

Dear member, We're one of your biggest fans.
Together we'll help you get more out of life.

Coordinated Care



Fan Mail

Coordinated Care



FALLING IN LOVE WITH YOUR HEALTH
Member Newsletter

CoordinatedCareHealth.com

1-877-644-4613 TDD/TTY 1-866-862-9380



MORE on Breast Cancer Awareness

October is Breast Cancer Awareness month. Breast cancer is the second most common cancer among women in the U.S. In 2015, the number of breast cancer cases increased by more than 5,400 in Washington state. But because of early detection and better treatments, many of these women have overcome breast cancer.

Although screenings cannot prevent breast cancer, it can help to find breast cancer early when it is easier to treat. Talk to your doctor about which screening tests are right for you and when you should have them. You can earn a \$10 CentAccount® reward for getting an annual breast screening!

You can help lower your risk of breast cancer by:

- Keeping a healthy weight.
- Exercising regularly (at least 2.5 hours a week).
- Not drinking alcohol, or limiting alcoholic drinks to no more than one per day.
- Avoiding chemicals that can cause cancer like those found in cigarettes.
- Breastfeeding your babies if possible.

Source: Mayo Clinic, 2015


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[Click here](#) to find out which healthy lifestyle choices can help lower your cancer risk, and cancer screening test recommendations by age and gender.

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MORE About Fluvention

Flu season is just around the corner. Healthy people of any age can get very sick from the flu, and it can lead to hospitalization or death. You can even spread it to others before you know you are sick.

The best way to prevent the flu is to get vaccinated each year. Good health habits can also help stop the flu and other germs from traveling. Here are some ways to avoid getting and spreading the flu:

- Cover your cough with a tissue or your upper sleeve, not your bare hand.
- Wash your hands often with soap and warm water.
- Keep your hands away from your face.
- Call your doctor or nurse if you have a fever or cough that will not go away.
- Stay home and away from other people when you or your children are sick.

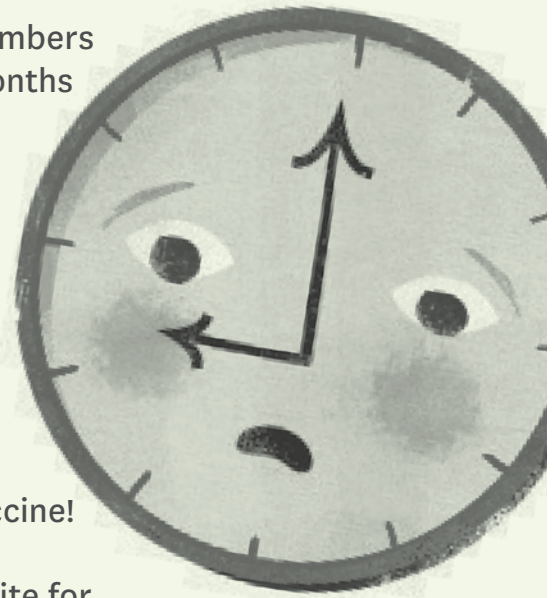
[Click here](#) for more information and resources from the Washington State Department of Health.

Get a flu shot – at no cost to you.

Coordinated Care members over the age of six months can get a flu vaccine in 1 of 2 easy ways:

- 1 | **Call your doctor.**
- 2 | **Visit a local pharmacy near you.**

Members 9 or older can receive a free vaccine! Call 1-877-644-4613 or visit the plan website for a complete list of participating pharmacies.



MORE Prevention for Kids

Visiting the doctor and dentist consistently is an important part of preventative healthcare. Your child can look and feel well but still have a health problem. Regular doctor visits can help catch issues before they become big problems.

Regular well-child checks are recommended at the following ages:

- | | |
|---------------|---------------------------|
| • Birth | • 15 months |
| • 3 to 5 days | • 18 months |
| • 1 month | • 24 months |
| • 2 months | • 30 months |
| • 4 months | • 3 years |
| • 6 months | • 4 years |
| • 9 months | • Every year until age 21 |
| • 12 months | |

You'll even get a CentAccount® reward for annual well child checks for children ages 2 – 20.

[Click here](#) to find out more.



[Click here for more information about diabetic health problems from the US National Library of Medicine](#)

MORE Eyes on Diabetes

Did you know diabetes can be harmful to your eyes? The small blood vessels in your eyes can get damaged, and if you are diabetic you are at risk for glaucoma and other eye problems. If you have diabetes it is important to see an eye specialist for regular exams. They have special tools to check your eyes that regular doctors don't have. There are two types of eye doctors you can see:

- **Ophthalmologist** – A medical doctor who is an eye specialist for specific eye problems.
- **Optometrist** – Health care provider trained to detect and treat problems with your vision.

Source: Forbes Article, February 9, 2015



More on The Core

Hey parents! Want quick, simple health tips that the whole family can use? Join The Core and spend a few minutes each week focusing on your family's well-being.

Members of The Core will get special perks like:

- Bi-weekly emails with three simple health tips to get you and your family going.
- A "My Route to Health" wellness planner.
- Invitations to family-friendly community events.
- Access to our online health library to help you research specific health conditions and diseases.
- And more!

Take some time to focus on your health and get at the core of who you want to be as a parent, spouse, professional, community member, and more.

Sign up for The Core today!





MORE on Children's Health

September is National Childhood Obesity Month. The U.S. is facing a childhood obesity crisis. Over the past 30 years, childhood obesity has more than doubled. In 2012, more than one third of children and adolescents were overweight or obese. That is why children should get regular exercise and eat well. The USDA offers many resources on healthy eating for children.

[Click here for healthy nutrition related games, recipes and more.](#)

It's important to think beyond physical health for kids. Many children have disabilities like ADHD or autism that can make daily activities difficult. They can feel lonely or different. As a parent, you may have a lot of questions about how to help your children. The Centers for Disease Control and Prevention has a tool for just that. Kids' Quest on Disability and Health will help you become a "virtual investigator." You'll be able to find information not only from the Internet but also in your own neighborhood.

[Click here to start your quest.](#)



MORE Prepared for Pregnancy

Every pregnant woman deserves the best care and support possible. If you're pregnant, remember to tell us through the Notification of Pregnancy (NOP) form and be enrolled in our Start Smart for Your Baby® program. The program will give you access to:

- **Text4Baby:** Text messages with important information and reminders.
- **Smart Steps Walking Program:** Materials and a pedometer to help with exercise during pregnancy.
- **Car Seat at No Cost:** Sent once we get a NOP form.
- **Breastfeeding Support:** A free high-quality breast pump for nursing moms.
- **Case Manager:** Someone to check in on moms who may have health concerns.
- **Puff Free Pregnancy:** Provides coaching and support for pregnant women who want to quit smoking.
- And more!



MORE Quality Improvement

There are always ways to improve your health. Our Quality Improvement Program (QI Program) helps you make those improvements by reviewing the quality and safety of our services. It also reviews our network doctors and the care we offer. That way, we can make sure you have the support needed for better health.

We set goals for quality so that we can track our progress. As a National Committee for Quality Assurance (NCQA) recognized health plan, we work hard to make sure the quality of our services meets your needs.

[Click here](#) to learn more and see how we're doing, or call our Member Services at 1-877-644-4613 (TDD/TTY: 1-866-862-9380) to ask for a paper copy of the QI Program's work in meeting our goals.



MORE Coordinated Support

Call Member Services at

1-877-644-4613 (TDD/TTY: 1-866-862-9380) to:

- Ask general questions
- Get a copy of this newsletter or anything on our website
- Request a copy of the Member Booklet
- Get member materials translated into other language or format

Call our 24-hour Nurse Advice Line at

1-877-644-4613 and say "NURSE" to get answers to your medical and mental health questions.

Visit CoordinatedCareHealth.com to access resources, find a provider, review your benefits, and more!

HCA 2015-287

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