

# Member FOCUS

KENTUCKY | 2018 | ISSUE 1

## QUIT SMOKING

For a Healthier Mom Today and a Healthier Baby Tomorrow



### Smoking **INCREASES** Your Risks

Smoking increases your chances of getting lung and heart disease and many types of cancer. If you continue to smoke during pregnancy, there are **more risks** to you and your baby.

Smoking while you are pregnant  
**INCREASES** the risk of:

- Losing your baby (a miscarriage)
- Your baby being born too soon (preterm labor or delivery)
- Your baby being small (low birth weight)
- Your baby dying before being born (stillborn)
- Your baby having birth defects
- Your baby dying during their sleep (Sudden Infant Death Syndrome [SIDS])
- Your baby having health problems their entire life

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## NUMBERS TO KNOW

### We're just a phone call (or click) away!

Call Customer Service:  
**1-877-389-9457**

TTY: **1-877-247-6272**  
Monday–Friday,  
7 a.m. to 7 p.m.

Nurse Advice Line:  
**1-800-919-8807**  
24 hours a day/  
7 days a week

Or visit  
[www.wellcare.com/Kentucky](http://www.wellcare.com/Kentucky)

# REGULAR HEALTH CARE CHECKUPS:

## Keep Your Kids Healthy

All infants, children and teens need regular checkups. The doctor will look for any health problems so kids can grow up healthy.

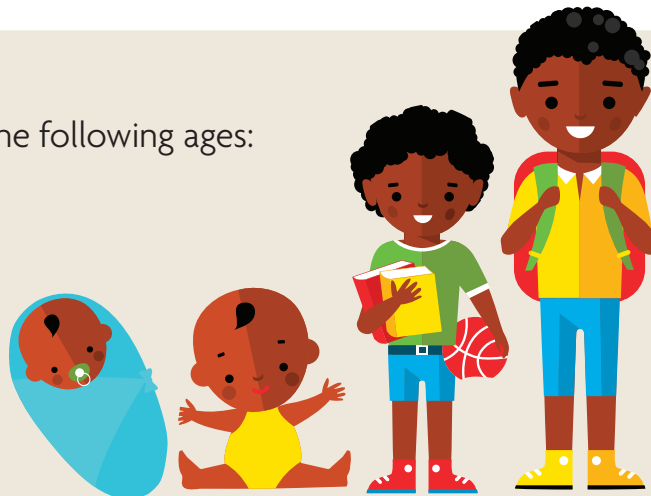
### WHAT DOES WELLCARE COVER?

- Well-child visits to the doctor and any immunizations (shots) needed at that visit.

### WHO IS COVERED?

Infants, children and teens up to age 21 at the following ages:

- |             |                   |
|-------------|-------------------|
| ■ 1 month   | ■ 15 months       |
| ■ 2 months  | ■ 18 months       |
| ■ 4 months  | ■ 24 months       |
| ■ 6 months  | ■ 30 months       |
| ■ 9 months  | ■ Every year from |
| ■ 12 months | ages 3–20         |



### WHAT IS MY COST?

- \$0

### YOU CAN EARN HEALTHY REWARDS

- Infants 0–15 months earn \$10 per well-child visit (6 visits) for a total of \$60.
- Children ages 3–6 earn \$20 for their well-child visit.
- Children and teens ages 7–21 earn \$20 for their well-child visit.

### YOUR OPINION MATTERS TO US

You may be receiving a Member Satisfaction Survey very soon in the mail. The survey asks questions about the care and services you are getting. If you get a survey, please take time to fill it out and let us know about the care and services you are receiving and how we are doing. We want to know how things are going and how we can do better.

Thank you for choosing WellCare. We value the health and well-being of every member!

### Questions or comments?

Call us at **1-877-389-9457 (TTY 1-877-247-6272)**

## KEEP TRACK OF YOUR MEDICINES with a Free App

It can be difficult to keep track of your medicines – especially if you take several each day. But there’s an app for that!

Check out free apps on both Android and Apple devices. There are special apps designed to help you keep track of your medicine and monitor your refills.

Just open your App Store and search for “**medication reminders**.” Use the one that best fits your needs. It’s that simple!



## THYROID AWARENESS

You may not give much thought to your thyroid – until it gives you problems. The thyroid is a small gland in your neck that makes hormones. If it’s not working right, it can lead to thyroid disease.



### 5 IN EVERY 100 PEOPLE HAVE HYPOTHYROIDISM

That’s when your thyroid doesn’t make enough hormones. It can cause:

- Weight gain
- Tiredness
- Joint pain

### 1 IN EVERY 100 PEOPLE HAS HYPERTHYROIDISM

That’s when your thyroid makes too many hormones. It can cause problems with your:

- Bones
- Muscles
- Fertility

Women over the age of 60, and those with a family history of the disease are most at risk. Thyroid disease is treatable. **Talk to your doctor to learn more.**

*SOURCE: National Institute of Diabetes and Digestive and Kidney Diseases, “Thyroid Disease,” April 2017*

## TRANSITION YOUR CARE

We want you to get the care you need. That's why we work with you to make sure you have access to care when:

- You leave another health plan and are just starting with us
- One of your providers leaves our network
- You leave our health plan to go to another one
- You transition to adulthood and need help choosing an adult primary care physician



### CALL US IF YOU NEED HELP TRANSITIONING YOUR CARE.

We want you to continue to see your doctors and get the medicine you need. Call us or have your provider call. Use the contact information listed under “Numbers to Know” on the front cover of this newsletter.

## UTILIZATION MANAGEMENT (UM) PROGRAM

**Our UM Program makes decisions about care. These decisions are based only on:**

- Whether care is appropriate
- Service
- Whether the care is covered

We don't reward anyone for denying coverage. UM decision makers don't get paid to make decisions that don't use care.

**Do you have questions about the UM Program?**

Call us. We can help answer questions about coverage decisions. You can also check the UM Program section of your Member Handbook.

**Need another language format?**

Please call to ask for materials in a different format, including:

- Other languages
- Large print
- Audiotapes

There is no charge for this.

### CALL US TODAY.

The number is listed under “Numbers to Know” on the front cover of this newsletter.



## CAN KIDS GET ARTHRITIS?

You might think of arthritis as a condition that affects adults, but kids can also get it. It's called juvenile arthritis (JA), and it can affect any child.

Experts don't know what causes JA, but they think it might stem from a problem with the immune system.

If your child has JA, he or she might have symptoms like:

- Joint pain or stiffness
- Swelling
- Trouble walking or getting dressed

Juvenile arthritis can't be cured. But with treatment, your child's symptoms could go away.

**Talk to your child's doctor to learn more.**

You may need to see a specialist to diagnose your child's symptoms.

SOURCE: Centers for Disease Control and Prevention, "Childhood Arthritis," retrieved from: <https://www.cdc.gov/arthritis/basics/childhood.htm>



## AUTISM AWARENESS

You've probably heard of autism. But what exactly is it?

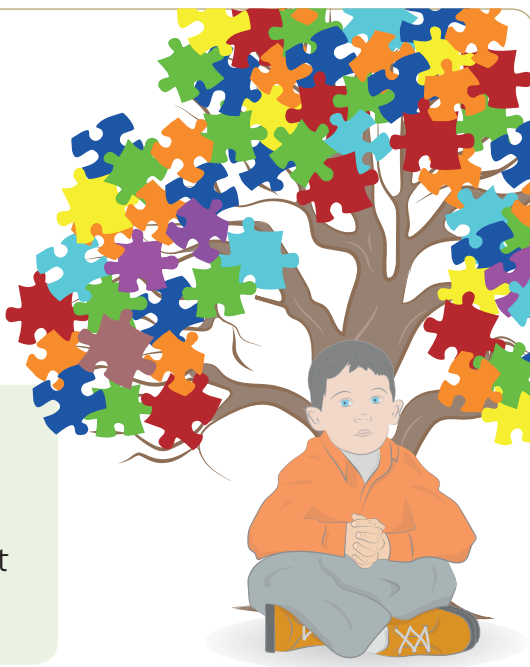
Autism is a developmental problem with the brain. It can affect language and social skills. It might make some people act a little different than most. People who have it usually start to show symptoms before age 3 and will have it throughout their lives.

### Symptoms might include:

- Lack of eye contact
- Trouble interacting with others
- Delayed speech
- Body rocking or hand flapping

### Manage it with:

- Behavioral changes
- Change in diet
- Medicine



**Talk to your child's doctor if you are concerned about autism.**

Early treatment can help your child's development.

SOURCE: Centers for Disease Control and Prevention, "Autism Spectrum Disorder (ASD)," retrieved from: <https://www.cdc.gov/ncbddd/autism/signs.html> and <https://www.cdc.gov/ncbddd/autism/treatment.html>

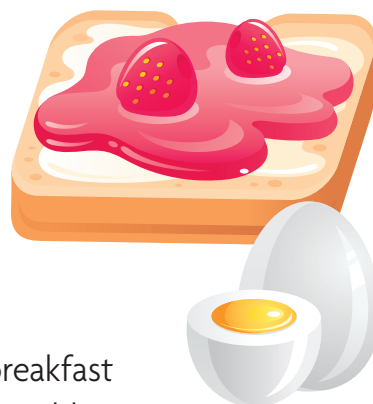
# BREAKFAST: START THE DAY OFF RIGHT

Mom always said, “Breakfast is the most important meal of the day” – and she was right.

Experts say kids who eat breakfast do better in school. They can focus on learning instead of being hungry.

Your public school may offer a free breakfast, so get the kids there early.

If you plan on breakfast at home, get creative to make sure your kids get a healthy start. Here are some ideas for fast, nutritious and kid-friendly morning meals:



## 1 Think outside the (cereal) box.

- Reheat leftovers from the night before
- Mix up a smoothie with milk and fruit
- Grab a handful of nuts and dried fruit

## 2 Include protein to keep kids full.

- Try an egg, nuts, cheese or yogurt

## 3 Make it the night before.

- Hard-boil eggs for an easy grab-and-go breakfast
- Cut up fruit or veggies so they're ready to add to a yogurt parfait or omelet

## EASY BREAKFAST COMBOS

These healthy ideas taste great and take just minutes to put together. Older kids can even make them on their own.

### Tortilla roll-up:

Spread peanut butter on a whole-wheat tortilla, add fruit and roll up.

### Banana pop:

Dip a peeled banana in yogurt. Then roll it in granola.

### Veggie pizza toast:

Top a piece of whole-grain toast with some cheese and your favorite sliced veggies.



## Want to learn more?

Ask your child's doctor about the importance of breakfast at his or her next appointment.

SOURCE: U.S. Food & Drug Administration, “Healthy Breakfasts for Kids: It’s All About Balance,” retrieved from: <https://www.fda.gov/ForConsumers/ConsumerUpdates/ucm456060.htm>

Continued from page 1.



### Quitting **LOWERS** Your Risks

When you stop smoking, it helps both you and your baby. It is **never** too late for you to quit smoking.

#### Over time, quitting smoking can lower your:

- Blood pressure
- Risk of heart and lung disease
- Risk of a heart attack
- Risk of your baby being preterm or born with birth defects or health problems

#### WellCare wants to help you quit.

- Call the Kentucky Quit Line at **1-800-QUIT NOW (1-800-784-8669)**, Monday–Sunday, 8am–1am EST (7am–12 midnight CST)
- Visit **www.QuitNowKentucky.org**

**There is no better time to quit than now!**

SOURCES: March of Dimes, “Smoking during pregnancy,” retrieved from: <https://www.marchofdimes.org/pregnancy/smoking-during-pregnancy.aspx>, Centers for Disease Control and Prevention, “Tobacco Use and Pregnancy,” retrieved from: <https://www.cdc.gov/reproductivehealth/maternalinfanthealth/tobaccousepregnancy/index.htm> and United States Department of Health and Human Resources, “Tobacco Use and Pregnancy,” retrieved from: <https://betobaccofree.hhs.gov/health-effects/pregnancy/index.html>

## CLICK or CALL for the Latest Drug Coverage Updates

Want to find the latest about the drugs we cover? Stay connected to which medicines your plan covers. Stop by our website, [www.wellcare.com/Kentucky](http://www.wellcare.com/Kentucky). You'll find our Preferred Drug List (PDL). You can learn about drugs we've added or removed. You'll be able to find changes to any drug requirements or coverage limits. You can also call Customer Service for updates. The number is on the front page.



## ALWAYS TALK WITH YOUR DOCTOR



Always talk with your doctor(s) about the care that is right for you. This material does not replace your doctor's advice. It is based on third party sources. We are presenting it for your information only. It does not imply that these are benefits covered by WellCare. Also, WellCare does not guarantee any health results. You should review your plan or call Customer Service to find out if a service is covered.

**CALL 911** or **your doctor**  
right away in a health emergency.





P.O. Box 438000  
Louisville, KY 40253

WellCare of Kentucky complies with all applicable federal civil rights laws. We do not exclude or treat people in a different way based on race, color, national origin, age, disability or sex.

If English is not your first language, we can translate for you. We can also give you info in other formats. That includes Braille, audio and large print. Just give us a call toll-free. You can reach us at **1-877-389-9457**. For TTY, call **1-877-247-6272**.

Si el español es su lengua materna, podemos brindarle servicios de traducción. También podemos proporcionarle esta información en otros formatos. Estos incluyen Braille, audio o letra de imprenta grande. Simplemente llámenos sin cargo al **1-877-389-9457**. Para TTY llame al **1-877-247-6272**.

如果中文是您的母語，我們可以為您翻譯。我們也可以用其它格式為您提供資訊。這些格式包括布萊葉文、音頻及大字體。僅需撥打我們的免費電話。您可以撥打 **1-877-389-9457** 聯絡我們。TTY 用戶請撥打 **1-877-247-6272**。

