



Checkup turns boy's life around

Nancy could hear “Joey” long before she saw him. “You knew when he came into the building, because all he did was scream,” says Nancy, a public health nurse in northern Minnesota. “Joey was three years old and had major behavior problems. His language was also delayed and he had a severe problem with eczema.”

Nancy gave Joey a Child & Teen Checkups (C&TC) screening to try to figure out his problems. She thought he might be allergic to milk, so she advised Joey's mother to try a milk alternative. Nancy referred the mother to a specialist, who confirmed that the milk allergy was causing the rash. It had also led to fluid backing up in Joey's ears, which affected his hearing and speech.

Another doctor did surgery to fix Joey's ears. Joey also had speech therapy to help him catch up with his language development. About a year later, Nancy looked up from her work to see a calm, young boy walk into her office. He said hello in a quiet voice. It was Joey.

“He is about nine years old now and doing very well,” Nancy reports. “His allergies are under control. His behavior has totally changed and his speech is normal. Joey is my biggest accomplishment because of the difference we made in his life. His story shows how important it is to start getting kids in early for a C&TC. It can make a huge difference in your child's future.”



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HELP YOUR CHILD SUCCEED

Call your child's doctor or clinic for Child & Teen Checkups (C&TC) for your child at ages:

- > 0-1 month, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months, 18 months and 24 months
- > 3, 4, 5, 6 and 8 years and every other year from ages 10 through 20

You may be eligible for a gift card when your child completes a C&TC. Call Medica Customer Service to find out more.

LEAD IS NOTHING TO PLAY AROUND WITH

Warning: Toys made in foreign countries may contain dangerous amounts of lead. Lead is a metal. It can cause lifelong health problems if your child:

- ▶ Puts a toy made with lead in his or her mouth
- ▶ Eats chips of paint from toys that have lead
- ▶ Licks his or her fingers after playing with toys that have lead

Lead may also be found in, but is not limited to, these everyday items:

- ▶ Old paint ▶ Toy and adult jewelry ▶ Soil ▶ Lunch boxes ▶ Traditional ethnic remedies

You can't always tell if a toy contains lead. But you can help protect your child by scheduling blood lead tests when your child is 12 and 24 months old. If your child is six years or younger, and has never had a blood lead test, he or she needs to be tested, too. Ask your doctor or clinic about this important test for your child. Last year, a four-year-old Minneapolis boy died from swallowing a charm bracelet that contained lead.

If your child receives a blood lead test between ages 9 months and 30 months, you can receive a \$30 gift card. Watch your mail. Or, call Medica Customer Service for details.

GET YOUR HEALTHY
GROOVE BACK

1. Get to know your doctor. Your doctor will oversee all of your health care. Don't have a doctor? Medica CallLink® nurse line can help you find one. See page 8 for information.

2. Make smart choices every day. That includes eating balanced meals and not smoking. It also means getting plenty of sleep, exercising and not taking risks with your personal safety.

3. Keep up with routine checkups. You and your family may need to be tested for diabetes, high blood pressure and other conditions. You may need screenings to find different forms of cancer in the early stages of development. Go to the dentist and eye doctor regularly, too.

Hint: For a list of recommended vaccines for your family, visit www.medica.com and follow the links to *Member Resources > Health Improvement*. No computer at home? Try the public library or community center.

Q&A: The truth about the new cervical cancer vaccine

Q: Is there really a vaccine that can help prevent cancer?

A: Yes. A new vaccine can help protect females from becoming infected from the four types of the human papillomavirus (HPV). These types of HPV cause most cervical cancers. HPV is very common. You can get it by having sex with a person who has HPV. HPV may go away on its own. But often it can stay in the body and develop into cancer years later.

Q: Do I need the vaccine?

A: The vaccine is approved only for females ages 9-26. The Centers for Disease Control and Prevention recommends that all girls ages 11 and 12 be vaccinated. So your daughter or granddaughter may also need the vaccine. It is given as three shots over a six-month period. These can be done in your child's doctor's office.

Q: If I'm vaccinated, do I still need Pap tests?

A: Yes. You should have a Pap test at age 21, or earlier if sexually active, even if you have been vaccinated. You then need to have a Pap test every one to three years.

Q: Is the vaccine a covered benefit for Medica members?

A: Yes, the vaccine is covered for female members ages 9-26. Ask your doctor or clinic for more information.



13 IDEAS FOR ACTIVE FAMILY FUN

1. Fly a kite.
2. Have a swim day at the public pool.
3. Hold a treasure hunt.
4. Plant a vegetable garden.
5. Picnic in the park.
6. Play tag, hopscotch or kickball.
7. Practice double Dutch rope jumping.
8. Put together a "Playground Olympics."
9. Have a family disco night.
10. Sponsor a Hula-Hoop contest.
11. Take a hike in the woods or a park.
12. Toss a Frisbee or football.
13. Walk in a holiday parade.



Safety tip: For outdoor activities, remember to use a sunscreen with an SPF of 15 or more.

Please, don't clean your plate! When it comes to portions, size matters

Twenty years ago, a fast food cheeseburger had about 330 calories. Today's cheeseburger has nearly 600 calories. What happened? The burger got bigger. So did the fries, dessert and drink.

Fact: Americans have gotten bigger, too. About 65 percent of adults age 20 and older are overweight or obese, according to Centers for Disease Control and Prevention estimates. Part of the reason is the larger portions we eat at home and in restaurants.

"Americans have steadily increased their daily calorie consumption over the last 20 years, and calories add up to pounds," says Charles Fazio, MD, Chief Medical Officer at Medica. "One issue in weight control is what we eat, but maybe a more important one is how much of anything we eat."

When eating in:

- ▶ Eat slowly and savor your food.
- ▶ Use a small bowl or plate for snacks.
Or buy single-serving sizes.
- ▶ When you want a second helping, make it fruits or vegetables.
- ▶ Read nutrition information to determine correct portion amounts.



When eating out:

- ▶ Do not order extra-large servings.
- ▶ Put down your fork, spoon or sandwich after every bite.
- ▶ Share your entrée with a friend. Or put half in a take-home box before you start eating.
- ▶ Stop eating when you feel full.

Remember: You are *what* you eat and *how much* you eat.

EAT MORE AND LOSE WEIGHT? BRING IT ON!

You want to lose weight. But you are tired of dieting, and you are hungry! Well, trade the sweets, salty snacks and fatty meats for fruits and vegetables. Look how much more you can eat:

Fruits

- ▶ 1 medium banana = 105 calories = 1/2 plain fast food burger
- ▶ 1 medium apple = 72 calories = 1/4 cup chocolate ice cream
- ▶ 1 medium peach = 58 calories = 1/3 ounce potato chips

Vegetables

- ▶ 1 cup carrot sticks = 50 calories = 1 sandwich cookie
- ▶ 1 cup raw broccoli = 31 calories = 1/2 mini blueberry muffin
- ▶ 1/2 cup cucumber slices = 8 calories = about three M&M candies

FAST FOOD FACT QUIZ

True or false: The more fast food you eat, the higher your Body Mass Index (BMI) will probably be (BMI is a way to measure body fat).

Answer: True. A study of young adults found a close link between eating fast food and having a higher BMI.

Source: American Journal of Clinical Nutrition

How many calories will you save by choosing a small order of fries instead of a large order?

- A) 100 calories
- B) 175 calories
- C) 300 calories

Answer: C) 300 calories

On any given day, what percentage of Americans go to a fast food restaurant?

- A) 5%
- B) 10%
- C) 25%
- D) 50%

Answer: C) 25%

BUZZWORD



Primary care provider:

The regular doctor or physician's assistant you choose to coordinate all of your care. Your regular provider should provide routine checkups and non-emergency care. He or she will also refer you to a specialist as needed.

STARTING A FAMILY?

If you have children, or if there is any chance that you could become pregnant, almost anything you do may affect their health and yours. It is very important to stop smoking now. Medica offers expanded nicotine replacement therapy (NRT) benefits, including inhalers, nasal spray and the new Chantix (pill).

Using tobacco causes your body to crave the nicotine that is in tobacco. When you try to quit, NRT will ease cravings and other withdrawal symptoms. Your doctor can help find the best NRT option for you.

Do it for you; do it for your baby.

Call Medica Customer Service to learn more about your stop-smoking benefits. For help quitting, call Free & Clear,[®] Medica's quit-tobacco program offered at no cost to you, at **1-866-QUIT-4-LIFE (1-866-784-8454)**.

Keep yourself and your baby healthy ... and earn Target[®] GiftCards

You want a healthy baby. So talk to your doctor about taking folic acid every day **before** you become pregnant. This can help prevent major birth defects to your baby's spine and brain. You should also take folic acid during your pregnancy.



Folic acid has health benefits for you, too. It may lower your risk of heart disease, stroke, cervical cancer, colon cancer, depression, and possibly breast cancer and Alzheimer's disease.

Medica Choice CareSM and Medica MinnesotaCare members have coverage for over-the-counter folic acid or vitamins that have folic acid. Just get a prescription from your doctor and fill it at a Medica network pharmacy. It's that easy!

Folic acid is also in foods such as fortified cereal, spinach, black beans, orange juice and broccoli.

Best for Baby & Me

Regular prenatal care is important. The Way to Better HealthSM offers the Best for Baby & Me program to encourage good prenatal care. Earn up to **\$80 in Target[®] GiftCards** by completing these visits:

- ▶ A prenatal visit within 3½ months (104 days) of becoming pregnant.
- ▶ 11 additional prenatal visits or as often as your doctor recommends.
- ▶ A postpartum visit 3-8 weeks after delivery.

Call Medica Customer Service at **952-992-2322** or **1-800-373-8335** to learn more.

Fact: Many birth defects can happen before you know you are pregnant. Talk to your doctor about whether you should take a folic acid pill every day, even if you are not pregnant and do not plan to become pregnant. Folic acid supplements may not be appropriate for some people, so check with your doctor first.

Source: National Institutes of Health, www.nih.gov

NEWS TO MAKE YOUR BODY HAPPY



Vitamin pills:

Taking vitamin pills during pregnancy may help you have a healthier baby. A study of women in India showed that prenatal vitamins help reduce the risk of having a low birth-weight baby. Babies who weigh less than about 5½ pounds at birth are more likely to have serious health problems as adults.

Source: Archives of Pediatrics & Adolescent Medicine



Cigarette smoke:

Smoking while you are pregnant puts your baby at risk of being born with a heart defect. A new U.S. study found that a baby may be harmed even if the mother smokes in the first few weeks of pregnancy and then quits. Secondhand smoke may also raise your baby's risk of heart problems.

Source: Journal of the American Board of Family Medicine



Breast feeding:

Breast feeding has many health benefits for babies and moms. Experts recommend that babies be breast-fed for the first six months of life. Research suggests that moms-to-be who receive counseling about breast feeding are much more likely to become nursing mothers.

Source: Obstetrics & Gynecology

Swimming, safety ... and s'mores! Summer camps just for your child with asthma

Every child should have the chance to eat s'mores, go canoeing and make friends at summer camp — even kids with asthma. Medica members ages 7 to 16 who have asthma may attend special camps during July and August.

As with any summer camp, these campers swim, canoe, make friends and have fun. They also learn about living an active life with asthma.

If your child qualifies, he or she may attend one camp session at no cost to you. Your child may be assigned to the camp closest to your home. A medical team will be available at camp to provide care 24 hours a day.

For more information, call Medica Social Services at **952-992-3535** or **1-800-373-8335** and press option 4.

Summer camp sessions include:

- ▶ **Camp Superkids (ages 8-13)**
July 8-13
YMCA Camp Ihduhapi, Loretto, MN
- ▶ **Junior Leaders Camp (ages 14-16)**
July 8-13 (available only to participants who have previously attended Camp Superkids)
YMCA Camp Ihduhapi, Loretto, MN
- ▶ **Camp We-No-Wheeze North (ages 9-14)**
July 22-25
Wolf Ridge Environmental Learning Center, Finland, MN
- ▶ **Camp We-No-Wheeze Central (ages 7-13)**
August 3-6
Camp Courage, Maple Lake, MN



SAVE YOURSELF
WORRIES, SAVE YOUR
CHILD'S BREATH



**Asthma is a disease
your child can live with.**

Did you know ...

- > Many kids with asthma can play sports. Exercise is important for your child's overall health. Check with your doctor to learn about activities that will be safe for your child.
- > Cigarette and cigar smoke may trigger asthma symptoms. Do not smoke and do not let other people smoke in your house or around your child.
- > Medicine can help control asthma. Your child may need to take a daily medicine to help keep asthma under control and use an inhaler for fast relief of symptoms.
- > A peak flow meter can also help your child control asthma. This tool may be especially important if your child has a moderate or severe case of asthma.

Schedule regular checkups with your child's doctor. Follow your child's asthma action plan.

Take action to keep your child out of the ER

An **asthma action plan** can help keep your child's asthma under control. It can also save you trips to the emergency room.

The plan should explain how to manage your child's asthma day to day. It should include your child's asthma "triggers" and detailed information about the medicine your child takes.

The plan should also specify what to do when asthma symptoms start. It should:

- ▶ List your child's common asthma symptoms.
- ▶ Explain how to adjust your child's medications if symptoms occur.
- ▶ Provide emergency contact numbers.

Your child's doctor can help you put together an asthma action plan. If your child does not have a current asthma action plan, call your primary care clinic to schedule an appointment. Keep the plan in a safe place with other medical records or emergency information. When your child starts to have symptoms, stay calm. Follow the steps in the plan.

Give a copy of your child's asthma action plan to anyone who may need it, such as your child's school nurse, teacher, day care worker or babysitter.

DEALING WITH BULLIES — HELP YOUR CHILD DO IT!



Bullies have been talking tough and picking fights for a very long time. But your child still should not have to put up with a bully.

If your child is being bullied, offer this advice:

- > Talk with your child. Show your concern and support.
- > Ask questions. Or use drawings or puppets to help a young child talk about being bullied.
- > Call your child's teacher or principal about the problem.
- > Make sure your child knows not to fight back or get revenge on a bully.
- > Teach your child coping skills. For example, your child should try to stay with a group or take a different way to school.

Being bullied can make your child feel scared and alone. So make sure he or she has chances to build self-confidence. Encourage your child to explore new interests, talents and friendships.

Luke D. Loon's Kids' Stuff

Something's in the air And it may make you sneeze!

Achoo! Does that sound like you? If it does, you might have an allergy.

A lot of people suffer from allergies in the spring. That's because trees, flowers and grass make more pollen this time of year. Pollen is like a dust that comes from plants. Many people are allergic to it.

There is an allergy for just about everything. You might be allergic to dust — or even dogs and cats!

If you have allergies, try to stay away from whatever causes them. You might save yourself some sneezes.



Keep your family's summer fun and safe

Relax by the lake. Take your kids to the playground. However you spend your summer, keep these safety tips in mind:

Sun:

- ▶ Use a sunscreen with an SPF of 15 or higher, no matter what your skin color.
- ▶ Wear sunglasses that absorb ultraviolet (UV) rays.
- ▶ Limit exposure to direct sun between 10 a.m. and 4 p.m.
- ▶ Cover exposed skin with light clothing and wear a hat.

Heat:

- ▶ Avoid strenuous activity.
- ▶ Drink plenty of water.
- ▶ Spend hot days in air-conditioned libraries and malls.
- ▶ Wear loose, comfortable clothes.

Water:

- ▶ Never leave children alone in or near a pool, not even for one minute.
- ▶ Keep a close watch on young children, even if they have had swimming lessons.
- ▶ Do not rely on rafts or inflatable toys for safety.

Bugs:

- ▶ Avoid insect nests and swarms.
- ▶ Do not wear bright, colorful, flowery clothes.
- ▶ Keep food and drinks covered.
- ▶ Use an insect repellent spray.

Playgrounds:

- ▶ Be aware that slides can get hot and burn a child's legs.
- ▶ Check equipment to make sure it is in good repair.
- ▶ Keep an eye on children as they play.



Take your medicine. No excuse is good enough

What's your favorite excuse for not taking medicine? Whatever it is, it's not good enough. It is important for you to take your medicine as your doctor tells you to — especially for conditions such as asthma, heart disease, diabetes, depression and infections.

Excuse: “I feel better, so I don't need my medicine anymore.”

Think about this: Your body may not be fully recovered from the illness. Stop taking your medicine and you could get sick again. If the medicine is for a chronic disease, your body may need the medicine to keep feeling well and to prevent symptoms.

Excuse: “Taking medicine is too much trouble.”

Think about this: Compare the cost of your medicine with the cost (and inconvenience) of another trip to your doctor or the emergency room — or even a hospital stay — because you get sick again.

Excuse: “My medicine isn't working.”

Think about this: Some medicines take longer to “kick in.” In some cases the proof of a medicine working well is that you feel normal. If you really think your medicine isn't working, call your doctor or pharmacist.

Excuse: “I don't like to take pills.”

Think about this: If you have a problem swallowing a pill, medicines come in different forms. If you simply don't like taking medicine, remember: We want the end result, which is better health and better function.

Excuse: “I forgot to refill my prescription.”

Think about this: Ask if your pharmacy has a “refill reminder” program. Or make a note on your calendar when it's time to refill.



ASK THE PHARMACIST



Q: Will Medica pay for allergy medicine I buy at the drugstore?

A: Your Medica pharmacy benefits cover certain over-the-counter (OTC) allergy medicines as long as you follow **all three** of these steps:

- 1) Make sure the medicine is on Medica's covered drug list (formulary);
- 2) Ask your network doctor to write a prescription for the medicine; and
- 3) Have the prescription filled at a Medica network pharmacy.

Hint: You can find an up-to-date drug formulary and network pharmacy listing at www.medicacom.

Please Note: Loratadine and loratadine/pseudoephedrine are included on Medica's drug formulary. These are popular generic antihistamines used to treat allergy symptoms, and they are sold under many generic and store brand names.

Medica covers most generic versions, but will not pay for any OTC medicine you buy without a prescription. Clarinex® is not on Medica's drug formulary.

IMPORTANT CHANGES TO MEDICA'S COVERED DRUG LIST



Medica's covered drug formulary list was recently updated. Two changes may affect you or a family member.

First, our list of covered smoking cessation products has grown. Medica added Chantix, Nicotrol inhaler and Nicotrol nasal spray to the formulary. Other covered smoking cessation* products include: Nicotine transdermal patch, Nicotine polacrifex (gum), Bupropion extended-release (generic Zyban) and Commit.

Second, some brand-name drugs with a generic equivalent are no longer on the formulary. The generic equivalent is the formulary alternative for the brand-name drug. Generic drugs are identical in all the important ways to brand-name drugs. If you take a brand-name drug that is no longer on the formulary, you received a letter telling you about this change.

See the entire formulary at www.medicacom >Drug Formulary. Or, call Customer Service for help.

*Certain limits apply to coverage of smoking cessation products.

Customer Service

Metro: **952-992-2322** Regional: **1-800-373-8335**.
 TTY lines: **952-992-2357** (metro), **1-800-234-8819** (regional).

Medica CallLink® Nurse Line

To speak with a nurse or to get a physician referral, call our Medica CallLink nurse line **1-866-715-0915**. Hearing-impaired callers (metro and regional), please call the National Relay Center at **1-800-855-2880** and request Medica CallLink at **1-866-715-0915**.

Medica’s Fraud Hotline (24 hours, 7 days a week)

English language fraud hotline **952-992-2237**.
 For the Russian language fraud hotline, call **952-992-3893**.
 For the Somali language fraud hotline, call **952-992-3214**.
 For the Spanish language fraud hotline, call **952-992-4592**.
 Regional: **1-866-821-1331** (all languages).

Disease Management

For help with diabetes or childhood asthma, call Medica CorChoicesSM at **952-992-8460** or **1-888-365-8240**.

Delta Dental


Metro: **651-406-5916** Regional: **1-800-459-8574**.
 TTY lines: **651-406-5915** or **1-800-916-9514**.

United Behavioral Health

To find a mental health or substance abuse provider, please call United Behavioral Health (UBH) at **1-800-848-8327** or TTY **1-800-543-7162**.

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Ogow. Haddii aad dooneyso in lagaa kaalmeeyo tarjamadda macluumaadkani, wac Medica: 952-992-2260.
 1-800-373-8335: Medica ملاحظة: إذا أردت مساعدة مجانية في ترجمة هذه المعلومات، فاتصل بالرقم 1-800-373-8335.
 Внимание: Если Вам нужна бесплатная помощь в переводе этой информации, позвоните по следующему телефону: Medica: 952-992-2294.
 ລະບົບ: ຖ້າທ່ານຕ້ອງການ ການຊ່ວຍເຫຼືອໃນການແປຂໍ້ຄວາມ ດ້ວຍກາລໂປນິ, ຈົ່ງໂທຫາ Medica: 1-800-373-8335.
 Atención. Si desea recibir asistencia gratuita para traducir esta información, llame a Medica: 952-992-2297.
 ព្រំណត់សំគាល់: បើអ្នកចង់បានជំនួយបកប្រែឥតគិតថ្លៃ សូមទូរស័ព្ទទៅ Medica: 1-800-373-8335.
 Chú Ý. Nếu quý vị cần dịch thông-tin này miễn phí, xin gọi Medica: 952-992-2295.
 Ceeb toom. Yog koj xav tau kev pab txhais cov xov no rau koj dawb, hu Medica: 952-992-2296.
 Pažnja. Ako vam je potrebna besplatna pomoc za prevod ove informacije, nazovite Medica: 1-800-373-8335.
 Hubaddhu. Yo akka odeeffannoow kun sii hiikamu gargaarsa tolaa fecta ta’c, bilbila kana bilbili Medica: 1-800-373-8335.

DID YOU KNOW? 

> 33 pounds
 Amount of bananas the average American eats per year (see page 3).
Source: Dole Food Company

> 70%
 Percentage of current smokers who want to quit (see page 4).
Source: Centers for Disease Control and Prevention, 2005 survey

> 30%
 Percentage of teens who are bullies or have been bullied (see page 6).
Source: National Youth Violence Prevention Resource Center

Attention. If you want free help translating this information, call 1-800-373-8335. This information is available to people with disabilities by calling 952-992-2322 (voice), or 1-800-373-8335 (toll free), or 952-992-2357, or 1-800-234-8819 (TTY), or 711, or through the Minnesota Relay at 1-877-627-3848 (speech to speech relay service).

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