

For Better Health

FALL 2008

4 Tips to Keep Your Bones Strong

Osteoporosis is a big word for a disease that thins and weakens a person's bones. It makes them more fragile and more likely to break. Caucasian and Asian women are more likely to have osteoporosis, as are thin or small-framed women. Men can get it too, but it's more common in women. **These tips can help you prevent osteoporosis:**

- 1 Get moving with exercises such as walking, dancing, and jogging.
- 2 Take calcium and vitamin D.
- 3 Eat a healthy diet.
- 4 Don't smoke or drink too much alcohol.

Talk with your doctor if you think you may be at risk for osteoporosis. Start keeping your bones healthy today.



Quit Smoking for Your Kids' Sake

Did you know that secondhand smoke from cigarettes, marijuana, and even cocaine is a serious danger to your kids?

Many people smoke. So this means that the children in their life will likely breathe in smoke's toxic chemicals.

A kid's body is not as strong as an adult's body, so smoke can do more damage to a child. Kids can also get lung diseases and ear infections and end up in the hospital, all because of secondhand smoke.

If you smoke, the best way to protect your kids is to quit. Set rules to keep smoke away from your kids. Don't allow smoking in your home. Smoking in another room or when kids aren't in the house is still not safe. Chemicals stay in the house.

For help with quitting cigarette smoking, call the Ohio Quit Line at **1-800-784-8669**. Paramount Advantage™ members can receive free nicotine-replacement

patches and counseling.

For help with quitting drugs in the Toledo area, call COMPASS at **1-419-241-8827**. In Northwest Ohio, call First Call For Help, Inc., at **1-800-468-4357** or go to **www.firstcallnwo.org**.

Call your doctor or Member Services at **1-419-887-2525** or toll-free at **1-800-462-3589** (TTY: **1-419-887-2526** or **1-800-740-5670**) for more information.

ALL MODELS ARE USED FOR ILLUSTRATIVE PURPOSES ONLY.

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Keep Your Mind Healthy

Feeling well mentally is just as important as having a healthy body. Just like any other disease, a mental sickness needs medical care to get better.

How do you know if you have mental sickness? **Ask yourself these questions:**

- Do you often feel worried or anxious?
- Are you depressed or sad?
- Do you have trouble sleeping, or do you sleep all the time?
- Have you lost your appetite?
- Have you lost interest in things you used to enjoy?

If you feel any of these ways, it is important to ask for help. Mental illness can get better with treatment. And it may get worse without it. So call your doctor or nurse. Or look under "mental health provider" in the Paramount Advantage™ provider directory.

You deserve to feel better.



Say, "Shoo, Flu!" This Season

Everyone needs to take steps to prevent the flu. Flu shots are available in October. Call your doctor to get your flu shot.

Flu season lasts from December to March. You need a flu shot every year, so call your doctor to get one.

Even with a flu shot, you may still get the flu, but your symptoms won't be as bad and you'll get better sooner.

If you get the flu, try these tips:

- Stay home and rest.
- Drink plenty of water.
- Avoid cigarette smoke.
- Gargle a few times a day with warm salted water to soothe

a sore throat. Use ¼ teaspoon of salt to ½ cup of water.

- Wash your hands often so you don't pass the flu to other people.

Getting the flu can be serious for people of all ages who have a chronic illness, people ages 65 and older, children between ages 6 months and 23 months, pregnant women, and health care workers. Getting a flu shot is very important for people in these groups.

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- healthy kids -



Caring for Your Baby's Smile

Did you know you should start cleaning your baby's gums daily before he or she has a single tooth? It's the best way to help your child have healthy teeth and gums. Use a soft, clean cloth or baby toothbrush and water.

See a dentist. When the first tooth comes in, visit a dentist who takes care of kids' teeth. Ask your child's doctor about dentists for kids near your home. The dentist will teach you how to clean your child's teeth. The dentist will also

make sure that your baby does not have tooth decay. Your child should see a dentist 2 times a year.

Care at home. What can you do at home every day to protect your baby's teeth? Brush and floss your child's teeth. Do not let the baby fall asleep while sucking on a bottle. Do not dip a pacifier in sugar or juice. As soon as your child is about age 1, offer a cup instead of a bottle. These tips can all help your child have a healthy smile.

- finding a doctor -



Participating Providers

Do you know what to do when your doctor advises you to get blood work or an X-ray? It's important for you to get these services as soon as possible through a participating provider. How do you know who is participating?

Call Member Services at 1-419-887-2525 or toll-free at 1-800-462-3589, Monday through Friday, between 7 a.m. and 7 p.m. For the hearing-impaired, call TTY at 1-419-887-2526 or 1-888-740-5670. You can also go to our Web site at www.paramounthealthcare.com.

Your doctor has many patients with many types of insurance. So remember: It's your duty to know where services are covered under your *Paramount Advantage™* plan.



Healthy Hearts for Latinos

Everyone should try to keep their heart healthy. But this is very important for people who are Latino or Hispanic.

Why? More Latino people die of heart disease and stroke every year than any other cause. Here are some steps you can take to lower your risk for heart disease.

- **Eat less saturated fat.** Try trimming the fat from meat. Drain fat from cooked ground meat. Take the skin off chicken and turkey.
- **Eat less salt and sodium.** Choose fresh foods and low-sodium canned foods.
- **Lose weight if you need to.** You can cut a lot of calories by reducing portion sizes. Try using a smaller plate.
- **Try to get 30 minutes of exercise a day.** Talk with your doctor first.
- **Quit smoking.** Paramount is offering free quit-smoking help. In Ohio, call 1-800-QUIT-NOW (1-800-784-8669).
- **Take your blood pressure medicine every day** if your doctor says so.

- mother and baby care -



3 Services for Moms-to-Be!

Sign up for these 3 services while you are pregnant to keep you and your baby healthy.

Prenatal to Cradle Program

Earn up to \$100 in gift cards for baby care items by seeing the doctor. You can also be entered into a drawing for a 4-week supply of diapers. To learn more, call 1-888-296-0220.

Free Home Visits for Baby and You

If you have had a baby, you can get 2 visits to your home by a nurse. Someone will talk with you to set up your visits before you leave the hospital. You can also call 1-419-887-2525 or 1-800-462-3589.

A Survey to See If You Feel Blue

If you feel sad or overwhelmed for more than 2 weeks after you have a baby, you may have postpartum depression. We will send you a survey to see whether you may be depressed. If you do not get a survey by the time your baby is age 1 week, call 1-419-887-2537. Leave your name and address, and we'll mail you a survey.



- take action -



A Checklist for Pregnant Women

Are you having a baby in a few months? There's a lot that you can do now to help make sure that you have a healthy delivery and baby.

Are you on the right track? Find out with this checklist. Check off the steps that you're doing now.

- I see my doctor for prenatal checkups.
- I don't smoke, drink alcohol, or take illegal drugs.
- I take vitamin pills made for pregnant women that have 400 micrograms of folic acid.
- I get about 30 minutes of gentle exercise daily, as recommended by my doctor.
- My meals include plenty of fruits, vegetables, grains, lean protein, and foods rich in calcium.
- When I feel my stress level rising, I take time out to relax.

Talk with your doctor if you have any questions about these steps. And remember that you need to pick out a doctor for your baby before he or she is born.



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**Paramount
Advantage™**

Member Services Is Here to Help

Member Services can answer your questions about your health care benefits. We have a team of people ready to take your phone call.

How to Reach Us

The Member Services number is **1-419-887-2525** (TTY: **1-419-887-2526**). The toll-free number is **1-800-462-3589** (TTY: **1-888-740-5670**). You can call Monday through Friday, from 7 a.m. to 7 p.m.

How We Can Help

Call Member Services:

- When you want to change your doctor
- When you need a new ID card
- When you get a medical bill by mistake
- When you want to know how to get care
- Si usted necesita a un interprete (if you need an interpreter)

Member Service Numbers:

1-800-462-3589
1-419-887-2525

TTY:

1-888-740-5670
1-419-887-2526

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