



Missouri Care
HEALTH PLAN

Winter 2009

www.missouricare.com

your family's health

Protecting your children from colds and flu

It is fall, and there is a chill in the air. This means cold and flu season is upon us again. Over the next few months, children will have lots of sniffles, sneezes, coughs, sore throats and other symptoms. It is important to know about these illnesses and how best to prevent them.

Colds and flu (influenza)

are respiratory infections caused by the influenza virus. They affect the parts of the body that help with breathing (from the nose down into the lungs).

The flu can look like the common cold with only nose and throat symptoms but often is more serious. It may involve the lungs and other parts of the body.

The flu may cause fever, chills, sore throat, cough and runny nose. It also may cause headache, muscle aches, tiredness, nausea, vomiting and diarrhea.

The fever may last up to five days or so, and symptoms often

limit people's activity levels.

The illness starts to improve by the end of the first week. But some people may have symptoms for two weeks or longer.



Call Member Services at 800-322-6027 for flu shots.

Most cases of the flu can be prevented with the influenza vaccine or the flu shot. Flu shots are safe for children as young as 6 months of age.

Young children are at higher risk of getting very sick from the flu. The flu shot is recommended

especially for children who have certain diseases that put them at risk for serious complications from the flu. Flu shots are usually given between October and December. Please consult your Primary Care Provider (PCP) regarding the flu and flu shots.

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New providers join network

Missouri Care is pleased to add more providers to our network. These hospitals have agreed to provide services to our members.

- Blessing Hospital (Quincy, Ill.)
- Hannibal Regional Hospital
- Phelps County Regional Medical Center (Rolla)
- St. John's Hospital-Lebanon
- St. John's Hospital-Springfield

Well-child checkup

Is it time?

Children grow, change and develop quickly. That is why it is important for children to visit their Primary Care Provider (PCP) even when they are not sick. These are called well-child checkups.

During a well-child checkup, the PCP:

- Does a complete physical exam.
- Checks your child's development and nutrition.
- Checks your child's vision, hearing and teeth.
- Gives shots (immunizations) as needed.
- Orders lab work (e.g., blood lead test) as needed.
- Gives you health information about your child.

- Finds health problems before they become serious.
- Gets to know your child so that when your child is sick, the PCP can take better care of him or her.

Children need 10 well-child checkups by the time they are 2 years old. After that, children need a well-child checkup every year, even during their teenage years. These checkups are important to make sure your child is growing properly.

Review the well-child checkup schedule in this newsletter to see if your child is due for a well-child checkup. You may also call your child's PCP to find out if your child is due for a well-child checkup.

These checkups are a covered benefit for Missouri Care members. For more information about well-child checkups, please call Missouri Care's Prevention and Wellness Specialist at **800-322-6027**.

Well-child checkup schedule

Your child should receive a well-child checkup at each of the following ages. Call your child's Primary Care Provider (PCP) if your child is due for a well-child checkup.

- | | |
|--|-----------------------------------|
| <input type="checkbox"/> Newborn | <input type="checkbox"/> 7 years |
| <input type="checkbox"/> By 1 month | <input type="checkbox"/> 8 years |
| <input type="checkbox"/> 2 to 3 months | <input type="checkbox"/> 9 years |
| <input type="checkbox"/> 4 to 5 months | <input type="checkbox"/> 10 years |
| <input type="checkbox"/> 6 to 8 months | <input type="checkbox"/> 11 years |
| <input type="checkbox"/> 9 to 11 months | <input type="checkbox"/> 12 years |
| <input type="checkbox"/> 12 to 14 months | <input type="checkbox"/> 13 years |
| <input type="checkbox"/> 15 to 17 months | <input type="checkbox"/> 14 years |
| <input type="checkbox"/> 18 to 23 months | <input type="checkbox"/> 15 years |
| <input type="checkbox"/> 2 years | <input type="checkbox"/> 16 years |
| <input type="checkbox"/> 3 years | <input type="checkbox"/> 17 years |
| <input type="checkbox"/> 4 years | <input type="checkbox"/> 18 years |
| <input type="checkbox"/> 5 years | <input type="checkbox"/> 19 years |
| <input type="checkbox"/> 6 years | <input type="checkbox"/> 20 years |



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YOUR FAMILY'S HEALTH is published as a community service for the friends and patrons of MISSOURI CARE HEALTH PLAN, 2404 Forum Blvd., Columbia, MO 65203, 800-322-6027.

Information in YOUR FAMILY'S HEALTH 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.

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Important Missouri Care Phone Numbers

- | | |
|-----------------------------|--------------|
| Member Services | 800-322-6027 |
| MTM Transportation | 800-695-5791 |
| Informed Health Line | 800-556-1555 |
| (24-hour nurse advice line) | |
| Behavioral Health | 800-889-4073 |

MOC032 approved 10/20/2008

Coping with depression

Most of us feel a little down once in a while. Sometimes those “downs” can be life-changing events that make us sad or discouraged.

If you feel sad most of the time, you could have an illness called depression.

What causes depression?

Depression can happen to anyone. Stressful events can bring on depression. They may include:

- » Natural disasters. » Divorce.
- » Money problems. » Death of a loved one.

Even the holidays, a happy time for many, can cause some people to feel down due to stress, feeling tired or being away from family.

Signs of depression

With depression, you might feel sad, anxious or “empty” most of the time. Other signs may include:

- You feel like there’s no hope.
- You feel guilty, worthless or helpless.
- You don’t enjoy favorite activities anymore.
- You feel restless or tired.

- You find it hard to concentrate or make decisions.
- You get annoyed easily.
- You have trouble falling asleep. Or you sleep a lot more than usual.
- You’ve lost your appetite. Or you eat a lot more.
- You think about death or suicide.

Kids and depression

Kids can get depressed too, and for the same reasons as adults. They can have the same symptoms as well. Kids may also:

- Say their head, stomach or muscles hurt.
- Complain that they are very tired.
- Do poorly in school or miss school often.
- Talk about running away.
- Cry for no reason.

Getting help

The first step in getting over depression is to talk to your Primary Care Provider (PCP). Your PCP can help find out what you need to do to feel better.

Counseling and medication



can help treat depression in both adults and kids. Sometimes only counseling may be needed.

In some cases, both medicine and therapy are needed. These tips can also help you cope:

- Try to be around other people. Pick a close friend or family member to talk to.
- Do things that make you feel good. You might go to a movie or a ballgame. Exercise can also help.
- Try not to make any big decisions until you feel better.

Remember that you may not feel better right away. But you’ll most likely feel better over time.

Source: American Psychiatric Association; National Institute of Mental Health

Turn your back on back pain

Most people deal with back pain at some time in their lives. But you can take steps to prevent back trouble from affecting you. Try these tips.

Exercise. Being fit helps keep muscles strong and supports the back. Walking and swimming are great for all-around fitness.

Take breaks. Sitting for a long time can strain your back. Try to take frequent breaks to move around and stretch. While sitting, support your lower back with a rolled towel or small pillow.

Lose weight if needed. Extra weight, especially around the abdomen, can strain the back.

Stand up straight. Slouching is another source of back strain. For proper posture, keep your head up and stomach pulled in.

Avoid high heels. Instead, choose flats or low (1-inch) heels.

Lift safely. Bend your knees and lift with the leg muscles. Get help moving heavy or awkward objects.

TOOTH TALK

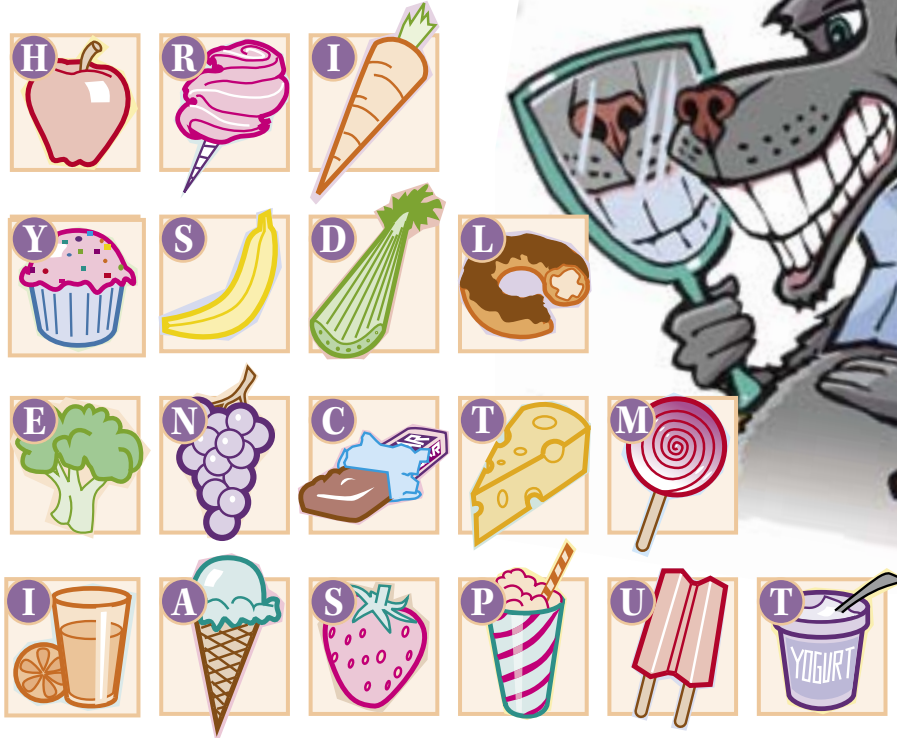
Watch what you wolf down

» Eating the right kinds of foods can help keep your teeth healthy.

Look at the pictures and put an X through the foods that are sticky or sugary. They aren't good for your teeth, so you shouldn't eat them often.

Then, in order, write on the lines below the letter that's next to each remaining picture. These foods are good for you.

When you're finished, you'll have the answer to the riddle you see here. (And it might just make you smile and show off those great teeth of yours!)



ANSWER: HIS DENTIST

What did the Big Bad Wolf eat after getting his teeth cleaned?

Did you know?

» Teeth are like fingerprints. No one else's are just like yours.

What you can do to keep your smile

» Here are some rules to help you keep your smile. The letters of one word in each sentence are scrambled. Can you put the letters in order so that the sentences make sense?

1. Brush your teeth at least **ewitc** a day.
2. Eat healthy **ofsod**.
3. At least once a day, **slofs**.
4. See your **endttsi** regularly.
5. Wear a mouth guard when you play **osrpts**.



ANSWERS: 1. twice, 2. foods, 3. floss, 4. dentist, 5. sports.