For Better Health

A Quarterly Wellness Magazine / Spring & Summer 2007

Student Coverage 101

Do you have dependents who are currently in college or plan to become full-time college students? Paramount's Student Coverage 101 program provides coverage for emergency, urgent and follow-up care, and care provided by student health centers while your student is at a school in the U.S. but outside the Paramount service area. There is no additional cost to you or your employer for the student program, and getting care is easy.

How to Get Coverage

Before seeking nonemergency care, excluding care provided at the student health center or urgent care facility, you or the student simply needs to call Paramount's Utilization Management department at 1-800-891-2520 to provide prenotification and receive assistance in locating providers. The expanded coverage under this program is automatically extended to dependent students if they meet your group's eligibility requirements for health plan coverage. Covered services are subject to your plan's deductibles, copayments/coinsurance and benefit limits.

Find Out More

If you would like more information, call Member Services, Monday through Friday, 8 a.m. to 5 p.m., at 1-800-462-3589 or TTY at 1-888-740-5670. You can also find information on our Web site at ***www.paramounthealthcare.com.***

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PARAMOUNT

Pre-Diabetes Q&A

About 54 million Americans have pre-diabetes. By managing your diet, weight and blood sugar, you may avoid developing full-blown diabetes. Read on to learn more.

Q: Am I at risk for pre-diabetes?
A: If you are age 45 or older and overweight, you are more likely to get pre-diabetes. You are also at risk if you are younger than age 45 and overweight and have a risk factor such as high blood pressure, high cholesterol, high triglycerides, or a parent, brother or sister with diabetes.

Q: Why do I need to know if I have pre-diabetes?
A: Making lifestyle changes now may help prevent diabetes. Losing weight and exercising early on may return a high blood sugar level to the normal range. Men with a waistline more than 40 inches and women with a waistline more than 35 inches are also at risk.

Q: Who should get tested for pre-diabetes?
A: See your doctor if you are younger than age 45 and obese — meaning that you have a body mass index of 30 or higher. Your doctor will check your blood pressure and cholesterol. If these are high, your doctor will test you for pre-diabetes. If you're overweight or obese and age 45 or older, you should be checked for pre-diabetes. If your weight is normal and you're older than age 45, ask your doctor whether testing is right for you.

No matter what your age is, your doctor may test you for pre-diabetes if you have these risk factors: a family history of diabetes, a history of gestational diabetes, or you are African-American, Hispanic/Latino or Asian-American.

Q: How can I lower my risk?
A: See how to lower your risk by taking a quiz on pre-diabetes. Go to ***www.paramounthealthcare.com*** and click on "Better Health for Life," "Interactive Tools," "Quizzes," then "Pre-Diabetes Quiz."

Under Pressure: The Facts About Hypertension

Nearly one in three American adults has hypertension, or high blood pressure (HBP). It means the heart has to work harder to pump blood. This increases the risk for heart disease, stroke and kidney disease.

Here's what you need to know about HBP.

By the Numbers

Most people with HBP have no symptoms. The only way to know whether you have HBP is to have your blood pressure measured. It's classified by these ranges:

Normal: lower than 120/80 mm Hg
Prehypertension: 120 to 139/80 to 89 mm Hg
Hypertension: 140/90 mm Hg or higher

These categories apply to adults who aren't taking blood pressure medicines and don't have conditions such as diabetes or kidney disease.

Risk Factors

In addition to eating a high-sodium diet, other lifestyle factors that may contribute to HBP include being overweight, drinking too much alcohol, not consuming enough potassium, getting too little exercise and smoking. Avoiding these risk factors may help you prevent or manage HBP.

You're also more likely to develop HBP if you have a family history of the condition or are African-American, a woman older than age 55 or a man older than age 45.

A Short Walk to Better Health

Research has found that four 10-minute walks helped reduce blood pressure more than one 40-minute walk in people with HBP.

For more ways to get exercise and manage HBP, visit ***www.paramounthealthcare.com*** and click on "Better Health for Life."

Be Safe With Long-Term Use of Medicine

If you or someone you care about has had to take medicine for more than a year, it may be time to have some blood tests done. Even though medications can keep you healthy, some of them can cause harm if you take too much. Certain drugs can hurt the liver or kidneys. Other drugs may make you confused or cause other negative side effects.

Yearly blood tests are the best way to make sure your medicines are doing what they should. Check the following list of medications. If you take one or more of them, and your doctor hasn't had your blood tested, be sure to ask about it at your next visit.

Description	Drugs	
ACE inhibitors	▸ Benazepril (Lotensin) ▸ Captopril (Capoten) ▸ Enalapril (Vasotec) ▸ Fosinopril (Monopril) ▸ Lisinopril (Prinivil, Zestril)	▸ Moexipril (Univasc) ▸ Perindopril (Aceon) ▸ Quinapril (Accupril) ▸ Ramipril (Altace) ▸ Trandolapril (Mavik)
ACE inhibitors — combination products	▸ Benazepril + HCTZ (Lotensin HCT) ▸ Captopril + HCTZ (Capozide, Hydrochlorothiazide + Captopril) ▸ Enalapril + HCTZ (Vaseretic)	▸ Fosinopril + HCTZ (Monopril HCT) ▸ Lisinopril + HCTZ (Prinzide, Zestoretic, Hydrochlorothiazide + Lisinopril) ▸ Moexipril + HCTZ (Uniretic)
ARBs and ARB combination products	▸ Candesartan (Atacand) ▸ Eprosartan (Teveten) ▸ Irbesartan (Avapro) ▸ Losartan (Cozaar)	▸ Losartan + HCTZ (Hyzaar HCT) ▸ Olmesartan (Benicar) ▸ Telmisartan (Micardis) ▸ Valsartan (Diovan)
Digoxin and digoxin combination products	▸ Digoxin (Digitek, Lanoxicaps, Lanoxin)	
Thiazide diuretics	▸ Bendroflumethiazide (Naturetin) ▸ Chlorothiazide (Diuril) ▸ Chlorthalidone (Hygroton) ▸ Hydrochlorothiazide (Esidrix, HydroDiuril, Microzide) ▸ Indapamide (Lozol)	▸ Methyclothiazide (Aquatensin, Enduron) ▸ Metolazone (Mykrox, Zaroxolyn) ▸ Polythiazide (Renese) ▸ Trichlormethiazide (Diurese, Metahydrin, Naqua)
Potassium-sparing diuretics	▸ Amiloride (Midamor) ▸ Eplerenone (Inspra)	▸ Spironolactone (Aldactone) ▸ Triamterene (Dyrenium)
Potassium-wasting diuretics	▸ Bumetanide (Bumex) ▸ Ethacrynic acid (Edecrin)	▸ Furosemide (Lasix) ▸ Torsemide (Demadex)
Combination potassium-sparing/ -wasting diuretics	▸ Amiloride/HCTZ (Moduretic) ▸ Spironolactone/HCTZ (Aldactazide)	▸ Triamterene/HCTZ (Dyazide, Maxzide)
Diuretics — combination products	▸ Atenolol/chlorthalidone (Tenoretic) ▸ Chlorthalidone/clonidine (Combipres) ▸ HCTZ/Benazepril (Lotensin) ▸ HCTZ/Bisoprolol (Ziac) ▸ HCTZ/Enalapril (Vaseretic) ▸ HCTZ/Eprosartan (Teveten HCT) ▸ HCTZ/Irbesartan (Avalide) ▸ HCTZ/Lisinopril (Prinzide, Zestoretic) ▸ HCTZ/Losartan (Hyzaar) ▸ HCTZ/Methyldopa (Aldoril) ▸ HCTZ/Metoprolol (Lopressor HCT)	▸ HCTZ/Moexipril (Uniretic) ▸ HCTZ/Olmesartan (Benicar HCT) ▸ HCTZ/Propranolol (Inderide, Inderide LA) ▸ HCTZ/Timolol (Timolide) ▸ HCTZ/Valsartan (Diovan) ▸ Nadolol/bendroflumethiazide (Corzide) ▸ Polythiazide/prazosin (Minizide)
Phenobarbital	▸ Phenobarbital (Luminal)	
Phenytoin	▸ Dilantin	▸ Phenytek
Valproic acid/valproate (dipropylacetic acid)	▸ Depacon ▸ Depakene ▸ Depakote	▸ Divalproex sodium ▸ Sodium valproate

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Boost Your Health
One Meal at a Time

Whether you're battling a chronic health problem or just feeling a little low, it's a good idea to check the healthfulness of your diet. Try these dietary strategies for coping with common health issues.

Fight Fatigue

It's normal to have a lack of energy now and then, but some people feel tired most of the time. When fatigue isn't due to a medical problem or lack of sleep, diet may be to blame. If you have trouble staying alert during the day, try these steps:

- **Start the day with a healthy breakfast.** Your body needs a metabolism boost in the morning. Brain cells prefer glucose for energy, so include healthy carbohydrates such as whole-grain cereal, whole wheat bread and fresh fruit.
- **Don't skip meals.** Missing breakfast or lunch can lead to a drop in blood sugar. Try to eat at regular intervals and consume reasonable portions.
- **Avoid large, fat-laden meals.** To prevent an afternoon slump, eat fewer fatty foods at lunch and try to choose a meal that includes fruits, vegetables, whole grains or lean protein.

Chase the Blues Away

People with low blood levels of vitamins B_{12} and folate are more likely to suffer from depression and other mood disorders. The type of fat in your diet can also affect mood. A recent study funded by the National Heart, Lung, and Blood Institute found that people with fewer omega-3 fats in their blood had symptoms of depression more often. To see whether food can improve your mood, consider these steps:

- **Get your B's.** Vitamin B_{12} is found naturally in foods that come from animals, so try to include some meat, poultry, fish, eggs, milk or other dairy products in your diet.
- **Up your folate intake.** Make sure you're getting enough folate by including certain healthy foods in your diet, such as leafy green vegetables, asparagus, fortified breakfast cereals and breads, strawberries, oranges, melon, whole grains, and legumes.
- **Go fish.** Eating fish regularly can help ensure you're getting healthy doses of omega-3 fats. Fatty fish, such as salmon, mackerel and tuna, have the most omega-3s. The American Heart Association recommends eating fish twice a week. However, nursing mothers, women who are pregnant or might be pregnant, and young children should avoid fish that may be high in mercury, such as shark, swordfish, king mackerel and tilefish.

Head Off Headaches

Although headaches can be caused by a wide range of factors, including stress or hormones, some headaches are linked to eating habits. For some people, consuming foods that contain tyramine, such as aged cheese, chocolate, wine, beer, nuts and pickled herring, can trigger a migraine headache. Even cutting back on caffeinated beverages can lead to caffeine-withdrawal headaches. If you're prone to headaches, try these tips:

- **Eat at regular intervals.** This can help prevent low blood sugar. Keep nutritious snack foods such as fruit, low-fat yogurt or whole-grain crackers handy at your desk or on the kitchen counter.
- **Keep a food diary.** When you get a headache, write down what you ate or drank before the headache started. If certain foods seem to trigger a migraine or headache, stop consuming them to see whether it helps prevent problems.
- **Wean yourself from caffeine.** If you decide to cut back on coffee, tea, soft

drinks or other sources of caffeine, gradually reduce your intake over several days to help avoid caffeine-withdrawal headaches.

—*Mary L. Peppers*

Get Help Online

Go to ***www.paramounthealthcare.com,*** click on "Better Health for Life," then "Wellness," then "Nutrition."

Build a Healthy Meal

Although hyped-up headlines can make diet choices seem confusing, eating well doesn't need to be complicated. Build your meals around these healthy foods:

- A wide variety of fresh fruits and vegetables, including starchy and dark green leafy vegetables
- Whole-grain breads and cereals
- Foods with protein, such as lean meat, poultry, fish, eggs, nuts and legumes
- Low-fat or nonfat milk and milk products, such as yogurt

To further improve your diet, try to cut out foods high in saturated fat, trans fat and cholesterol; and avoid foods with added salt, sugars and other caloric sweeteners.

Helping Someone With Depression

Take action if you think a friend or family member is suffering from depression. It's a condition that can cloud thinking and make people believe they aren't worth helping, so they often can't help themselves.

Every year, millions of Americans suffer from depression — and this lingering feeling of intense sadness can keep people from going to work or school or caring for their children. Yet nearly two-thirds of people with depression don't seek treatment. Many people believe that they'll get over it by themselves, but depression is a condition that usually requires psychotherapy and/or antidepressant medication to treat.

What Should I Look For?

If someone you know has at least five of the following symptoms of depression for more than two weeks, take steps to help the person:

- Persistent sadness or irritability
- Being unable to concentrate
- Withdrawal — a loss of interest in previously pleasurable activities
- Difficulty falling or staying asleep
- Poor appetite
- Weight loss or gain
- Slowed speech and slowed movements
- Intense feelings of guilt and/or worthlessness
- Loss of energy or feelings of tiredness

In extreme cases, those suffering from depression may talk about ending their life, hurting themselves or others, or giving away their possessions.

How Can I Help?

If you know someone who is showing nonsuicidal signs of depression, ask the person, "Is there something wrong?" If your friend or loved one says nothing's wrong, you might say, "Are you sure?" Then get specific. You might say, "I've noticed you're not yourself at work lately. You seem depressed. I'm concerned, and I want to help."

If the person is open to what you say, encourage him or her to see a family doctor for help. You might also offer to go with the person.

To help someone who may be suicidal, tell the person, "You seem depressed, and you're talking about ending your life. I think it's time to get help." Treat the situation as a medical emergency, especially if the person has made a previous attempt at suicide or there is a family history of suicide. Call 911.

Where Can I Learn More?

Browse our online health encyclopedia for more articles on helping someone with depression. Go to ***www.paramounthealthcare.com,*** click on "Better Health for Life," the letter "D" in the alphabet at the top, then "Depression."

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Teens Need Immunizations

Immunizations don't apply only to babies, older adults, and flu and pneumonia season. Teens need immunizations, too.

Vaccines protect people from certain diseases, and they also help us avoid the spread of infection and protect the health of those in the community who can't get immunized.

The American Academy of Pediatrics and Centers for Disease Control and Prevention recommend the following immunizations for teens:

- **Varicella (chickenpox):** Any teen age 13 or older who has not had chickenpox or the chickenpox vaccine should get two doses at least 28 days apart.
- **Hepatitis B:** Teens younger than age 19 who didn't get this shot as a baby should usually be immunized with three doses of the vaccine.
- **Measles-mumps-rubella (MMR):** Any teen who has not received the second dose of this vaccine can get it at any age as long as it's 28 days after the first dose.
- **Tetanus-diphtheria booster:** Although most children receive this shot by age 7, teens need a booster dose. Teens should get this booster every 10 years, starting at age 11 or 12.
- **Meningococcal:** College students, especially freshmen living in dorms, should consider getting a single dose of this vaccine.
- **Human papillomavirus (HPV):** Gardisil is covered for females ages 11 to 18.

For more information, contact the National Immunization Program at ***www.cdc.gov/nip*** or 1-800-232-2522.

Want to Quit Smoking? Call 1-800-QUIT-NOW Today!

Paramount members who want to quit smoking in 2007 still have the opportunity to call the Ohio Tobacco Use Prevention and Control Foundation's Ohio Tobacco Quit Line at 1-800-QUIT-NOW. Paramount callers to the Quit Line can receive up to eight weeks of free nicotine-replacement therapy (NRT) in combination with enrollment in Quit Line cessation counseling.

Working Together

Just as your physician recommended to you, now is a great time to quit smoking. The free Nicoderm patches and free cessation counseling are available through a partnership between the Ohio Tobacco Use Prevention and Control Foundation's Ohio Tobacco Quit Line and four of the state's most proactive insurance providers. The public-private partnership is the first quit-smoking program of its kind in the country.

It Starts With a Phone Call

Taking advantage of this program is as simple as calling the Quit Line. Callers connect with a designated quitting specialist and enroll in the program. If the caller is insured through any of the participating insurance carriers and would like free nicotine-replacement patches, this information is collected during the enrollment process. The caller provides his or her insurance policy number. The staff verifies the caller's insurance coverage with the participating plan. An order for four weeks of nicotine-replacement patches is then processed. The NRT is shipped directly to the caller's home.

If, after four weeks, the caller needs additional time on the NRT and is still receiving cessation counseling, he or she can renew the order once, for a maximum of eight weeks of free patches.

All callers are also given a Quit Kit that includes brochures about tobacco use, tips on quitting and locations of additional resources.

Wean Your Kids From the Screen

Children's health experts agree that letting your kids have too much time in front of a TV or computer screen can lead to problems. Not only can it expose children to topics that influence them in a negative way, but it can also affect their physical fitness. The time that a child spends in front of a TV or computer is time that he or she is not being active.

Many children in our country don't get enough exercise, and over the past 20 years, the number of overweight kids ages 6 to 11 has more than doubled. Exercise helps control weight, blood pressure and cholesterol. It also helps reduce the risk for chronic health problems, such as diabetes, and it helps build confidence and self-esteem. The American Heart Association suggests that parents help increase their children's activity by reducing the time they spend being inactive — using a computer, watching TV or playing video games.

Set Clear Guidelines

If you want to wean your kids from the screen, you'll be likely to get resistance. So you'll need a good plan. Start by asking yourself how much time your kids spend in front of the television or computer every day. Decide on a daily time limit and stand firm. The American Academy of Pediatrics recommends that children younger than age 2 not watch any television and that older children watch no more than two hours a day.

After you set your guidelines, consider these tips:

- Use a timer to set specific limits on screen time.
- Avoid screen time during activities such as doing homework or eating (unless the computer is needed for schoolwork).
- Instead of allowing kids to flip though stations, have them select a show ahead of time and turn right to it. The same can apply to videos or computer use. Tell your kids that you need to approve programs or Web sites before turning anything on.
- Watch TV or use the computer together. When you say no, say what you disapprove of and why.

You should also take a look at the types of shows or video games your kids are pursuing. Are the games or programs appropriate for your child's age? Experts suggest that kids shouldn't have any screens (computers, TVs or video games) in their bedroom. This helps you know what and when kids are viewing.

Improve Family Exercise Habits

As you help your family spend less time in front of the TV, you can also find ways to spend more time staying active. Schedule exercise as you would any other important family appointment. Allow each family member to take a turn choosing a favorite exercise for the day. Find physical activities you can pursue together as a family. For example, you might plan a scavenger hunt or sign up for a community road race or walk and train together. As long as you're in motion, you're helping yourself and your family stay active and healthy.

—Maura Fredey

PHOTOGRAPH, BOTTOM: SÉBASTIEN BAUSSAIS/ALAMY
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What Women Need to Know About Heart Disease

Many women are unaware that heart disease is a bigger health threat to them than breast cancer. Several factors increase women's risk for heart disease. Some risk factors that you can't change include your family history, getting older and your race/ethnic background. You're more likely to develop heart disease or stroke if your close blood relatives have had them. And as you approach menopause, your risk for heart disease and stroke begins to rise and continues to do so with age.

You can change these risk factors for heart disease:

- **Quit smoking.** Women who smoke have a higher risk of dying of heart disease.
- **Reduce high blood pressure.** You may be able to get your blood pressure to a normal level by losing weight, quitting smoking and exercising.
- **Control cholesterol and triglyceride levels.** Have regular cholesterol screenings; eat a low-fat, low-cholesterol diet; and use medication when needed.
- **Get moving.** Even walking once a day for 20 to 30 minutes can reduce the risk for heart disease.
- **Watch what you eat.** Consume plenty of fruits and vegetables, fiber-rich foods, and cereals low in saturated and trans fats.
- **Manage diabetes.** Women with diabetes are more likely to have a heart attack.
- **Limit alcohol consumption.** Women shouldn't have more than one alcoholic drink per day.
- **Reduce stress.** Deal with stress in healthy ways such as reading or taking daily walks.
- **Consider aspirin.** Discuss daily aspirin therapy as a preventive measure with your physician.

Talk with your doctor about how to stay heart-healthy. How else can you prevent heart disease? Find out at ***www.paramounthealthcare.com.*** Click on "Better Health for Life," search for "beating heart disease" and click on "A Woman's Guide to Beating Heart Disease."

Do Paramount Hospitals Make the Grade?

From time to time, the news reports scores for hospitals. Lists and "grades" can be found on the Web, too. Have you wondered how well your local hospital does? We want you to know, so we looked at the same data that is given to the public. Here is what we found out.

Some states, such as Michigan, require hospitals to work toward goals set by the national Leapfrog Group™. When Paramount hospitals meet those goals, we will put a frog symbol next to their name in the directory.

Most Paramount hospitals submit data for the national Hospital Compare Web site. The data has to do with heart attacks, heart failure, pneumonia and infection after surgery. We compared all our hospitals with one another and with national averages for 20 rates. The result is that most Paramount hospitals do very well (90 percent or better) in at least one of these areas, and several do very well in more than one area.

The following are charts of the relative performance of Paramount critical access and acute care hospitals. Numbers are in blue when they are above the comparison value (the highest of the state, national and peer group averages).

Here are abbreviations used in the charts:

8 AMI = eight measures of care for heart attack
4 CHF = four measures of care for chronic heart failure
6 PNM = six measures of care for pneumonia
2 SIP = two measures for surgical infection prevention
n/a = not available

* Hospital contracted only for Paramount *Advantage*™
** ProMedica Health System–owned/–affiliated hospital
Source: "Hospital Compare" data published by the Centers for Medicare & Medicaid Services, last updated September 8, 2006

Critical Access Hospitals Averaged from all reported measures	County	Average 8 AMI	Average 4 CHF	Average 6 PNM	Average 2 SIP	Overall Weighted Average
Galion Community Hospital	Crawford	100%	94%	92%	79%	91%
Hardin Memorial Hospital*	Hardin	89%	82%	78%	n/a	83%
Herrick Medical Center**	Lenawee	82%	76%	90%	n/a	83%
Fostoria Hospital**	Seneca	81%	79%	87%	n/a	82%
Henry County Hospital	Henry	86%	81%	80%	n/a	82%
H.B. Magruder Hospital	Ottawa	n/a	94%	82%	65%	80%
Wyandot Memorial Hospital*	Wyandot	75%	64%	96%	69%	76%
Bucyrus Community Hospital	Crawford	75%	85%	84%	58%	75%
Paulding County Hospital	Paulding	50%	51%	77%	n/a	59%
Defiance Regional Medical Center*	Defiance	n/a	n/a	n/a	n/a	0%

Acute Care Hospitals Averaged from measures where n>25	County	Average 8 AMI	Average 4 CHF	Average 6 PNM	Average 2 SIP	Overall Weighted Average
St. Rita's Medical Center*	Allen	96%	95%	88%	n/a	93%
Lima Memorial Hospital**	Allen	96%	91%	87%	n/a	91%
Medical University of Ohio Hospitals	Lucas	95%	90%	74%	n/a	86%
Flower Hospital**	Lucas	89%	87%	84%	n/a	86%
Emma L. Bixby Medical Center**	Lenawee	91%	77%	88%	n/a	85%
Mercy Memorial Hospital (Monroe)	Monroe	95%	81%	86%	79%	85%
Samaritan Regional Health System	Ashland	100%	67%	82%	n/a	83%
Firelands Regional Medical Center	Erie	94%	84%	75%	79%	83%
Mercer County Community Hospital*	Mercer	n/a	82%	83%	n/a	82%
Community Hospitals and Wellness Centers — Bryan	Williams	95%	71%	80%	n/a	82%
Blanchard Valley Regional Health Center — Findlay	Hancock	93%	85%	86%	64%	82%
Bay Park Community Hospital**	Lucas	95%	65%	85%	n/a	81%
MedCentral Health System — Mansfield	Richland	91%	76%	76%	n/a	81%
Fisher-Titus Medical Center	Huron	99%	80%	82%	62%	80%
The Toledo Hospital**	Lucas	90%	73%	77%	n/a	80%
Wood County Hospital	Wood	n/a	78%	75%	n/a	77%
Van Wert County Hospital*	Van Wert	n/a	84%	83%	50%	72%
Bellevue Hospital	Sandusky	n/a	71%	71%	n/a	71%
Joint Township District Memorial Hospital*	Auglaize	81%	75%	79%	47%	71%
Memorial Hospital (Fremont)*	Sandusky	n/a	77%	74%	60%	70%

Comparison Values	AMI	CHF	PNM	SIP
National average	76%	72%	77%	71%
Top national decile (for reference only)	95%	97%	94%	94%
Ohio average (West and South)	80%	79%	80%	67%
Michigan average	78%	79%	81%	79%
Peer group average (all in-Plan Paramount hospitals)	**93%**	**80%**	**82%**	**64%**
ProMedica hospitals average	**92%**	**76%**	**85%**	**n/a**
Non-ProMedica hospitals average	**94%**	**81%**	**81%**	**64%**
Acute care hospital average	93%	79%	81%	63%
Critical access hospital average (denominator 25 and up)	n/a	80%	85%	67%
Critical access hospital average (any denominator)	80%	78%	85%	67%

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How Do Paramount Nursing Homes Rate?

From time to time, some Paramount members need to obtain health care at a nursing home.

There are many types of nursing homes and rehabilitation (rehab) centers, but only those that give the right kind of care for your needs are covered by Paramount. We monitor the quality of care and service given at the nursing homes that you may use. Some of the factors we look at are results of the nursing homes' inspection, how much time the staff spends with patients, and clinical outcomes such as weight loss, severe pain and mobility. The table at the right presents the findings of our most recent analysis of in-Plan skilled nursing facilities (SNFs) and transitional care units (TCUs).

A TCU is a unit within a hospital that functions similarly to a nursing home. Sometimes it's referred to as a step-down, rehab or extended-stay unit. TCUs are licensed as SNFs and are separate from the hospital itself. Generally, people who are admitted to a TCU are there for a matter of weeks — not months or years as in an actual nursing home.

Please note these chart items:

- Numbers are in red when they are above the comparison value (the highest among the state, national and peer group averages).
- CNA = certified nurse aide or certified nursing aide
- n/a = not available
- * = ProMedica Health System Facility

Some facilities are only contracted for delivery of care to Paramount members enrolled in certain products. You can verify your eligibility by calling Member Services at 1-419-887-2525 or 1-800-462-3589.

To learn more about the scores in the charts, visit the Centers for Medicare & Medicaid Services (CMS) online at ***www.medicare.gov/NHCompare.***

Skilled Nursing Facility Name
Blakely Care Center — Bowling Green
Blakely Care Center — North Baltimore
Bowling Green Manor
Crestview of Ohio/Lake Park*
Fox Run Manor
Fulton Manor
Genoa Care Center
Gibsonburg Health Care Center
Harborside Healthcare — Bryan
Harborside Healthcare — Defiance
Harborside Healthcare — Perrysburg
Harborside Healthcare — Point Place
Harborside Healthcare — Swanton
Heartland of Browning
Heartland of Bucyrus
Heartland of Holly Glen
Heartland of Oregon
Heartland of Perrysburg
Heartland of Wauseon
The Laurels of Defiance
Lima Manor
Mercy Memorial Nursing Center
Orchard Villa
Otterbein Portage Valley
Provincial House of Adrian*
Shawnee Manor
St. Francis Health Care Centre
Wood Haven Health Care
Woodlawn Nursing Home
Wyandot Manor

Transitional Care Unit Name
Bellevue Hospital TCU
Firelands Regional Medical Center — South Campus
Galion Community Hospital SNF
Herrick Manor*
Lima Memorial Hospital TCU*
The Toledo Hospital TCU*

County	State Survey Deficiencies (fewer is better)	Average Time a Nurse Spends With Each Patient Daily (hours:minutes)	Average Time a CNA Spends With Each Patient Daily (hours:minutes)	Number of Measures Better Than Their Comparison Values
Wood	1	1:00	2:24	10
Wood	1	0:57	2:05	5
Wood	0	1:50	2:19	6
Lucas	7	2:09	1:55	3
Hancock	3	1:14	2:21	9
Fulton	6	1:47	2:38	6
Ottawa	4	n/a	n/a	8
Sandusky	n/a	n/a	n/a	0
Williams	0	n/a	n/a	7
Defiance	5	1:29	1:59	12
Wood	0	1:20	1:55	10
Lucas	5	1:10	1:52	6
Fulton	2	1:22	1:42	8
Lucas	1	1:45	0:30	5
Crawford	4	1:04	1:41	11
Lucas	1	1:14	1:39	3
Lucas	12	1:16	2:01	7
Wood	1	1:41	1:47	9
Fulton	0	1:14	1:55	8
Defiance	9	1:20	1:59	9
Allen	4	1:24	2:56	6
Monroe	0	2:06	2:20	5
Lucas	3	2:10	2:33	8
Wood	1	1:21	2:25	7
Lenawee	6	0:58	2:02	10
Allen	8	1:23	2:15	5
Seneca	11	2:12	2:06	7
Wood	1	1:44	2:39	9
Richland	7	1:02	1:55	13
Wyandot	3	1:14	2:07	8

Source: "Nursing Home Compare" data published by CMS, last updated November 1, 2006

County	State Survey Deficiencies (fewer is better)	Average Time a Nurse Spends With Each Patient Daily (hours:minutes)	Average Time a CNA Spends With Each Patient Daily (hours:minutes)	Number of Measures Better Than Their Comparison Values
Sandusky	n/a	n/a	n/a	0
Erie	1	4:10	0:55	2
Crawford	4	2:27	2:52	3
Lenawee	5	1:34	2:31	3
Allen	0	6:11	3:35	2
Lucas	0	5:05	3:47	1

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ALLERGY ALERT!

Use These Tips to Enjoy the Springtime

The first hints of spring can be unwelcome for people who have allergies. Trees bud and plants bloom — and that means their pollen will fill the air and keep you from enjoying the outdoors. To get the most out of the season, you'll need to plan ahead. This checklist can help you get ready:

- Run your air conditioner to keep pollen out of your home as much as possible, or buy a portable air filter.
- Change your clothes and take a shower after being outside to further cut pollen exposure.
- Plan outdoor activities before 10 a.m. or after 4 p.m., when pollen counts are usually lower.
- Plan outdoor activities when humidity is lower and winds are light to help reduce your pollen exposure.
- Ask a family member to cut your lawn, or hire someone.
- Use your dryer. Clothes, sheets and towels dried on a clothesline may smell nice, but they can trap pollen.

If you're following these tips but still suffering, talk with your doctor about medication.

Most allergy medications fall into three categories: antihistamines, which can reduce itchy, runny noses and sneezing; antihistamines combined with decongestants, which help reduce nasal congestion; and leukotriene antagonists, which can help prevent your body from developing many allergy symptoms. Your doctor may recommend either an over-the-counter or a prescription drug, depending on how severe your symptoms are and how long they last.

Continued Allergy Coverage

Coverage for OTC Claritin, Alavert and generic loratadine are covered at the generic copay rate for Paramount members.

ALL MODELS USED FOR ILLUSTRATIVE PURPOSES ONLY.

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