



# Bear Facts

## Doctors Make the Decisions

**Trust your doctor to treat you right.**

People sometimes do not understand utilization management (UM) programs.

At Southern Health, UM is a system for reviewing the care that has been provided to our CareNet members.

Southern Health's policy on payment for services is to make sure that decisions are made because they are what our policies say we will do. There

are no financial incentives in the review process.

- Southern Health's UM decision-making is based on whether or not care and service was proper. It is also based on whether or not the member had health coverage.

- In some cases, Southern Health pays providers and staff who are involved in UM review. Southern Health does not reward individuals for denying coverage.

- The payment that Southern Health provides does not encourage decisions that result in denial of care.

This policy is posted on Southern Health's website, [www.southernhealth.com](http://www.southernhealth.com). If you would like a copy of the complete UM policy, please contact Customer Service at (800) 279-1878.



## 4 Simple Ways To Lose Weight

Losing weight can help you feel better. It can help prevent or control many serious diseases, such as:

- High blood pressure
- Diabetes
- High cholesterol
- Arthritis
- Heart disease and stroke
- Some kinds of cancer

Eating too much or not being physically active will make you overweight. To lose weight, you must use more calories than you take in. Here are three simple ways to do this:

1. Eat small portions of low-fat, low-calorie foods.
2. Drink water instead of sugary drinks.
3. Be more physically active.

It is a good idea to talk to your doctor before you begin any weight-loss program. Don't be too embarrassed or shy to ask for help.

**Leave the Fireworks Alone** Every year, thousands of people go to the hospital because of fireworks accidents. Keep yourself and your kids safe—leave the fireworks to the pros.





## Working for Better Mental Health

Mental illness is just like many other diseases. Your doctors can treat it and help you feel better. As with other diseases, you may need to keep seeing your doctors often. This helps them make sure your medicines are working right and you are getting better.

If you are being treated for mental illness, be sure to see your doctors as often as they want you to. And don't stop taking your medicines or change the dose without talking to the doctor first. This could make you sick again.

# Why Do Kids Need Shots?

American children are some of the healthiest kids in the world. One big reason for that: immunizations (shots). These shots help prevent serious diseases that can harm or even kill children.

Work closely with your doctor to make sure your child gets the right shots at the right age. This schedule may be different where you live.

### At birth

- Hepatitis B

### 1 to 4 months

- Hepatitis B

### 2 months

- Diphtheria, tetanus and pertussis (DTaP)
- H. influenzae* type b (Hib)
- Polio (IPV)
- Pneumonia (PCV)
- Rotavirus (RV)

### 4 months

- Diphtheria, tetanus and pertussis (DTaP)
- H. influenzae* type b (Hib)
- Polio (IPV)
- Pneumonia (PCV)
- Rotavirus (RV)

### After 6 months, then every year

- Flu (Influenza)

### 6 months

- Diphtheria, tetanus, and pertussis (DTaP)
- H. influenzae* type b (Hib)
- Pneumonia (PCV)
- Rotavirus (RV)

### 6 to 18 months

- Hepatitis B
- Polio (IPV)

### 12 to 15 months

- H. influenzae* type b (Hib)
- Measles, mumps rubella (German measles) (MMR)
- Pneumonia (PCV)
- Chickenpox (varicella)

### 12 to 23 months

- Hepatitis A

### 15 to 18 months

- Diphtheria, tetanus and pertussis (DTaP)

### 4 to 6 years

- Diphtheria, tetanus and pertussis (DTaP)
- Measles, mumps and rubella (German measles) (MMR)
- Polio (IPV)
- Chickenpox (varicella)

### 11 to 12 years

- Human papillomavirus (HPV) for girls ages 11 to 12, or for girls ages 13 to 18 who didn't get the shot earlier
- Diphtheria, tetanus and pertussis booster
- Meningitis (MCV)

**Watch Their Vision** August is Children's Eye Health and Safety Month. It's a good time to remember that if you notice changes in your child's vision, tell the doctor.

## A Test for Lung Health

COPD is a fancy name for lung disease. It is usually caused by smoking tobacco or breathing in pollution or chemicals for a long time. COPD develops slowly. It may take many years before you notice symptoms, such as feeling short of breath. By then, your lungs are so damaged they cannot be healed.

But a simple test, called spirometry (spy-ROM-uh-tree), can find out if you have COPD before you feel symptoms. That's when treatments may be able to help. If you smoke or you live or work around air pollutants, ask your doctor when you should have this test.

## Free Help for New Parents

Bringing your new baby home from the hospital is an exciting time. For new parents, it's also a scary time. You have a lot of questions. The best place to get answers is from your baby's doctor.

Your pediatrician (pee-dee-uh-TRISH-un) or family doctor will see your baby more often during your baby's first year than at any other time. The doctor will check your baby right after birth. Then, you'll go to the doctor's office about every month for the rest of the year. The doctor will make sure the baby is growing well.

The doctor will also give your baby the shots that can prevent many serious diseases.

The doctor can help you too. Need advice on feeding your baby? Giving the baby a bath? Getting some sleep? The doctor can answer any questions you have. So take advantage of the doctor's help. Not only is it valuable, it's free—as part of your covered well-child exams.



## The Antibiotics Quiz

Here's a short quiz. Which of these illnesses can be treated with antibiotics?

- A** Colds
- B** Flu
- C** Cough
- D** Sore throat

The answer is **NONE OF THEM!**

Surprised? The reason is that a germ called a virus usually causes those illnesses. Antibiotics only work against different kinds of germs called bacteria. These germs cause sinus infections, ear infections, strep throat and infections in cuts.

How do you know if you need an antibiotic? Ask your doctor. The doctor will examine you to decide if an antibiotic is the right medicine for your illness.



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## Be Safe When You Have Sex



No matter who you are, having sex has risks. Teenagers, adults, women and men can all get diseases from sex.

No one likes to think about that. But these diseases, called STDs, can cause serious health problems. For women, chlamydia (pronounced kla-MID-ee-ya) can make it impossible to have children. HPV is a disease that can lead to cancer in women. Syphilis and AIDS can be deadly for men and women.

The only way to avoid STDs is not to have sex at all. If you do have sex, you can lower your risk by using latex condoms. Use one every time.

You should also protect yourself by getting tested yearly for STDs. Many diseases can be treated, but being tested is the only way to know if you're infected.

Be good to yourself and your partner. Make sex safe.

## Our Privacy Practices


Southern Health works hard to keep CareNet members' personal and health information secure and private.

Southern Health needs information about you to help you receive your benefits. We collect your information from many places. Keeping your information safe is one of our most important jobs. We make sure that only people who need to use your information have access to it. We may use and share your information for:

- Treatment
- Payment
- Health care operations

These uses are covered under state and federal laws. Our policies will be the most protective laws that apply to you.

If you would like to receive a detailed copy of our Privacy Practices, please call Customer Service.

 **The Shots That Save Your Kids' Lives** Why do your children need so many shots? When do they need them? Turn to page 2 to find out.