

# BEWELL

Member tips, tools and resources to support a healthy lifestyle

Volume 2 • 2018

Quality Is Our Goal

Kentucky's New  
2018 Immunization  
Requirements

Children's Back-to-School  
Checkup

Reminder About  
HPV Vaccination

 **WellCare**<sup>®</sup>  
Beyond Healthcare. A Better You.

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# NUMBERS TO KNOW

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

CALL CUSTOMER SERVICE:



1-877-389-9457

TTY: 711

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)



# 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

## QUITTING LOWERS YOUR RISKS

Stopping smoking 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
- Lower your risk of heart and lung disease
- Lower your risk of a heart attack
- Lower your risk of your baby being preterm or small or with birth defects or health problems

## WELLCARE OF KENTUCKY WANTS TO HELP YOU QUIT.

Help is available by calling  
the Kentucky Quit Line

**1-800-QUIT NOW**  
(1-800-784-8669)

Monday–Sunday from  
8 a.m. to 1 a.m.

Eastern Time

(7 a.m. to midnight Central Time).

You also can go to

**[www.QuitNowKentucky.org](http://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, "Smoking During Pregnancy," retrieved from: [https://www.cdc.gov/tobacco/basic\\_information/health\\_effects/pregnancy/](https://www.cdc.gov/tobacco/basic_information/health_effects/pregnancy/); U.S. Department of Health and Human Services, "A Healthy Baby Begins with You," retrieved from: <https://minorityhealth.hhs.gov/Assets/pdf/checked/brochure.pdf>*



# QUALITY IS OUR GOAL

We're always looking for ways to deliver better care and services to you. Every year, we set goals for giving you better care. We would like you to know how we're doing.

Your satisfaction means a great deal to us. We look forward to providing you the quality care you deserve.

## WANT A COPY OF OUR QI PROGRAM DESCRIPTION?

Please call Customer Service. The number is on page 2 of this newsletter.

## IN 2017 WE TOOK THESE ACTIONS TO IMPROVE CARE:

- Worked with providers and members to improve the coordination of care and services
- Coordinated regional baby showers
- Assessed member satisfaction and needs through surveys and implemented activities to improve services
- Expanded member outreach and preventive health education activities

## WE'RE ALREADY WORKING ON OUR GOALS FOR THIS YEAR. THEY INCLUDE:

- Joining community and state partners to better serve members in their own communities
- Participating in and hosting member health events
- Assessing member satisfaction and needs through surveys and introducing activities to improve services
- Expanding member outreach and preventive health education activities specific to members' needs

# Kentucky's New IMMUNIZATION REQUIREMENTS for 2018

For the school year beginning on or after July 1, 2018, Kentucky requires the following new immunizations (shots) for kids:

- 2 doses of the Hepatitis A vaccine for ages 12 months to 18 years
- A booster dose of the meningococcal vaccine at age 16

Copies of the new forms can be found on the following websites:

- Kentucky Department of Education: <http://education.ky.gov/districts/SHS/Pages/Immunization-Information.aspx>
- Kentucky Immunization Program: <https://chfs.ky.gov/agencies/dph/dehp/idb/Pages/immunization.aspx>

Make sure your kids get their shots at their back-to-school visit before the next school year.

## don't forget the **FLU VACCINE**

Adults should get a flu vaccine every year. Babies and children should receive a flu vaccine when they are 6 months old and then once every year. Don't let flu myths keep you from protecting yourself and your children.

- ▶ The flu vaccine may prevent some flu illnesses, medical visits and hospitalizations
- ▶ If you get sick after getting the vaccine, your illness may be milder
- ▶ Babies younger than 6 months are at high risk of serious flu illnesses, so it is important for you to be vaccinated to protect your baby

**Talk with your doctor and your child's doctor about getting a flu vaccine.**

*SOURCE: Centers for Disease Control and Prevention, "Cold Versus Flu," retrieved from: <https://www.cdc.gov/flu/about/qa/coldflu.htm>*

## When should your child/teen visit their doctor?

- 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 24 months
- 30 months
- Once a year from ages 3 to 21

## Need help scheduling an appointment?

WellCare is here to help! Call us:  
**1-877-389-9457,**  
TTY 711  
Monday–Friday,  
7 a.m. to 7 p.m.

# back-to-school CHECKUP

## DON'T FORGET TO SCHEDULE YOUR CHILD'S BACK-TO-SCHOOL CHECKUP.

Help your child or teen stay healthy and get ready for school this year: get them up to date on their checkups and immunization (shots).

## Tips for Parents/Guardians:

- Make an appointment with your child's doctor. Ask the doctor about your child's immunizations to make sure they are up to date. Make sure you get a copy of your child's immunization record.  
Kentucky now requires:
  - 2 doses of the Hepatitis A vaccine for ages 12 months to 18 years
  - A booster dose of the meningococcal vaccine at age 16
- Make an appointment for a dental checkup.
- Make an appointment for an eye exam. In Kentucky, kids ages 3 to 6 going to school for the first time must have an eye exam.

# KUP





# Reminder About **HPV VACCINATION**

HPV stands for human papillomavirus

WellCare is proud to say that we are working with the American Cancer Society. We'd like to remind you about how important it is to get kids vaccinated against HPV. It can help protect them from cancer.

Kids should get vaccinated at age 11 or 12, before they are exposed to HPV. The vaccine is given as a series of shots. Kids who start the series before age 15 receive two shots, with 6 to 12 months between shots. Those 15 and older will need 3 shots given over 6 months.

Visit [cancer.org/HPV](https://www.cancer.org/HPV) to learn more.

The American Cancer Society does not endorse any service or product.



THE HPV VIRUS IS SO COMMON, **4 OUT OF 5** PEOPLE WILL GET IT.

THE HPV VACCINE CAN REDUCE THE RISK OF **6 TYPES OF CANCER.** THAT IS WHY **ALL KIDS SHOULD GET THE VACCINE.**



SOURCE: American Cancer Society, "What Parents Should Know About the HPV Vaccines," retrieved from: <https://www.cancer.org/cancer/cancer-causes/infectious-agents/hpv/what-parents-should-know-about-the-hpv-vaccines.html>





## HOW CASE MANAGEMENT CAN HELP YOU

Case Management helps members with special needs. It pairs members with a case manager. The case manager is a registered nurse (RN) or licensed clinical social worker who can help members with issues such as:

- Complex medical needs
- Solid organ and tissue transplants
- Children with special health care needs
- Lead poisoning

We're here to help you! Contact us for more information on our program. A WellCare staff member will tell you about it. This no-cost program gives you access to an RN weekdays from 8 a.m. to 5 p.m.

## DISEASE MANAGEMENT PROGRAM

Our Disease Management Program gives support to members with certain health problems. You could qualify for the program if you have:

- Asthma
- Diabetes
- Congestive Heart Failure (CHF)
- Coronary Artery Disease (CAD)
- Hypertension
- Heart Disease
- Obesity
- Smoking Cessation

We want to help you manage your health. Contact us if you have any of the above conditions and want to join the program. We'll send you information about it. You may even get coaching from a registered nurse.

### CALL US TO LEARN MORE.


**1-877-393-3090 (TTY 711)**

8 a.m. to 5 p.m. EST



# 10 HEALTHY SNACK IDEAS

Think healthy = expensive? Think again. Check out these 10 good-for-you snacks that are also kind to your wallet:

- 
- 1 *Popcorn:* Pop your own, or choose plain or lightly salted.
  - 2 *Mini Pizza:* Top a whole-grain English muffin with tomato sauce and cheese.
  - 3 *Carrot Sticks:* Just add your favorite dip – try hummus for a healthy twist.
  - 4 *Trail Mix:* Combine peanuts, pretzels and raisins.
  - 5 *Cottage Cheese:* Top with fresh or canned fruit.
  - 6 *Banana:* One of the easiest fruits to eat on the go.
  - 7 *Hard-Boiled Egg:* Boil your own and eat it plain or add to a salad.
  - 8 *Apple & Cheese:* Slice an apple and eat with a slice or stick of low-fat cheese.
  - 9 *Celery & Peanut Butter:* Add raisins if desired.
  - 10 *Tomato & Mozzarella:* Chop up and sprinkle with salt and pepper.

## DIABETES & STATIN USE

Did you know that diabetes ups your risk for stroke and heart attack? Because of this, many doctors will prescribe a certain class of cholesterol medicine, known as statins, to diabetics. If taken regularly, they can reduce your risk of a heart attack or stroke.

Make sure to take your statin just as prescribed – even if you don't see or feel a difference. It's vital for your heart health. Also make sure to eat healthy and exercise. It could help prevent future health problems.

### NOT SURE IF YOU ARE TAKING A STATIN?

Here are the names of some commonly prescribed statins:

- ✓ Atorvastatin (Lipitor®)
- ✓ Lovastatin (Mevacor®)
- ✓ Pravastatin (Pravachol®)
- ✓ Rosuvastatin (Crestor®)
- ✓ Simvastatin (Zocor®)

Do you have diabetes? Talk with your doctor at your next visit.

**ASK IF A STATIN COULD BE RIGHT FOR YOU.**

# STRESS MANAGEMENT TECHNIQUES

Talk to your doctor right away if your stress is too much to handle.

Stress affects everyone, and it can make you feel tense or anxious. But there are ways you can minimize its effect. Try these tips:

- Avoid drugs and alcohol
- Spend time with friends and family
- Eat healthy foods
- Get enough sleep
- Exercise regularly

SOURCE: Centers for Disease Control and Prevention, "Coping with Stress," retrieved from: <https://www.cdc.gov/features/copingwithstress/index.html>



## CLICK or CALL for the Latest Drug Coverage Updates

Want to find the latest about the drugs we cover? 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 also find changes to any drug requirements or coverage limits. You can also call Customer Service for updates. The number is on the page 2.



## CommUnity Assistance Line

CAL NUMBER      VIDEO RELAY  
1-866-775-2192      1-855-628-7552

We offer non-benefit resources such as help with food, rent and utilities.

## 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 **711**.

Si el español es su lengua materna, podemos brindarle servicios de traducción. También podemos proporcionarle información en otros formatos, como braille, audio y letra de imprenta grande. Simplemente, llámenos sin cargo al **1-877-389-9457**. Para TTY llame al **711**.

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 **711**。

