



HEALTH PARTNERS TALK

PUBLISHED FOR MEMBERS OF HEALTH PARTNERS

Stay well this cold and flu season

It can take weeks to get better from a cold or the flu, so your best bet is to stop them before they start.

Steer clear of germs

Colds and the flu are caused by viruses. They are spread by touch or by a sneeze or cough. You can help keep yourself and others well with these tips:

- Wash your hands often, especially if you've been around someone who is sick. Use a disinfectant to clean surfaces, such as phones or toys, touched by sick people.
- Cover your mouth and nose with a tissue when you cough or sneeze. Then throw the tissue away.
- Avoid touching your nose,

mouth or eyes.

- Get a flu shot.

If you do get sick

You might have the flu if your symptoms come on quickly and include a fever higher than 101 degrees, chills and muscle aches.

If you think you have the flu, call your doctor. There are medicines that can help. You should also see your doctor if you have chest pain or trouble breathing.

Rest is one of the best things you can do if you get the flu or have a bad cold. These tips


may also help:

- Take over-the-counter medicines to relieve aches, fever, stuffiness and swollen sinuses.
- Drink lots of fluids and eat well.

It's important to stay home when you're sick. You'll feel better, and you'll avoid spreading germs to others.

Sources: American Lung Association; National Institutes of Health



 **Washing your hands is the best way to get rid of germs. It's especially important to wash your hands after you sneeze or cough. Use warm water and be sure to scrub with soap for at least 15 seconds.**

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Baby Partners

Keeping mother and child healthy

When you're having a baby, it's important to get the care you and your growing child need. We're here to help you!

Prenatal care

As soon as you know you're pregnant, you need prenatal care. This means seeing your doctor on a regular basis. If you do not have a doctor, Health Partners' Member Relations department can help you find one.

When you're pregnant, you should see your doctor for prenatal care:

- One time every month up to your 28th week
- Two times every month up to your 36th week
- One time every week from 36 weeks until delivery

After your first doctor's visit, you will be automatically enrolled in our Baby Partners program. As Baby Partners members, you and your baby will have a dedicated team of nurses and social workers

providing health information, answering questions and arranging any support services you may need. Some of the services we provide include:

- Doctor visits
- Transportation to the doctor
- Appointment reminders
- Telephone outreach
- Informative brochures
- Childbirth classes
- Pregnancy education
- Breastfeeding education
- Hospital stay, delivery and home care visits after delivery
- The Smiling Stork program

We also help with health-related issues such as smoking, behavioral health issues, diabetes during pregnancy, high blood pressure, HIV-positive status and much more.

Postpartum care

After your baby is born, you need postpartum care. You will need to schedule two important visits.

- The first visit—two to four weeks after birth—is to make sure your baby is healthy.
- The second visit—three to six weeks after you have your baby—is for you. This visit is to make sure your body is recovering properly.

After having a baby, you will go through changes to your body and the way you feel. This is why we encourage you to have a postpartum care doctor visit. Your doctor can do a physical exam, answer questions and give you valuable health information.

Healthy pregnancy tips for moms

- Ask your doctor before taking any drugs or over-the-counter medication.
- Eat healthy foods, and drink milk and eight glasses of water every day.
- Quit smoking, and stop drinking alcohol.
- Most important, take your prenatal vitamin every day.

For more information about the Baby Partners program, please call the Baby Partners Hotline at **215-991-4182**.



Our Baby Partners Team is here to serve you! From left, perinatal case managers Barbara Siravo; Lisette Rodriguez; Tracey Bennett; Linda Watt; Janet Wexler, Team Lead; Angela Moore; and Gretchen Craig. Not pictured: Gina DeVito.



Help kids have a restful sleep

Recent studies show that children who do not get the right amount of sleep each night are at increased risk for obesity, a condition that can lead to other serious health problems.

Lack of sleep affects the way the body stores energy from food and produces hormones. Not getting enough sleep also makes children tired during the day and less likely to exercise.

According to the National Sleep Foundation, infants need 10.5 to 18.5 hours of sleep per night, toddlers 18 months to 3 years need 12 to 14 hours, children 5 to 12 years of age need 9 to 11 hours, and adolescents need 8.5 to 9.5 hours of sleep each night.

“Children need rhythm and consistency in their lives,” says Mary K. Stom, M.D., Senior Vice President of Healthcare Management and Chief Medical Officer at Health Partners. “With

a simple schedule, including set times for eating, household chores, homework, exercise and recreation, it becomes easier to stick with a regular sleep schedule as well.”

Healthy sleeping tips

- Know how many hours your child needs to sleep, based on age.
- Put your child to bed at the same time each night.
- Allow quiet time to “wind down,” away from the television.
- Don’t give your child food for at least two hours before bedtime.
- Practice deep breathing exercises with your child to calm the body and mind.
- Keep your child’s bedroom clean, organized and free from distractions.
- Gently wake your child up at the same time each day.
- Allow your child time to wake and get out of bed peacefully.

Keep your cholesterol in check

If you have diabetes, you may have a problem with cholesterol, a type of fat in your blood.

Diabetes raises your risk of heart attack and stroke. If your cholesterol is high, you have a bigger risk.

There are two types of cholesterol—good and bad. Not enough of the good kind or too much of the bad kind can block your blood vessels.

Doctors check cholesterol levels with blood tests. If you have diabetes, you should have your cholesterol checked at least once a year.

To keep your cholesterol at a healthy level:

- Eat a healthy diet.
- Keep active every day.
- Don’t smoke.

Your doctor also may have you take medicine to help.

Remember, the things you can’t see can still hurt you, so make sure you and your family see your primary care provider at least once a year. If you need help finding a doctor or scheduling an appointment, just call Member Relations at **1-800-553-0784** or **215-849-9600** (TTY **1-877-454-8477** or **215-849-1579**).



Source: American Diabetes Association

- Set a good example by following these guidelines yourself.

Children stay healthy with EPSDT

As a parent or guardian, keeping your child healthy is important. Health Partners' Early and Periodic Screening, Diagnosis and Treatment (EPSDT) program can help.

EPSDT services include:

- Lead testing
- Immunizations
- Physical exams
- Body mass index (BMI)
- Dental exams
- Hearing testing
- Eye testing
- Mental health counseling
- Drug and alcohol services

EPSDT services are available to all members under age 21. If you have any questions about EPSDT services, ask your doctor or call Health Partners' EPSDT coordinator at **215-991-4252** (TTY **1-877-454-8477**).

Beware of lead

Lead is a very toxic metal that can be found in your home. Lead can be harmful, especially to unborn babies and young children. Be sure to ask your doctor about lead testing for your children, and keep your kids safe.

Did you know that your relationship can affect your health?

Are you in a relationship? Ask yourself:

- Is my partner willing to talk openly when there are problems?
- Does my partner give me space to spend time with other people?
- Is my partner kind and supportive?

If the answer is yes to these questions, it is likely you are in a healthy relationship. Studies show that healthy relationships lead to better physical and mental health, long life, and good things for children.

Are you in a healthy relationship? Ask yourself:

- Does my partner criticize me and make me feel like everything is my fault?
- Does my partner control where I go, who I talk to and how I spend my money?
- Has my partner hurt or threatened me or pressured me to have sex?

If you answered yes to any of these questions, your health and safety may be in danger. You may be feeling depressed or anxious.

However, there are some steps you can take to help you cope and improve your health.

Talk with someone you trust

about what is going on and the pain you have experienced. Talk to your doctor about coping habits that can harm your health like smoking, drinking, using drugs or overeating, and get help in taking steps to make changes. Reduce your stress by reaching out for help.

If you are being hurt by your partner, it is not your fault. You deserve to be safe and healthy.

If you are worried and you need to talk, call us.

National Domestic Violence Hotline

- **1-800-799-7233** (**1-800-799-SAFE**)
- **1-800-787-3224** (TTY for the deaf)

www.ndvh.org

National Teen Dating Abuse Hotline

- **1-866-331-9474**
- **1-866-331-8453** (TTY for the deaf)

www.loveisrespect.org

Help is available in English and Spanish and many other languages. All contact with the hotlines is free and confidential.



Editor **Teresa L. Heavens**

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Models may be used in photos and illustrations.

If you need help reading this information, please call the 24-hour Health Partners Member Relations line at 1-800-553-0784 or (215) 849-9600.

Si necesita ayuda para leer esta información por favor llame a la línea del Departamento de Servicios para los Miembros de Health Partners, disponible las 24 horas, al 1-800-553-0784 ó al (215) 849-9600.

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Nếu quý vị cần giúp đỡ đọc phần thông tin này, xin vui lòng gọi đường dây Liên Hệ Hội Viên Health Partners 24 tiếng tại số 1-800-553-0784 hoặc (215) 849-9600.

Если Вам нужна помощь в прочтении данной информации, пожалуйста, позвоните в круглосуточную Справочную Службу для членов справочного поиска по телефону 1-800-553-0784 или (215) 849-9600.

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