



Health Partners

# Talk

Health Partners Plans



WINTER 2020

## Fighting Lead Exposure **with Nutrition**

**L**ead can be found in many places. The most common sources for lead exposure are lead-based paint in older homes, contaminated soil, household dust, drinking water, lead crystal and lead-glazed pottery.

When lead is absorbed by the body, it can cause learning and behavior problems. Over time, lead can cause long-lasting problems with growth and development. For this reason, no amount of lead exposure is safe, and children under the age of 6, as well as pregnant women, should reduce their risk of lead exposure.

In addition to getting a lead test from your doctor, a healthy diet can help fight lead exposure. Nutritious food in the body makes it more difficult for lead to be absorbed. Certain nutrients, such as **calcium**, **iron** and **vitamin C**, can help counteract the harmful effects of lead.

**Calcium** helps to keep bones strong, making it more difficult for lead to absorb. Calcium-rich foods include:

- Milk and milk products, such as yogurt and cheese
- Dark, leafy greens, such as collard greens, spinach, and kale
- Calcium-fortified beverages, such as orange juice and non-dairy milks
- Canned salmon and sardines
- Beans and lentils
- Almonds

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# Your Guide to Raising Healthy Children

**T**aking your children to the doctor is an important part of being a parent. When you take your children for regular preventative care, it helps you and your children's doctor understand more about their development.

We've made it easy to stay on track. Follow this guide about well-child visits and other preventative tests so your children get the right care at the right time.

## Well-Child Visits

Well-child care is essential in monitoring your children's health.

During a well-child visit, a doctor will:

- Measure your child's weight and height (head size is also monitored until age 3)
- Assess your child's physical growth and development
- Ensure developmental milestones are being met
- Assess your child's mental and emotional health
- Give vaccines or the flu vaccine in the fall
- Perform comprehensive physicals, including physicals required for sports or physical education classes

At well-child care visits, older children can voice their health concerns and ask questions. Adolescents have an opportunity to talk about their changing bodies and minds, and parents can share their concerns with the doctor.



## Pediatrician Visit Schedule

Follow this schedule for your children's pediatrician visits:

### The first year

- ✓ 2-3 days old
- ✓ 2 weeks old
- ✓ 2 months old
- ✓ 4 months old
- ✓ 6 months old
- ✓ 9 months old
- ✓ 12 months old

### Early childhood

- ✓ 15 months old
- ✓ 18 months old
- ✓ 24 months old
- ✓ 3 years old
- 4+ years old**
- ✓ Every year until 21 years old



**February is National Children's Dental Health Month.** Children should see a dentist at the first sign of a tooth and receive exams twice per year.

## Developmental Milestones

As your baby grows up, he or she develops new abilities. These new skills are called milestones. They are things most babies and infants can do by a certain age.

When you and your children's doctor watch how your child grows, it's called developmental monitoring. Together, you and your doctor will learn whether your children meet the typical milestones in playing, learning, speaking, behaving and moving.

**Developmental monitoring** should be part of your children's well-child visits. This monitoring is recommended for all kids at ages:

- 9 months
- 18 months
- 24 months

If you notice that a child is not meeting developmental milestones, talk with your doctor about your concerns. A missed milestone could be a sign of a problem. Your children's doctor or another specialist will take a closer look to see how your children are developing.

## Developmental Milestones At a Glance

**What?** Look for your children's milestones

**Who?** Parents, grandparents and other caregivers

**When?**

- ✓ 9 months
- ✓ 18 months
- ✓ 24 or 30 months

**Why?** To help you:

- ✓ Celebrate your children's milestones
- ✓ Talk about your children's progress with doctors and childcare providers
- ✓ Learn what to expect next
- ✓ Identify any concerns early



## Lead Testing

Lead poisoning is very dangerous for young children. It can cause behavior problems and lower intelligence for life.

Because the signs of lead poisoning may not show for years, all children under age 5 should receive at least two lead tests. Recommended screenings are from 9 to 11 months and by 24 months. See your primary care provider or visit a local clinic to request a lead test.

**To find out more about these important preventive tests and more, call HPP's Healthy Kids program at 215-967-4690 (TTY 1-877-454-8477).**

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**Iron** also helps to reduce lead absorption. Foods rich in iron include:

- Meat, eggs and seafood
- Spinach and broccoli
- Beans, lentils, chickpeas, peas and soybeans
- Iron-fortified cereal, bread and pasta
- Dried fruit, such as raisins and prunes
- Dark chocolate

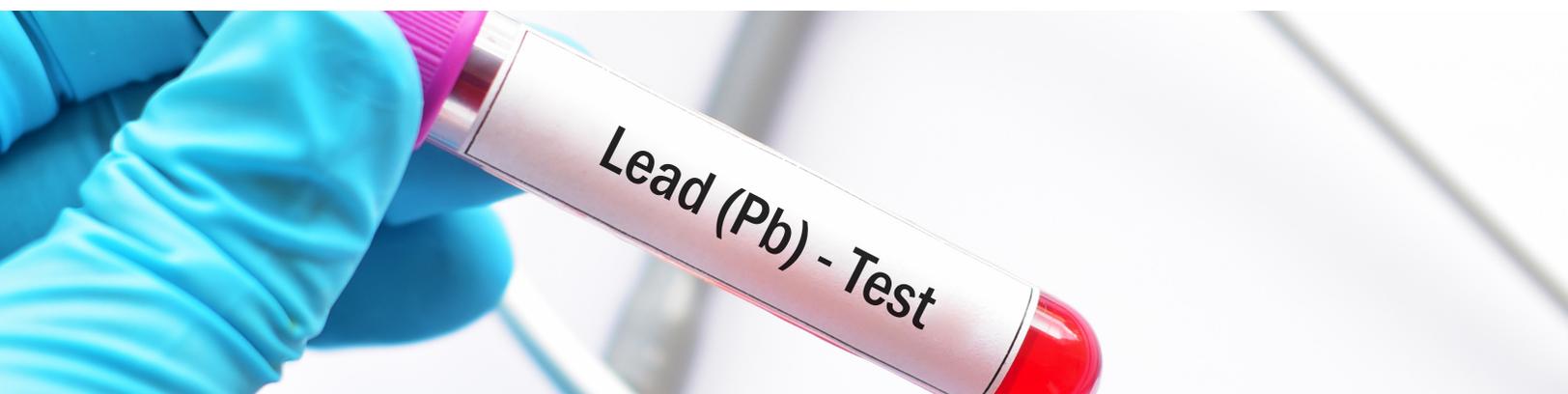
**Vitamin C** gives iron a helping hand by increasing its absorption and also may help with getting rid of lead. Foods rich in Vitamin C include:

- Citrus fruits, such as oranges and grapefruit
- Other fruits such as guava, kiwi, strawberries, papaya and melon
- Peppers, broccoli, kale, tomatoes, and snow peas

To find out more about nutrition, lead and other important preventive tests that are covered under our Healthy Kids program, call **215-967-4690 (TTY 1-877-454-8477)**.

**For more information on lead cleanup or removal, call:**

- Philadelphia's Lead and Healthy Homes Program: **215-685-2788 (TTY/PA RELAY 711)**
- Pennsylvania Department of Health Lead Information Line: **1-800-440-LEAD (1-800-440-5323)**



*Sources:*

1. National Institute of Environmental Health Sciences. Lead. National Institutes of Health. <https://www.niehs.nih.gov/health/topics/agents/lead/index.cfm>. October 12, 2018. Accessed December 12, 2019.
2. National Center for Environmental Health, Division of Environmental Health Science and Practice. Lead Poisoning Prevention. Centers for Disease Control and Prevention. <https://www.cdc.gov/nceh/lead/prevention/default.htm>. July 30, 2019. Accessed December 12, 2019.
3. Thayer, B. How to Fight Lead Exposure with Nutrition. Academy of Nutrition and Dietetics. <https://www.eatright.org/health/wellness/preventing-illness/how-to-fight-lead-exposure-with-nutrition>. March 22, 2018. Accessed December 12, 2019.

# This Is Your Chance To Prevent Diabetes

**I**f your blood sugar is higher than normal, that may mean you have prediabetes. Millions of Americans have prediabetes, **but about 90% don't know they have it.**

There is good news: losing weight, eating healthier and getting regular physical activity can lower your risk for developing type 2 diabetes. There's no time to waste—the best time to prevent type 2 diabetes is **now.**

Talk to your doctor about getting your blood sugar tested if you have any of these risk factors for prediabetes:

- Being overweight
- Being 45 years or older
- Having a parent, brother, or sister with type 2 diabetes
- Being physically active less than 3 times a week
- A history of gestational diabetes (diabetes during pregnancy) or giving birth to a baby who weighed more than 9 pounds

## Take Action Today

You can get a simple blood sugar test to learn if you have prediabetes. Ask your doctor if you should be tested. If you have prediabetes, the Diabetes Prevention Program can help you. Call Health Partners at **1-800-553-0784 (TTY 1-877-454-8477)** or visit [HPPlans.com](http://HPPlans.com) to learn more.



# 5 Facts About Vaping

**M**any people use vaping products or e-cigarettes because they think they are harmless. But the truth is these products are very dangerous.

Here are five facts about vaping and the dangers of e-cigarettes.



1. Most e-cigarettes contain harmful ingredients, including nicotine—the addictive drug in regular cigarettes, cigar and other tobacco products.
2. Nicotine can harm teenagers' and young adults' brains. The brain continues to develop until about age 25.
3. Many young people don't realize how they are harming their lungs and their brains by using e-cigarettes and vaping.
4. The “water vapor” produced from vaping devices is **not** safe to inhale.
5. Teenagers and young adults who use e-cigarettes are at increased risk of using traditional cigarettes.

If you need help quitting smoking tobacco products like e-cigarettes, call Health Partners at **1-866-500-4571** (TTY 1-877-454-8477).

## As a parent, you can:

- Learn about the different types of e-cigarettes
- Talk to your children about the risks of using e-cigarettes and tobacco products
- Tell your children why it's important to be e-cigarette and tobacco-free
- Set a positive example by not using e-cigarette and tobacco

Sources: <https://www.lung.org/stop-smoking/smoking-facts/e-cigarettes-and-lung-health.html>

# FAQ: What is LARC?

**M**any women think of birth control as a pill they have to take every day. But do you know about **long-acting, reversible contraception (LARC)**?

LARC are very effective birth control methods. LARC is any birth control that lasts for several years, such as intrauterine devices (IUDs) and implants. All LARC choices are very effective at preventing pregnancy and can be removed any time.

## What are long-acting reversible contraception methods?

IUDs and the birth control implant are highly effective in preventing pregnancy. They last for several years. Both methods are reversible—if you want to get pregnant or if you want to stop using them, you can have them removed by a doctor.

## How effective is LARC?

The IUD and the implant are the most effective forms of reversible birth control available. Over time, LARC methods are 20 times more effective than birth control pills, the patch or the ring.

## Do LARC methods protect against sexually transmitted infections?

IUDs and implants **do not** protect against sexually transmitted infections (STIs). A male or female condom should be used to protect against STIs. You are at risk of getting an STI if you:

- Have more than one sexual partner
- Have a partner who has or has had more than one sexual partner
- Have sex with someone who has an STI
- Have a history of STIs
- Use intravenous drugs (injected into a vein) or have a partner who uses intravenous drugs



**All types of birth control have risks and benefits. Talk to your doctor about which ones might be right for you.**

Source: <https://www.acog.org/Patients/FAQs/Long-Acting-Reversible-Contraception-Intrauterine-Device-and-Implant>

# Understand the Price Tag



**T**he price tag on the grocery shelf includes a lot of helpful information. Learn what the numbers mean!

**Retail Price:** This is the price you pay for each item.

**Unit Price:** The unit price will tell you how much an item costs per pound, ounce, quart, etc. It can be very useful when comparing two items!

For example, the retail price is \$1.62 for one 32 oz. yogurt. The unit price is \$0.05 per oz.

In the second example, the retail price is \$0.72 for one 6 oz. yogurt, but the unit price is \$0.12 per oz. Based on the unit price, you can determine that the larger, 32 oz. yogurt is the better buy because you are getting more for your money.

## How is the unit price found?

Total Price / Size = Unit Price

Example: What is the unit price of a 6 oz. yogurt that has a retail price (the price you pay) of \$0.72?

$\$0.72 / 6 \text{ oz.} = \$0.12$

The unit price of this yogurt is **\$0.12** per oz.

Source: [www.choosemyplate.gov/eathealthy/budget/budget-price-tag](http://www.choosemyplate.gov/eathealthy/budget/budget-price-tag)

## Have You Filled Out the Health Survey Yet?

**S**etting health goals is the first step to becoming a healthier you. Our health survey will help you learn more about your health so you can set new goals.

### Some common health goals include:

- Quitting smoking
- Losing weight
- Exercising more
- Controlling your stress

Visit [HPPlans.com/Portal](http://HPPlans.com/Portal) and log in to start the health survey. It's the first step to a better you!

# Join the Fight Against **Fraud, Waste and Abuse**

**E**ach year, Medicaid fraud, waste and abuse costs billions of dollars. It wastes money that could be used for valid health care services. Fraud, waste and abuse may increase risk and potential harm to members like you.

Here are common examples of fraud, waste and abuse:

## Provider Fraud

- Billing for services not performed
- Billing duplicate times for one service
- Falsifying a diagnosis
- Billing for a more costly service than performed
- Accepting kickbacks for patient referrals
- Billing for a covered service when a non-covered service was provided
- Ordering excessive or inappropriate tests
- Prescribing medicines that are not medically necessary or for use by people other than the patient

## Patient Fraud

- Filing a claim for services or products not received
- Forging or altering receipts
- Obtaining medications or products that are not needed and selling them to others
- Providing false information to apply for services
- Doctor shopping to get multiple prescriptions
- Using someone else's insurance coverage for services

## Insurer Fraud

- Overstating the insurer's cost in paying claims
- Misleading enrollees about health plan benefits
- Undervaluing the amount owed by the insurer to a health care provider under the terms of its contract
- Denying valid claims

It may be difficult to investigate a report without certain information. If you report anonymously using HPP's Hotline, please provide (if possible):

- Name of the person you think committed fraud, waste or abuse.
- Details about what you think occurred (who was involved, where and when it happened, information about witnesses, etc.).
- Date and time of the incident.

We all have a responsibility to report Medicaid fraud, waste or abuse. You can report potential incidents by:

- Calling the HPP Hotline at **1-866-477-4848**. You can report anonymous (without using your name).
- Visiting [HPPlans.com](http://HPPlans.com) and clicking "Report Compliance, Privacy, or Fraud Issue" at the bottom of the page. Then click "EthicsPoint online reporting tool." This reporting tool lets you make a report or follow up on one. It is available in Spanish, too.

- Calling the Pennsylvania Department of Human Services at **1-866-379-8477** or **1-844-347-8477**.

# Join Us for a Cooking Class!

**C**ooking can be fun and healthy—come see how! This year, Health Partners Plans (HPP) is hosting monthly cooking classes at our West Philadelphia Community Wellness Center.

Learn how to make a simple and healthy recipe and then eat the results! This is a Wellness Partners event. All Wellness Partners events are free and open to Health Partners Plans members and the public. Suitable for all ages, but children under 18 years must be accompanied by an adult.



**What:** Cooking with Health Partners Plans, hosted by HPP's registered dietitian/nutritionist



**Where:** Health Partners Plans Community Wellness Center  
6232 Market Street  
Philadelphia, PA 19139



**When:** 11 a.m. - 12 p.m.  
Every third Wednesday of the month

- Feb. 19
- March 18
- April 15
- May 20
- June 17
- July 15
- Aug. 19
- Sept. 16
- Oct. 21
- Nov. 18
- Dec. 16





## Health Partners Plans

### **Discrimination is Against the Law**

Health Partners (Medicaid) complies 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 does 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 provides 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 provides 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 Relations at 1-800-553-0784 (TTY 1-877-454-8477).

If you believe that Health Partners has 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  
Phone: 1-800-553-0784 (TTY 1-877-454-8477)  
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 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 at:

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)

**ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call: 1-800-553-0784 (TTY: 1-877-454-8477).**

**ATENCIÓN:** Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-553-0784 (TTY 1-877-454-8477).

**ВНИМАНИЕ:** Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-553-0784 (телетайп 1-877-454-8477).

**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 1-800-553-0784 (TTY 1-877-454-8477)。

**CHÚ Ý:** Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-553-0784 (TTY 1-877-454-8477).

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1211-888-8884 (رقم هاتف الصم والبكم) 1-888-888-1121

**ध्यान दिनुहोस्:** तपाईंले नेपाली बोल्नुहुन्छ भने तपाईंको निम्ति भाषा सहायता सेवाहरू निःशुल्क रूपमा उपलब्ध छ । फोन गर्नुहोस् 1-800-553-0784 (टिडिवाइ 1-877-454-8477) ।

**주의:** 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-800-553-0784 (TTY 1-877-454-8477) 번으로 전화해 주십시오.

**ប្រយ័ត្ន:** បើសិនជាអ្នកនិយាយ ភាសាខ្មែរ, សេវាជំនួយផ្នែកភាសា ដោយមិនគិតថ្លៃល្អ គឺអាចមានសំរាប់អ្នក។ ចូរ ទូរស័ព្ទ 1-800-553-0784 (TTY 1-877-454-8477)។

**ATTENTION:** Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-800-553-0784 (ATS 1-877-454-8477).

**သတိပြုရန် -** အကယ်၍ သင်သည် မြန်မာစကား ကို ပြောပါက၊ ဘာသာစကား အကူအညီ၊ အခမဲ့၊ သင့်အတွက် စီစဉ်ဆောင်ရွက်ပေးပါမည်။ ဖုန်းနံပါတ် 1-800-553-0784 (TTY 1-877-454-8477) သို့ ခေါ်ဆိုပါ။

**ATANSYON:** Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-553-0784 (TTY 1-877-454-8477).

**ATENÇÃO:** Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-800-553-0784 (TTY 1-877-454-8477).

**লক্ষ্য করুন:** যদি আপনি বাংলা, কথা বলতে পারেন, তাহলে নিঃখরচায় ভাষা সহায়তা পরিষেবা উপলব্ধ আছে। ফোন করুন 1-800-553-0784 (TTY 1-877-454-8477)।

**KUJDES:** Nëse flitni shqip, për ju ka në dispozicion shërbime të asistencës gjuhësore, pa pagesë. Telefononi në 1-800-553-0784 (TTY 1-877-454-8477).

**सुचना:** જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો 1-800-553-0784 (TTY 1-877-454-8477).