

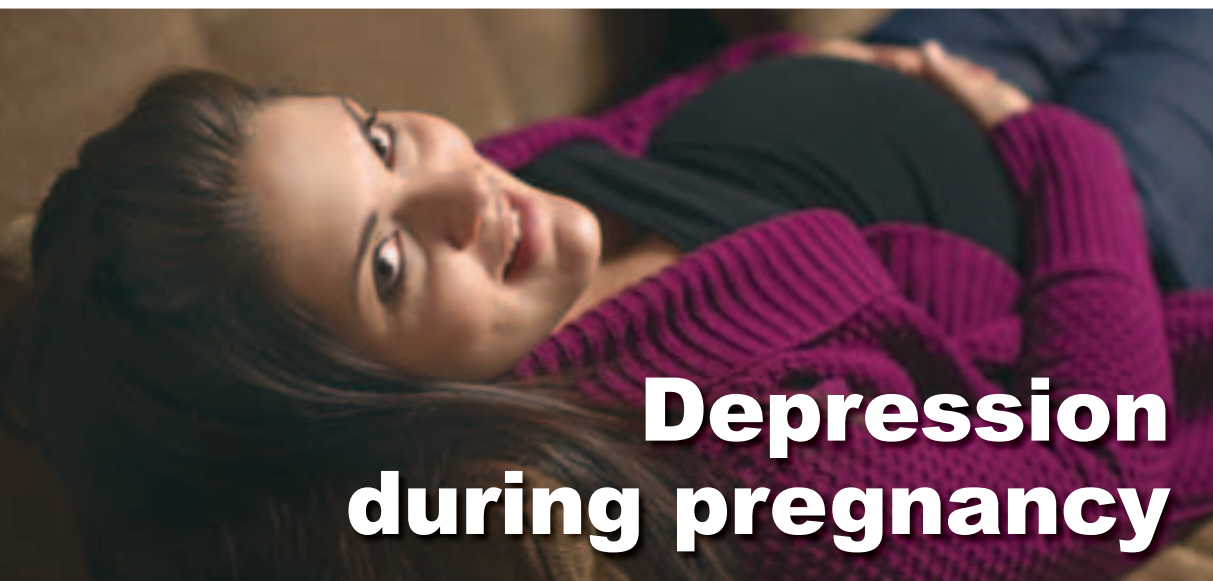


Missouri CareSM
AN AETNA HEALTH PLAN

Spring 2010

www.missouricare.com

your family's health



Depression during pregnancy

fairly common during pregnancy.

So watch out for signs of depression. You might:

- Cry a lot.
- Feel hopeless, worthless and overwhelmed.
- Sleep too little or too much.
- Eat too little or too much.

If these signs don't go away, let your provider know.

These feelings don't mean you won't be a good mother. Depression can

happen to any pregnant woman.

But the most important thing to know is that depression can be treated. Counseling can help. In some cases, a provider might prescribe medicine.

Getting treatment can help you feel better.

Things to Know

Member confidentiality and privacy

We want to remind you that Missouri Care may use your health care information for health plan activities. You can also look at, get a copy of or change your information. Your information will be kept private and confidential. It will be given out only if the law allows or if you tell Missouri Care to give it out.

If you have questions, call Member Services at **1-800-322-6027**.

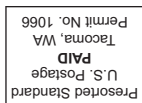
You're pregnant. So you need to take care of yourself, now more than ever.

Your baby's health depends on your good health.

But taking care of yourself can be hard when you're sad all the time.

You may have depression. It's a serious illness. And it's

Sources: American College of Obstetricians and Gynecologists; U.S. Department of Health and Human Services



Disease management programs

Helping you stay healthy

Our disease management programs can help you stay healthy. We teach you about your disease and how to stay well by staying in touch with your health care provider (HCP). We can help you if you have: » Asthma. » Diabetes. » Depression. » Congestive heart failure. » Coronary artery disease.

When you sign up for one of our disease management programs, we will give you all the help we can. We will give you information to read and the names and phone numbers of people close to you who can help you manage your illness.

We will work with your HCP to come up with a care plan just right for you. The care plan will help you manage your illness. Finding out the problem early and managing it will help prevent problems later. We don't want you to get sicker—we want you to feel better.

If you need transportation to or from your medical or behavioral health appointments, call MTM Transportation at **1-800-695-5791** at least three days before your



appointment to schedule a ride. All members of your family who have Missouri Care can use this service. MTM also offers gas reimbursement if you will provide your own transportation to appointments. Please call MTM at the above number to find out more.

If you want to know more about our disease management programs, please call us at **1-866-642-1579**.

Important information for members of federally recognized American Indian or Native Alaskan tribes



Is your child a member of a federally recognized American Indian or Native Alaskan tribe? If so, you do not have to pay a premium for your child's health care coverage.

To stop owing a premium, send a copy of proof of your

child's tribal membership to the Premium Collections Unit by mail, fax or e-mail. Include your child's name and MO HealthNet identification number.

Proof of membership can be a copy of a tribal membership card or letter issued by a tribe that is recognized by the United States Department of the Interior Bureau of Indian Affairs.

Mail:

MO HealthNet Division
Premium Collections Unit
P.O. Box 6500
Jefferson City, MO 65102-6500

Fax: 573-526-2471

E-mail: Scan your records and e-mail them to AskMHD@dss.mo.gov. Include the words "Premium Collections Unit" in the subject line of your e-mail.



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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. This newsletter is general health information and should not replace care you get from your doctor. It is not meant to replace advice you get from your doctor. Always ask your doctor or other health care provider for information about your own health care needs. Models may be used in photos and illustrations. MO-10-03-10

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Important Missouri Care Phone Numbers

Member Services	1-800-322-6027
MTM Transportation	1-800-695-5791
Informed Health Line	1-800-556-1555
(24-hour nurse advice line)	
Behavioral Health	1-800-889-4073

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Case management

No-cost services for members

Missouri Care offers case management services at no cost to its members. Case management includes locating providers and community resources in your area, reminding you of upcoming appointments, assisting you with prescriptions and transportation, providing education about your illness, and helping you talk with your health care provider (HCP).

Children who have more medical, behavioral health or educational needs than other children their age can get special help if they are in a case management program.

Missouri Care also supports pregnant women with a special program to help them stay healthy and make sure they get the health care services they need. If you are pregnant, tell Missouri Care about your pregnancy right away so you can benefit from the maternity case management program.

If you or your child has a special need or if you are pregnant, call Member Services at **1-800-322-6027**.

If you need transportation to or from your medical or behavioral health appointments, call MTM Transportation at **1-800-695-5791** at least three days before your appointment to schedule a ride. All members of your family who have Missouri Care can use this service. MTM also offers gas reimbursement if you provide your own transportation to appointments. Please call MTM at the above number to find out more.

Missouri Care also offers a crisis hotline for members who are depressed and need someone to talk to. Talk to a counselor anytime, day or night, by calling **1-800-889-4073**. There is no cost for this service.

New technology for medical procedures

Missouri Care is always looking at new technology for medical procedures and methods to make sure you get safe, up-to-date, high-quality medical care. A team of providers reviews new health care technologies and decides if they should become covered services.

Investigational technologies, methods and treatments that are being researched are not covered services.

To decide if a new technology will become a covered service, Missouri Care will:

- Study the purpose of each technology.
- Review medical literature.
- Determine the potential impact and benefits of the new technology.
- Develop guidelines for how and when to use the technology.





A guide for staying healthy

One of the best things you can do for yourself and your family is to take care of your health.

Screening tests are a good way to do that.

Some tests help your health care provider (HCP) keep an eye on your heart health. Others can find diseases early, when they're usually easier to treat.

Some of the more common screening tests are listed below. You might

need to start tests earlier if you have certain risk factors. For instance, you might need to have your cholesterol

checked before age 45 if you smoke or have diabetes.

Take this list to your next HCP's visit. He or she can talk to you about which tests you might need and when.

If you have questions about screening tests, call Member Services at 1-800-322-6027.

Sources: Agency for Healthcare Research and Quality, National Women's Health Information Center

TEST	WHEN TO START	HOW OFTEN TO RECHECK
Blood pressure	Age 18	At least every 2 years. Ask your HCP.
Cholesterol	Age 45, or earlier if you have risk factors	Ask your HCP.
Blood sugar (for diabetes)	Age 45, or earlier if you have risk factors	Every 3 years. Ask your HCP.
Mammogram	Age 40	Every 1 or 2 years. Ask your HCP.
Pelvic exam	Age 18	Every year.
Pap smear	Age 21, or when you start having sex	Every 1 to 3 years. Ask your HCP.
Colorectal cancer tests (includes fecal occult blood test, sigmoidoscopy, colonoscopy)	Age 50, or earlier if you have risk factors	Fecal occult blood test yearly. Others range from every 5 to 10 years. Ask your HCP.
Chlamydia	When you start having sex	Yearly until age 25, then retest with each new partner.
Sexually transmitted infections	Before having sex, both you and your partner should be tested.	Retest with each new partner.
Bone density test (for bone health)	Age 65, or earlier if you have risk factors	Ask your provider about repeat testing.
Thyroid	Age 35	Every 5 years. Ask your HCP.