Even if you can't see large paint chips, lead paint dust may be a problem. One source is from opening and closing windows with lead paint. 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.

For more information on lead cleanup or removal, call:

- Childhood Lead Poisoning Prevention Program (CLPPP): 215-685-2788 (City of Philadelphia)
- Pennsylvania Department of Health Lead Information Line: 1-800-440-LEAD (1-800-440-5323)
- National Lead Information Center: 1-800-424-LEAD (1-800-424-5323)



WIC Offers Additional New Foods

Yogurt and whole grain pasta have been added to the Pennsylvania WIC Food List. These items provide WIC participants with an increased variety of healthy food options that provide key nutrients to promote growth and good health.

Yogurt provides an excellent source of protein, calcium and potassium, as well as probiotics, which may improve immune system and prevent disease. Yogurt is consumed by a wide variety of cultures and also may be better tolerated than fluid milk for persons with lactose intolerance.



WIC participants may purchase a variety of plain or flavored yogurt in 32-ounce containers as listed on the Pennsylvania WIC Food List. Greek yogurt, organic yogurt and yogurts with mix-in ingredients, such as granola, are not allowed. WIC participants can make their own tasty breakfast or snack

with yogurt by mixing it with fruit or cereal or using it to replace mayonnaise in dips, dressings and other recipes.



Whole grain pastas provide nutrients such as fiber, B vitamins and magnesium. Eating a variety of whole grains may help to prevent heart disease and constipation and may also help to maintain a healthy weight. WIC participants can use their vouchers to purchase a variety of whole grain breads, tortillas, pastas and cereals.

Here are some suggestions for enjoying whole grain pasta:

- Try different brands and types to see what you like.
- Use whole grain pastas in salads and soups.
- Top whole grain pastas with your favorite sauce.
- Mix whole grain pasta with white pasta to get used to the taste.

A full copy of the Pennsylvania WIC Food list is available at www.pawic.com under the WIC Program tab.



Call 1-800-WIC-WINS to apply for WIC or get started online at PAWIC.COM.

PA WIC is funded by the USDA. This institution is an equal opportunity provider.





Health Partners Plans

Discrimination is Against the Law

Health Partners (Medicaid) and KidzPartners comply with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex gender, gender identity or expression, or sexual orientation. Health Partners (Medicaid) and KidzPartners do not exclude people or treat them differently because of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex gender, gender identity or expression, or sexual orientation.

Health Partners (Medicaid) and KidzPartners provide free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

Health Partners (Medicaid) and KidzPartners provide free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, contact Member Services at 1-888-477-9800 (TTY/PA RELAY: 711).

If you believe that Health Partners (Medicaid) and KidzPartners have failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex gender, gender identity or expression, or sexual orientation, you can file a complaint with:

Health Partners Plans
Attn: Complaints, Grievances & Appeals Unit
901 Market Street, Suite 500
Philadelphia, PA 19107
1-888-477-9800 (TTY/PA RELAY: 711)
Fax: 1-215-991-4105

The Bureau of Equal Opportunity,
Room 223, Health and Welfare Building,
P.O. Box 2675,
Harrisburg, PA 17105-2675,
Phone: (717) 787-1127, TTY/PA RELAY: 711,
Fax: (717) 772-4366, or
Email: RA-PWBEOAO@pa.gov

You can file a complaint in person or by mail, fax, or email. If you need help filing a complaint, Health Partners (Medicaid) and KidzPartners and the Bureau of Equal Opportunity are available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf> or by mail or phone:

U.S. Department of Health and Human Services
200 Independence Avenue SW.
Room 509F, HHH Building
Washington, DC 20201
1-800-368-1019, 1-800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call: 1-888-477-9800 (TTY/PA RELAY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-477-9800 (TTY/Servicio de retransmisión de PA: 711).

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-888-477-9800 (телетайп/PA RELAY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電1-888-477-9800 (TTY/PA RELAY: 711)。

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-888-477-9800 (TTY/PA RELAY: 711).

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-888-477-9800-1 (رقم هاتف الصم والبكم: 1-888-477-9800).

ध्यान दिनुहोस्: तपाईंले नेपाली बोल्नुहुन्छ भने तपाईंको निम्ति भाषा सहायता सेवाहरू निःशुल्क रूपमा उपलब्ध छ । फोन गर्नुहोस् 1-888-477-9800 (टिडिवाइ/PA RELAY: 711) ।

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-888-477-9800 (TTY/PA RELAY: 711) 번으로 전화해 주십시오.

ប្រយ័ត្ន: បើសិនជាអ្នកនិយាយ ភាសាខ្មែរ, សេវាជំនួយផ្នែកភាសា ដោយមិនគិតល្អល គឺអាចមានសំរាប់អ្នក។ ចូរ ទូរស័ព្ទ 1-888-477-9800 (TTY/PA RELAY: 711)។

ATTENTION :Si vous parlez français, des services d'aide linguistique vous sont proposes gratuitement. Appelez le 1-888-477-9800 (ATS/PA RELAY : 711).

သတိပြုရန် - အကယ်၍ သင်သည် မြန်မာစကား ကို ပြောပါက၊ ဘာသာစကား အကူအညီ၊ အခမဲ့၊ သင့်အတွက် စီစဉ်ဆောင်ရွက်ပေးပါမည်။ ဖုန်းနံပါတ် 1-888-477-9800 (TTY 711) သို့ ခေါ်ဆိုပါ။

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-888-477-9800 (TTY/PA RELAY: 711).

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-888-477-9800 (TTY/PA RELAY: 711).

লক্ষ্য করুন: যদি আপনি বাংলা, কথা বলতে পারেন, তাহলে নি:খরচায় ভাষা সহায়তা পরিষেবা উপলব্ধ আছে। ফোন করুন 1-888-477-9800 (TTY/PA RELAY: 711)।

KUJDES: Nëse flitni shqip, për ju ka në dispozicion shërbime të asistencës gjuhësore, pa pagesë. Telefononi në 1-888-477-9800 (TTY/PA RELAY: 711).

सुचना: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો 1-888-477-9800 (TTY/PA RELAY: 711).