We Want the Best for You

Sexually Transmitted Diseases (STDs):
> Reduce Your Risk

Reminder About HPV Vaccination

Diabetes & Statin Use
IN THIS ISSUE

3 We Want the Best for You

4 Check & Treat High Blood Pressure

5 Defining Psychosis

6 Sexually Transmitted Diseases (STDs): Reduce Your Risk

8 Reminder About HPV Vaccination

9 How Case Management Can Help You

Disease Management Program

10 10 Healthy Snack Ideas

Diabetes & Statin Use

Stress Management Techniques

11 CommUnity Assistance Line

NUMBERS TO KNOW

We’re just a phone call (or click) away!

CALL CUSTOMER SERVICE:
1-866-334-7927
TTY: 711
Monday–Friday,
8 a.m. to 7 p.m.

NURSE ADVICE LINE:
1-800-919-8807
24 hours a day/
7 days a week

24-Hour Behavioral Health Crisis Line
1-855-606-3622

Or visit www.wellcare.com/Florida
Quality is our priority. We want you to get the best care and the information you need to be healthy. Each year, Staywell sets goals to improve the quality of your health care. It’s part of our Quality Improvement (QI) Program.

LEARN MORE ABOUT OUR QI PROGRAM

Call Customer Service for a copy of our QI Annual Evaluation. The number is on page 2. As always, we wish you good health.

IN 2017, WE TOOK THESE STEPS:

• Assessments and individualized care plans for all D-SNP members
• Encouraged you to get visits for mammograms, diabetic eye exams, immunizations and more
• Began a member rewards program that offers rewards for completing certain medical services
• Reviewed data to ensure providers gave high-quality care
• Ensured your cultural linguistic needs were met
• Ensured you could reach your doctors, get timely appointments and find a doctor near you

IN 2018, STAYWELL WILL:

• Review quality outcome data to ensure you get high-quality care
• Provide coordination to help meet your health care needs
• Monitor your satisfaction with Staywell and your doctors
• Offer in-home assessments and mobile clinics for certain health care needs
• Complete assessments and implement individualized care plans for all D-SNP members
High blood pressure is when the force of your blood is too high as it flows through your body. Most doctors routinely check your blood pressure. Many grocery stores and pharmacies also have blood pressure cuffs you can use.

**UP TO 20% OF PEOPLE DON’T KNOW THEY HAVE HIGH BLOOD PRESSURE.**

There aren’t any symptoms, so get checked to find out if you have it.

Left untreated, high blood pressure can lead to a heart attack or stroke. But it’s simple to fix with medicine and changes to your lifestyle.

**TRY THESE LIFESTYLE CHANGES:**

- Reduce salt intake
- Limit alcohol
- Exercise
- Maintain a healthy weight

Get your blood pressure checked soon. Ask your doctor at your next appointment — or do a quick self-check next time you’re at the drugstore.

*SOURCES: Centers for Disease Control and Prevention, “High Blood Pressure Fact Sheet,” retrieved from: [https://www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_bloodpressure.htm](https://www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_bloodpressure.htm); National Heart, Lung, and Blood Institute, “Description of High Blood Pressure,” retrieved from: [https://www.nhlbi.nih.gov/health/health-topics/topics/hbp](https://www.nhlbi.nih.gov/health/health-topics/topics/hbp)*
What is psychosis?
Psychosis is when someone loses touch with reality. It becomes hard to tell what’s real and what’s not. Someone experiencing a psychotic episode might:

- See or hear things that others do not
- Become delusional
- Say things that don’t make sense
- Act in ways that are inappropriate

Are there warning signs?
Before psychosis develops, there are usually changes in behavior. A person might start doing poorly at work or in school. They may suddenly have trouble thinking clearly. Or they might develop paranoia.

How is it treated?
It’s best to catch and treat it early. If these signs sound like someone you know, encourage your loved one to get help. His or her doctor can recommend a treatment program.

Choose Abstinence
The only way to avoid STDs is to not have sex. Vaginal, anal and oral sex can all spread STDs.

Practice Monogamy
Be in a committed relationship with one person.

Communicate
Learn about your partner’s sexual past. And talk openly with your doctor so you can get the tests you need.

Get Tested
Many STDs have no signs or symptoms. Get tested to find out if you or your partner has an STD.

SEXUALLY TRANSMITTED DISEASES (STDs):
Reduce Your Risk

Sexually transmitted diseases (STDs) are widespread. In fact, it’s estimated that people in the U.S. have 110 million STDs. Some are treatable; others aren’t. That’s why it’s important to protect yourself. Read on for ways to reduce your risk.

Use Condoms
Use condoms regularly to reduce your risk of STDs.

Avoid Drugs & Alcohol
Drug and alcohol use can reduce your ability to make good choices.

Make an appointment to get tested for STDs. Your doctor can help determine which tests are right for you.

Reminder About HPV Vaccination

HPV stands for human papillomavirus

WellCare is proud to say that we are working with the American Cancer Society. We’d like to remind you about how important it is to get kids vaccinated against HPV. It can help protect them from cancer.

Kids should get vaccinated at age 11 or 12, before they are exposed to HPV. The vaccine is given as a series of shots. Kids who start the series before age 15 receive two shots, with 6 to 12 months between shots. Those 15 and older will need 3 shots given over 6 months.

Visit cancer.org/HPV to learn more.
The American Cancer Society does not endorse any service or product.

The HPV virus is so common, 4 out of 5 people will get it.
The HPV vaccine can reduce the risk of 6 types of cancer. That is why all kids should get the vaccine.

HOW CASE MANAGEMENT CAN HELP YOU

Case Management helps members with special needs. It pairs members with a case manager. The case manager is a registered nurse (RN) or licensed clinical social worker who can help members with issues such as:

- Complex medical needs
- Solid organ and tissue transplants
- Children with special health care needs
- Lead poisoning

We’re here to help you! Contact us for more information on our program. A Staywell staff member will tell you about it. This no-cost program gives you access to an RN weekdays from 8 a.m. to 5 p.m.

DISEASE MANAGEMENT PROGRAM

Our Disease Management Program gives support to members with certain health problems. You could qualify for the program if you have:

- Asthma
- Diabetes
- Congestive Heart Failure (CHF)
- Coronary Artery Disease (CAD)
- Hypertension
- Heart Disease
- Obesity
- Smoking Cessation

We want to help you manage your health. Contact us if you have any of the above conditions and want to join the program. We’ll send you information about it. You may even get coaching from a registered nurse.

CALL US TO LEARN MORE.
1-877-393-3090 (TTY 711)
8 a.m. to 5 p.m. EST
HEALTHY SNACK IDEAS

Think healthy = expensive? Think again. Check out these 10 good-for-you snacks that are also kind to your wallet:

1. **Popcorn**: Pop your own, or choose plain or lightly salted.
2. **Mini Pizza**: Top a whole-grain English muffin with tomato sauce and cheese.
3. **Carrot Sticks**: Just add your favorite dip – try hummus for a healthy twist.
4. **Trail Mix**: Combine peanuts, pretzels and raisins.
5. **Cottage Cheese**: Top with fresh or canned fruit.
6. **Banana**: One of the easiest fruits to eat on the go.
7. **Hard-Boiled Egg**: Boil your own and eat it plain or add to a salad.
8. **Apple & Cheese**: Slice an apple and eat with a slice or stick of low-fat cheese.
9. **Celery & Peanut Butter**: Add raisins if desired.
10. **Tomato & Mozzarella**: Chop up and sprinkle with salt and pepper.

DIABETES & STATIN USE

Did you know that diabetes ups your risk for stroke and heart attack? Because of this, many doctors will prescribe a certain class of cholesterol medicine, known as statins, to diabetics. If taken regularly, they can reduce your risk of a heart attack or stroke.

Make sure to take your statin just as prescribed – even if you don’t see or feel a difference. It’s vital for your heart health. Also make sure to eat healthy and exercise. It could help prevent future health problems.

NOT SURE IF YOU ARE TAKING A STATIN?
Here are the names of some commonly prescribed statins:

- Atorvastatin (Lipitor®)
- Lovastatin (Mevacor®)
- Pravastatin (Pravachol®)
- Rosuvastatin (Crestor®)
- Simvastatin (Zocor®)

Do you have diabetes? Talk with your doctor at your next visit.
ASK IF A STATIN COULD BE RIGHT FOR YOU.
STRESS MANAGEMENT TECHNIQUES

Talk to your doctor right away if your stress is too much to handle.

STRESS affects everyone, and it can make you feel tense or anxious. But there are ways you can minimize its effect. Try these tips:

■ Avoid drugs and alcohol
■ Spend time with friends and family
■ Eat healthy foods
■ Get enough sleep
■ Exercise regularly


CLICK or CALL for the Latest Drug Coverage Updates

Want to find the latest about the drugs we cover? Stop by our website, www.wellcare.com/florida. You’ll find our Preferred Drug List (PDL). You can learn about drugs we’ve added or removed. You’ll also find changes to any drug requirements or coverage limits. You can also call us for updates.

ALWAYS TALK WITH YOUR DOCTOR

Always talk with your doctor(s) about the care that is right for you. This material does not replace your doctor’s advice. It is based on third party sources. We are presenting it for your information only. It does not imply that these are benefits covered by Staywell. Also, Staywell does not guarantee any health results. You should review your health plan or call Customer Service to find out if a service is covered.

CALL 911 OR GO TO THE NEAREST EMERGENCY ROOM.
Health and wellness or prevention information

Staywell complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-866-334-7927 (TTY: 711).
