

winning health



Santa Clara
Family Health Plan
The Spirit of Care

Spring 2013

Keep kids on the move

FUN IDEAS TO HELP
KEEP KIDS HEALTHY
AND ACTIVE



a good role model. If kids see that you are active, they are more likely to be active as well.

Try making family time active time. Make sure the activity you choose is good for all members of the family.

Make it fun. The more your kids enjoy the activity, the more likely it is they will want to do it again.

Have fun, be fit. Instead of going to the movies, go for a family hike.

You can also:

- Go to the park and play catch.
- Play tag.
- Go swimming.
- Fly a kite and let your kids run with it.
- Take a family bike ride.
- Wash the car together.

■ Visit the mall and walk from one end to the other.

■ Join sports teams. Have your kids watch your games, and cheer for them at their sporting events.

It's also important to limit TV, video game and computer time. No more than two hours per day is best. Many kids spend too much time staring at a screen.

When your kids do watch TV, have them take active breaks. They can stretch or do jumping jacks, for example.

Being active now can help kids learn to love it for a lifetime.

Sources: American Academy of Pediatrics; U.S. Department of Health and Human Services

Never mind the latest toy or game. The best gift you can give kids is an active lifestyle.

Exercise helps keep kids healthy. And active kids are less likely to be overweight.

Extra pounds can lead to serious health problems. These include:

- Heart disease.
- Diabetes.
- High blood pressure.

Lead the way. The best way to get your kids moving is to be

Have you moved recently?



If so, please call Member Services at **800-260-2055** so we can update your personal information.

Presorted Standard
U.S. Postage
PAID
Walla Walla, WA
Permit No. 44

»» **CAN YOU READ THIS LETTER?** If not, please call us at **800-260-2055**. We can help.

»» **¿PUEDE LEER ESTA CARTA?** Si no puede, llámenos al **800-260-2055**. Le ayudaremos.

»» **BẠN ĐỌC ĐƯỢC THÔNG TIN NÀY KHÔNG?** Nếu không, xin gọi số **800-260-2055**. Chúng tôi sẽ giúp.

CERVICAL CANCER

Know the facts

HOW YOU CAN PROTECT YOURSELF

There are two things to keep in mind about cervical cancer.

First, this cancer can be life-threatening. Second—and more important—it can be prevented.

To help you learn more, here are answers to some common questions about this cancer.

Q. What is cervical cancer?

A. It's a cancer that affects only women. It happens when normal cells in the cervix change into cancerous ones. The cervix is the lower part of the womb.

Q. What causes it?

A. Mostly, it's caused by a virus. This virus is called human papillomavirus (HPV). HPV can be passed through sex. There are many types of HPV. But only some can cause cancer.

Q. How can cervical cancer be prevented?

A. One way is to have regular Pap tests. A Pap test can spot changes in cells in the cervix before cancer develops. Treatment can then prevent cancer. Ask your provider when you should be tested.

Also ask about the HPV vaccines. They protect against the types of HPV that cause most cervical cancers.

The shots work best when given to women and girls before they have sex for the first time.

Q. How else can I protect myself?

A. The one sure way to prevent HPV—and cervical cancer—is not to have sex. That includes vaginal, anal and oral sex.

If you do have sex, have sex with only one partner. Ask your partner to do the same. And use a condom every time you have sex.

Q. What are the signs of cervical cancer?

A. You might have abnormal bleeding or have watery discharge from your vagina.

But often there aren't any early symptoms. That's why Pap tests are important. Regular testing can often find cancer early enough for it to be cured.

Source: U.S. Department of Health and Human Services



Why Pap tests matter



There are likely plenty of things you'd rather do than get a Pap test.

But not many of those other things could help prevent cancer.

A Pap test looks at samples of cells from the cervix. That's the lower part of the womb. If the cells don't look right, your provider can find out why.

Only rarely does the reason turn out to be cancer. But the test can also spot signs of infections. One it looks for is the human papillomavirus (HPV). Some types of HPV can lead to cancer.

Regular Pap tests are the best way to prevent cervical cancer. Most women should have their first Pap test at age 21.

After that, ask your provider how often you should have the test.

Sources: American College of Obstetricians and Gynecologists; National Cancer Institute

Unsure what is a medical emergency?

Please contact our Nurse Advice Line at **877-509-0294** for assistance.

Diabetes and your eyes: Protect your vision

Even if you see just fine, you still need an eye exam each year. Why?

An exam can help spot diabetes and other health concerns early. Your doctor can see problems before they get serious. That can help prevent damage.

One problem you want to head off is diabetic retinopathy. This is a common effect of diabetes.

Save your sight. Diabetes can cause blood vessels in the eye to swell or bleed. Or the vessels might grow on the retina of the eye. The vessels can get weak and can leak:
 » Blood sugars. » Fats.
 » Proteins.

This can hurt the retina. It may even cause blindness.

Get tested. Diabetes puts your eyes at risk. But having an eye exam each year gives you a good chance of saving your vision.

Fast facts. You might be surprised to know that:
 ■ 54 million people in the U.S. have prediabetes. Most don't know it.
 ■ One in three people with diabetes don't know they have it.
 ■ Diabetes often causes vision loss. There are about 24,000 new cases each year.

» **TAKE ACTION.** Not sure where to get vision services? Call the VSP Member Services Department at 800-877-7195.



You have the right to know

Santa Clara Family Health Plan (SCFHP) is committed to providing timely access to care for all members. SCFHP strives to ensure that all health services are provided in a timely manner. SCFHP will continue to notify our members of any changes or updates made regarding the current policies.

New moms: Take care of yourself too!

Having a baby is hard on your body. That's why you need to see your doctor right after you give birth.

You also need to set up a postpartum checkup.

Just for you. Taking good care of yourself after you give birth will help you: » Recover faster. » Get

your prepregnancy body back more quickly.

And you may find that you:
 » Feel happier. » Have more energy. » Can care for your baby better.

You need to have at least two checkups after you give birth.

First visit: Soon after baby is born. Most new moms stay in the hospital for 48 to 96 hours. If you stay that long, your doctor will visit you.

But if you go home early, you need to set up your visit. You must see your doctor within 48 hours

after you leave.

The checkup can be:

- In your home.
- At the hospital.
- At your doctor's office.

Let your doctor know which one is best for you.

Second visit: Within 4 to 6 weeks after baby is born. Your doctor will want to check on your recovery. He or she will also ask about your mood.

If you have any concerns, be sure to tell your doctor.

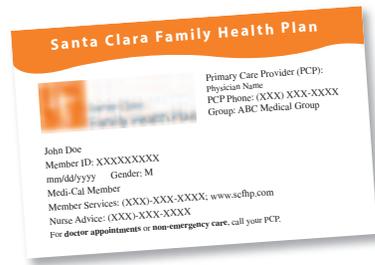
Remember: Healthy moms make happy babies.

» **TAKE ACTION.** Not sure where to get services? Call Member Services at 800-260-2055.

Using your ID card

Your ID card is your key to getting health care. Be sure to bring it with you every time you see your provider or get any other health services.

To protect your ID card, don't let anyone else use it. Call Member Services if your card is lost or stolen.



Advance directives

WHEN YOU CAN'T MAKE YOUR OWN DECISIONS

You can't predict an emergency or bad illness. But you can state what kind of health care you want if you are ever too sick or injured to speak.

This is called an advance health care directive. It's a legal form you fill out. And it stays with your health records.

It states the types of care you

want or don't want. Your provider and family and friends will need it if you can't speak for yourself.

You can also name your health care agent. This person will direct your health care if you're too sick to do it yourself. He or she will have your same health plan member rights.

Your agent can be a: » Spouse.

We speak your language

Is English your second language? Here's good news.

You can get an interpreter through the health plan. That way you can talk to your doctor in your first language. A family member, minor or friend won't have to interpret for you. You can have this service for free when you:

- Get medical care or advice on the phone.
- Visit your doctor.
- Call the health plan.

HOW CAN YOU GET AN INTERPRETER?

Tell your doctor's office you'd like one. You can do this when you call to set up your next visit.

Or call Member Services. We can help you find a doctor who:

- Speaks your language.
- Has an interpreter in the office.

For help with this, call Member Services at **800-260-2055**.

» Family member. » Friend.

» Someone else you trust.

Learn more. Visit www.oag.ca.gov/consumers/general/adv_hc_dir to:

- Learn more about advance health care directives.
- View forms.
- Get instructions.