

For Better Health

SPRING 2009

For Women: These Tests Could Save Your Life

One of the best ways to stay healthy is to see your doctor for regular checkups. He or she will recommend some tests and screenings that are just for women. Having these tests can help find diseases early, when they are easier to treat. These tests also help your chance of beating diseases. The tests may feel uncomfortable, but they will not hurt.

Pap test. A Pap test checks the cells in your cervix (lower part of the womb) to see if they are healthy. This test can find infections, cell changes before they become cancer, and cancer. You should have a Pap test if:

- You are age 21 or older
- You are younger than age 21 but have been having sex

Mammogram. This is an X-ray of your breasts. It is the best way to find breast cancer early. You should have a mammogram if you are age 40 or older. You may need it sooner or more often if you have a history of breast cancer in your family.

You should also have a clinical breast exam (done by your doctor) every year. And consider doing breast self-exams, too. Talk with your doctor to learn more.

ALL MODELS ARE USED FOR ILLUSTRATIVE PURPOSES ONLY.



A Plan to Help with Asthma

Few things are as scary as not being able to breathe. So if you have asthma, you need to know how to keep track of your symptoms every day and avoid things that make them worse.

One tool that may help you is called an asthma action plan. Created just for you, it is a set of written instructions. It includes this information:

- How to avoid things that trigger your asthma
- When and how to take your asthma drugs
- How to understand your peak-flow readings and symptoms
- What to do if you have an asthma attack
- When and at what number to call your doctor
- When to go to the emergency room or call **911**

If you do not have an action plan and need one, please call **1-419-887-2312**. Be sure to review it with your doctor at every visit.

In This Issue

Prenatal Care

Quitting Smoking

Shots for Your Baby

- for moms-to-be -



Why You Need Prenatal Care

Prenatal care is the care that you get for your baby—and yourself—before your baby is born. Getting this care is the best way to make sure your baby is born healthy.

During prenatal visits, your doctor will:

- Check your weight
- Check your blood pressure and urine
- Suggest other tests, such as an ultrasound or a gestational diabetes test
- Make sure your baby is growing properly
- Suggest ways to stay healthy during your pregnancy
- Help you get ready for your baby's birth

Your doctor will schedule many visits during your pregnancy. Each one is important, so make sure you go to all your checkups. Please see page 3 for Paramount's prenatal and postpartum programs.



Quit Smoking with These Methods

Quitting smoking today can help you feel healthier. It may even help you live longer.

If you have tried to quit before, you know it is not easy. But do not let that stop you from trying again. Here are 2 treatments that can help:

- **Nicotine-replacement therapy (NRT).** NRT gives your body small amounts of the nicotine it craves. You can buy NRT products over the counter or get a prescription from your doctor. NRT comes in a patch, a gum, a lozenge, a nasal spray, or an inhaler.

Talk with your doctor about what would work best for you.

- **Counseling.** You can talk with a counselor in person or use a telephone counseling program. Ask your doctor about programs in your area.

Let us help you quit! If you are in Ohio, call **1-800-QUIT-NOW (1-800-784-8669)**. You can receive up to 8 weeks of free NRT when you sign up for quit-line counseling.

- children's teeth -



Sippy Cups May Lead to Cavities

Does your child drink a lot of juice or sweet drinks from a sippy cup between meals?

If so, he or she is more likely to get cavities. To help keep your child's teeth healthy, try these tips:

- Give him or her plain milk or water to drink at snack times.

- You can also fill a sippy cup with just water.

Talk with your child's dentist or doctor if you have any questions.



Give Your Baby a Shot at Good Health

If you have just had a baby, you can help him or her stay healthy by getting the vaccines (shots) the doctor recommends.

• Your baby needs many shots in the first year. They will help protect your child from serious diseases, including polio and pertussis (whooping cough). Some of these diseases are on the rise in the U.S.

They can cause serious illness and even death.

• Vaccines are usually safe, but sometimes minor side effects can happen. The most common are soreness where the shot is given or a slight fever. Very rarely, a child can have a more severe reaction to a shot. But it is still much safer for your baby to have a vaccine.



Help Your Child Lose Weight

Is your child overweight? If so, you should know that it can cause health problems such as type 2 diabetes.

The good news is that you can help your child lose weight. **Here are some tips:**

- Prepare healthy meals at home and eat together.
- Feed your family a healthy breakfast.
- Do not buy high-calorie soft drinks or snacks.
- Serve plenty of fruits and vegetables.
- Start with small portions. Let your child ask for more if he or she is still hungry.
- Encourage exercise. Find ways to be active with your child.
- Talk with your doctor before putting your child on a diet.



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. Please fill out the survey. Mail the top part back to Paramount. Be sure to call your doctor if your score is 12 or higher.



Member Service Numbers:

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

TTY:

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

For Better Health is published four times a year (March, June, September, and December) by Paramount. ©2009. All rights reserved. For Better Health and its graphic representation are trademarks of Paramount. Reproduction without permission is strictly prohibited. No material in this issue may be reproduced without written permission. For Better Health does not promote any form of medical treatment, nor does it encourage the self-management of medical problems. It is meant to supplement, not replace, care from health care professionals.

5314M

www.paramounthealthcare.com

- take action -



What to Know About Chlamydia

**Chlamydia is a common sexually transmitted disease (STD).
Women and men can get it by having sex.**

It rarely causes problems in men. But in women, chlamydia can make you not able to have a baby. It can also cause your baby to be born too early.

Anyone who has sex can get chlamydia. But teen girls and young women have a higher risk.

It is easy to test for and treat. If you get treated quickly, you can avoid health problems. Getting treated also helps prevent your partner or baby from getting chlamydia.

Symptoms of chlamydia may include:

- Discharge from the vagina or penis
- Spotting
- Painful sex
- A burning feeling while urinating
- Problems getting pregnant

You should get tested for chlamydia once a year if you are:

- A woman age 25 or younger who has sex

- An older woman who has a new sexual partner or more than 1 sexual partner
- Pregnant

You can stay safe by not having sex. If you do have sex, use a condom. Talk with your doctor if you have any questions.



**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)

ALL MODELS ARE USED FOR ILLUSTRATIVE PURPOSES ONLY.