



HEALTH PARTNERS TALK

PUBLISHED FOR MEMBERS OF HEALTH PARTNERS

Cervical cancer— what's your risk?

Cervical cancer is a common cancer in women. But some women are more likely to get it than others.

You are more likely to get cervical cancer if you:

- Have or have had a virus called HPV.
- Have sex with many partners. HPV is spread by having sex.
- Smoke.
- Have HIV, the virus that causes AIDS.
- Have a mother or sister with cervical cancer.
- Take birth control pills for more than five years.

Most cervical cancer can be prevented. Having regular Pap tests can find HPV and pre-cancers. And treatment can usually stop cervical cancer early.

Talk to your doctor today about the importance of having regular Pap tests.

Source: American Cancer Society



Colon cancer

Stop it before it's too late

If you are in your 50s, it's time to think about your colon and its health. Most colon cancers occur in men and women who are 50 or older.

You have the power to stop colon cancer before it starts. Colon cancer usually begins

as a harmless growth. Most people who have these growths removed early never develop the disease and are able to live happy, healthy lives.

There are many ways to be screened for colon cancer. Ask your primary care provider (PCP) which test is best for you.

You may also call the American Cancer Society anytime, day or night, at **1-800-227-2345** (TTY: **1-866-228-4327**). The American Cancer Society can tell you more about the tests, help you talk to your doctor or just listen to your concerns.



If you have questions about the care you are receiving, you may contact Health Partners' Member Relations department at 1-800-553-0784 or 215-849-9600 (TTY: 1-877-454-8477 or 215-849-1579).

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Which medical tests do you need?



Why go to the doctor if you feel fine? Because you want to make sure you keep feeling that way.

Men don't generally like to go to the doctor. But they still need to go. Your doctor makes sure you get all the tests you need. These screenings can help protect your health.

The basics

Tests most men need include:

Blood pressure checks at least every two years.

Cholesterol tests starting at age 35. Get your levels checked every five years. Unhealthy levels increase your risk for heart disease. You should start the tests at age 20 if:

- You smoke.
- You have diabetes.
- Heart disease runs in your family.

Colorectal cancer tests starting at age 50. There are different types of tests, so ask your doctor which is best for you.



To find out more about men's health, visit this website:

www.menshealthnetwork.org.

Other tests

Depending on your health, you may need:

Prostate cancer tests starting at age 50. But there are pros and cons to the tests. Some men choose not to have them. Ask your doctor to explain the risks and benefits.

Diabetes tests if you have high blood pressure or high cholesterol.

Sexually transmitted disease screening if you or your partner has had sex with more than one person.

Sources: Agency for Healthcare Research and Quality; American Cancer Society; American Medical Association

Chlamydia screening for women

When you're sick, you often know it. You just don't feel good. But you could have a sexually transmitted disease called chlamydia. And you might not know it.

That's because chlamydia sometimes may only have mild signs or none at all. But it is a serious disease.

Left untreated, chlamydia could harm your reproductive organs. And it may make it harder to get pregnant.

That's why it's important to get tested. If you're younger than 25 and sexually active, you should be tested each year. When you get tested, you are helping protect your partner too. Men can also get chlamydia.

If you are treated but your partner is not, you may get reinfected. So it's important that you encourage your partner to get tested too. To learn more, talk to your doctor.

Source: National Women's Health Information Center

Looking for a Health Partners provider?

Health Partners offers you convenient ways to find a doctor. All new members receive a Provider Directory with their enrollment kit.

Members with Internet access can search for doctors on our website, www.healthpart.com, in

the section entitled "Find a Doctor" under "Info for Members."

Members who do not have Internet access can call the Health Partners Member Relations department at **1-800-553-0784** or **215-849-9600** (TTY: **1-877-454-8477** or **215-849-1579**).

A Member Relations representative can print and mail to your home a mini directory with a list of all the doctors you need.



Keeping your children safe

As a parent, you can help keep your children safe from medication errors. Research shows that parents who are more involved with their child's care tend to get better results.

Steps to take

Here are some ways you can help ensure your child's safety when taking medication:

- Make doctors aware of all your child's prescriptions, over-the-counter medicines and dietary supplements.
- Help doctors keep your child's

medical records up-to-date by bringing all of your child's medicines in at least once a year for the doctor to review.

- Make sure doctors know about any allergies your child may have.
- Be sure you can read all prescriptions your child's doctor writes.
- Double-check with pharmacists to be sure your child receives the medication his or her doctor prescribed.
- Make sure you understand the medicine label.

Ask questions

Ask your child's doctor or pharmacist questions about the medication your child is taking:

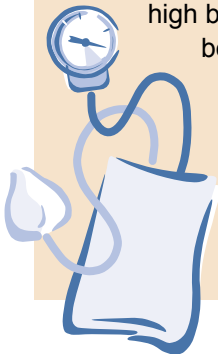
- What is the name of the medicine, and what is it used for?
- Is the dose correct for my child's age and weight?
- How often does my child take the medicine and for how long?
- Are there any side effects, and what do I do if they occur?
- Is this medicine safe to take with other medicines or vitamins?
- How do I measure liquid medicine, and how do I use an oral syringe for my baby?
- When should I see an improvement?

Don't be afraid to ask questions. Informed parents are able to make the best decisions about their child's care.

Q. I'm a healthy 20-year-old woman. Do I need to worry about high blood pressure?

A. You may not need to worry about your blood pressure. But you should have your doctor check it.

Everyone should get his or her blood pressure checked starting at age 18. That way high blood pressure can be found early. And getting it treated right away can help prevent bigger problems, such as heart disease, later on.



Improving health care in our area

Health Partners is the founding sponsor of Drexel University's Center for Health Equality (CHE). CHE is a collaboration of the university's School of Public Health, the College of Nursing and Health Professions, and local community and government agencies.

Its mission is to work with organizations like Health Partners to improve the well-being of our community through

the elimination of health disparities. Health Partners is proud to be a part of this effort.

Recently, Health Partners' Merleen Harris-Williams, M.D., medical director of Quality Management, and Michael Schaffer, Pharm.D., M.B.A., director of Health Outcomes, participated in a seminar at Drexel to discuss racial and ethnic differences in access to medical treatment.

This topic is one of many that Health Partners and CHE will be addressing in the coming year.

staying healthy



Your first mammogram

There's a first time for everything. And if you're 40 or older, it may be time for your first mammogram.

You may wonder what to expect. You might even feel a bit nervous. That's natural.

It may help ease your mind to know the basics about how mammograms are done:

- You stand in front of an x-ray machine. You'll be undressed from the waist up.
- A trained technologist, usually a woman, places one of your breasts on a small platform. The breast is slowly pressed from top to bottom between two clear plastic plates. This might be uncomfortable, but it does not last long. Each breast is pressed for only about 30 seconds.
- X-ray pictures of the breast are taken from the top and from the

side. Then the same routine is done with the other breast.

Helpful tips

- Try to schedule your mammogram for the week after your period. Your breasts will be less tender.
- Wear a two-piece outfit so you'll just need to remove your top.
- Don't put deodorant, powder or lotion under your arms or near your breasts.

Some good news

Most mammogram results are normal. But if there is a problem, remember that breast cancer found early is more likely to be treatable.

To learn more, call the National Women's Health Information Center at 1-800-994-9662.

New pharmacy for our members

Health Partners is pleased to announce that CVS Pharmacies has joined the network of providers. The addition of CVS to the network of providers enables Health Partners to offer you, our Member, more options.

CVS has over 50 locations in the Philadelphia area. To find a CVS Pharmacy near you, visit www.cvs.com or call 1-800-SHOP-CVS (1-800-746-7287).

Call for a ride!

Need a ride to your Health Partners' doctor's office? To schedule transportation to a health care appointment—through Medical Transportation Management (MTM)—call toll-free 1-888-240-6588 (TTY: 1-800-855-2880).



For more information about Health Partners' services, please visit our website at www.healthpart.com.



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HEALTH PARTNERS TALK is published for the members of HEALTH PARTNERS, 901 Market St., Suite 500, Philadelphia, PA 19107, telephone 1-800-553-0784, www.healthpart.com.

Information in HEALTH PARTNERS TALK comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

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, позвоните, пожалуйста, в круглосуточную Справочную Службу для членов страхового полиса по телефону 1-800-553-0784 или (215) 849-9600.

您如果看不懂此通知, 请联系 Health Partners Member Relations, 电话号码: 1-800-553-0784, (215) 849-9600.

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