



GEORGIA | WINTER 2008

# MEMBER FOCUS

## TIME FOR A FLU SHOT

The flu sends over 200,000 Americans to the hospital every year. About 36,000 people die. Getting a flu shot can help you avoid serious medical problems.

These groups are at the highest risk for the flu:

- People who are 65 and older, even if they are active and in good health.
- Women who are pregnant or breastfeeding.
- Children under 2 years old.
- People with asthma, diabetes or heart disease.

The flu shot is safe. It creates a natural defense against the flu virus. One flu shot each year can help save your life. Ask your doctor when his/her office is getting the flu shot in, or visit your nearest Maxim clinic starting in November!

Get a flu shot as early as possible. It is one of the best things you can do to stay healthy.



## FOR MORE INFORMATION

Maxim Health Systems will offer flu shots for adults and children over 9 years of age. Take your member ID card with you.

Call 1-866-231-1821 or visit [georgia.wellcare.com](http://georgia.wellcare.com) to find a clinic near you.



National Committee for Quality Assurance (NCQA) accredited for the Medicaid product effective July 28, 2008.



## HOW TO COMMUNICATE WELL WITH YOUR DOCTOR

Have you ever gone to the doctor with a list of questions, only to find you don't have the courage to ask them? If so, don't worry. You're not alone. Many of us have experienced this.

It is important to note that the doctor who coordinates your care is assisted by many other professionals who can help meet your needs for information, practical advice, support of care and reassurance. It takes time to develop confidence and trust in talking to your health care provider.

Here are some tips to help make it easier:

- Bring details and questions to your appointments.
- Bring a friend or relative with you.
- Express your feelings.
- Make sure you understand what your doctor has told you.
- If you are not satisfied with your visit, tell your doctor.



## CARE DURING PREGNANCY

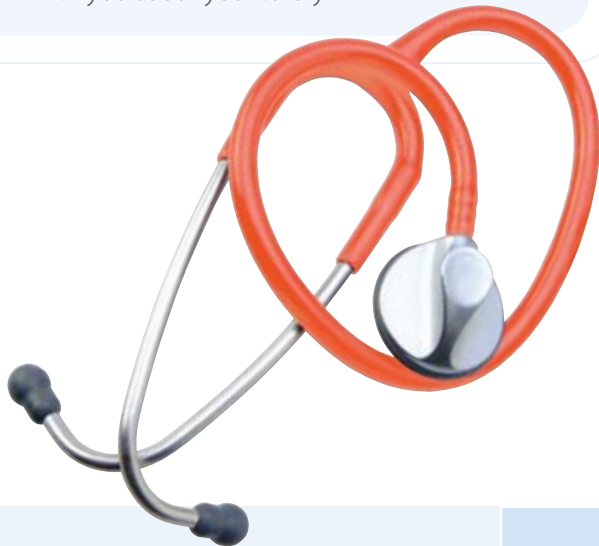
See your doctor as soon as you know you are pregnant. Doctors can help you know if you may be at risk of having the baby too early. You can do things to keep yourself and your baby healthy.

If the doctor finds problems early, he/she may be able to stop or slow down those problems.<sup>1</sup> If you see the doctor early and regularly, you are more likely to have a healthier baby.<sup>2</sup>



### AT EACH VISIT, YOUR DOCTOR WILL:

- Take your weight and blood pressure.
- Ask for a urine sample.
- Measure your belly to see how the baby is growing.
- Listen to your baby's heart rate.
- Ask if you feel the baby moving.
- Ask if you are leaking any fluids.
- Ask if you are eating and taking your vitamins.
- Ask if you are walking, stretching and bending.
- Talk to you about not smoking, drinking alcohol or using drugs.
- Talk to you about what your body will do when the baby is coming.
- Ask you if anyone is hitting or hurting you.
- Ask how you and your family are feeling about the baby's arrival.
- Ask you about your safety.



### DURING THE FIRST VISIT, YOUR DOCTOR WILL:

- Ask you about your other pregnancies or sicknesses.
- Ask you about your mom, dad and grandparents' health and sickness.
- Ask you if you have signed up for WIC.
- Look in your ears, nose and throat.
- Listen to your heart, lungs and belly.
- Look at your ankles for swelling.
- Ask you to lie down and do an internal exam and Pap smear.
- Take blood to run some tests.
- Give you any shots that you did not get yet.
- Do an ultrasound to listen to the baby's heart rate and see how the baby is doing.
- Talk to you about further testing as needed.
- Teach you about what to eat, drink and do to have a healthy pregnancy.

<sup>1</sup>Prenatal and Postpartum Care, The State of Health Care Quality 2005, National Committee for Quality Assurance.

<sup>2</sup>Guidelines for Perinatal Care, Sixth Edition, copyright ©October 2007 by the American Academy of Pediatrics (AAP) and The American College of Obstetricians and Gynecologists (ACOG)




### DURING THE VISIT BEFORE THE BABY IS BORN, YOUR DOCTOR WILL:

- Talk to you about what your body will do when the baby is coming.
- Talk to you about what it feels like to have a baby.
- Talk to you about work and going on trips away from home.
- Ask how you and your family are feeling about the baby.

### DURING THE FIRST VISIT AFTER THE BABY IS BORN, YOUR DOCTOR WILL:

- Take your weight and blood pressure.
- Do an internal exam and Pap smear to be sure you are healing.
- Press on and listen to your belly to be sure everything is back to normal.
- Check your breasts to be sure everything is back to normal.
- Ask if you are eating and taking your vitamins.
- Ask if you are walking, stretching and bending.
- Ask how you and your family are feeling about the baby.
- Talk to you about future babies and planning.



See your doctor as soon as you know you are pregnant. Doctors can help you know if you may be at risk of having the baby too early.

*Legal disclaimer: Preventive health guidelines are based on information and recommendations of independent third parties available before printing. These guidelines are not a replacement for your doctor's medical advice. Your doctor may have more up-to-date information. Members should always talk with their doctor(s) about what care and treatment are right for them. The fact that a service or item is in these guidelines is not a guarantee of coverage or payment. Members should look at their own plan coverage papers to see what is or is not a covered benefit. WellCare does not offer medical advice or provide medical care, and does not guarantee any results or outcomes. WellCare does not warrant or guarantee, and shall not be liable for, any information that is in these guidelines or that is not in these guidelines or for any recommendations made by independent third parties from whom any of the information was obtained.*



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## MEMBER MATERIALS UPDATE

Have you checked the WellCare member Web site lately? When you do, you will find valuable tools that can help you with your health care needs. Just go to [georgia.wellcare.com](http://georgia.wellcare.com) and click on “Members” for the member handbook, newsletters, quick reference guide and information on:

- Benefits
- Free monthly personal care items
- The 24-hour Health Advisor Line
- Fraud and abuse
- How to find a pharmacy
- How to find a dental provider
- Pregnancy health guidelines



### CHECK YOUR ID CARD

Is the primary care physician (PCP) listed on your ID card correct? If not, please call Customer Service to change it.

Visit [georgia.wellcare.com](http://georgia.wellcare.com)  
today!

## HAVE YOU MOVED?

Has your address or telephone number changed recently? If so, please call Customer Service to let us know how we can reach you.

Call us toll-free at 1-866-231-1821, weekdays from 7am to 7pm. TTY/TDD users, please call 1-877-247-6272.

It is important that we have your correct address and phone number so we can keep you up-to-date about your health care coverage.



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Para solicitar este documento en español, llame al Servicio al Cliente al 1-866-231-1821 (TTY/TDD: 1-877-247-6272).

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## JUST FOR KIDS

### HEALTHY FOOD FINDS

Find the missing words below in the word scramble. Remember, words can be forward, backward, up or down. Here's a hint: These words are foods that are good for you.

A P P L E F G E O P U P B K E I  
 U L M O N P P E T L S L F I S H  
 O K T Y L O R A N G E K U L U J  
 E D O E G F S A H D T D S T P E  
 D E E F V G E S R E I E W Y E Q  
 E A V F E G Y P J A D A V E A O  
 E G E M N Y O A M G H G J A R P  
 I L O C C O R B I Y N L R C X N  
 I L K R Q W E I K L X L A V B M  
 B M T K L I M T E M C M Z N T Z

- APPLE
- FISH
- ORANGE
- PEAR
- BROCCOLI
- MILK

