MEMBER news

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Health News Corner

Pregnancy Is An Exciting Time In A Parent's Life

Women need to see their doctor within the first 3 months of their pregnancy. Visits to the doctor help make sure the pregnancy goes well. Early exams help the doctor make sure the mother and baby are healthy. Women who see a doctor during this time have healthier babies. They are more likely to give birth without problems. Regular visits to the doctor during pregnancy can bring peace of mind. Call your doctor today.

After The Birth Of Your Child… Know What To Expect

Postpartum is 21 to 56 days after your baby is born. During this time you, as a new mother, need to visit the doctor. Your doctor will give you and your baby checkups and tests. You can talk with the doctor about you and your baby's needs. The doctor may talk to you about breastfeeding, postpartum depression (the "blues"), and healthy eating. Make sure you and your baby are doing well. Call your doctor today.

Childhood Immunizations (Shots) Are Necessary

Children are more likely to get diseases than adults. Shots help children fight against diseases. Children from birth to 20 years old need to visit the doctor to get all of their shots. By getting shots at different ages a child will stay healthy and avoid certain diseases. Also, these shots are needed for children to go to school and child care. Bring your child's immunization record (yellow card) to each visit. Help your child grow up healthy. Call your doctor today.

A Healthy Child…Is A Happy Child

All children under the age of 6 need to visit the doctor each year to grow up healthy. During the visit, the doctor will give the child a check-up, tests, and shots. The doctor will also talk about healthy eating, safety, and dental (teeth) care. Call you doctor for an appointment to make sure your child grows up healthy and stays safe.

Adolescent Well-Care

Going from childhood to adulthood may be hard. It is during this time that teens make choices that affect their health. It is important for 12 to 21 year olds to visit the doctor each year. The doctor will check your teen's health and growth. The doctor may also provide health information. You and your teen can ask any questions that either of you may have during the visit. Call your doctor for an appointment today.

Breathe Easy…Stop Asthma From Taking Over Your Life

Asthma can be life-threatening if it is not controlled. If you or your child has asthma, you need to visit your doctor on a regular basis. The doctor will talk to you about treatments that will help you control your asthma. With the help of your doctor you can take charge of your health. Call today for your asthma visit.

Early Detection…Saves Lives

Breast Cancer is the most common type of cancer in women. Women should talk with their doctor about breast cancer and detecting it early. The doctor will talk to you about why a mammogram is needed. A mammogram is an x-ray of the breast which may help find breast cancer early on. Women 50 years and older should talk with their doctor about getting a mammogram each year. Call your doctor today.

Women…Take Charge Of Your Health

Cervical cancer is one of the most common cancers in women. Women who are sexually active or are 18 and older should get a Pap test and pelvic exam each year. This type of cancer can be cured with early detection, treatment, and follow-up. Call your doctor for an exam and test.

Women…Stop Chlamydia From Doing You Harm

Most women with Chlamydia do not even know that they have it. Chlamydia can do harm to the body if it is not treated. Women between the ages of 16 to 25 who are sexually-active should be tested. The best way to find out if you have Chlamydia is through tests from your doctor. Chlamydia can be cured if treated early. Call your doctor for an appointment to get tested.

It Is Important Your Child Stays Healthy!

Take your child to the doctor for his/her regular check-up.

During the check-up, talk to the doctor about concerns you may have.

Remember to bring your child's **Yellow Card** to each visit.

This will help your doctor keep track of your child's immunizations (shots).

You And Your Doctor:
A Partnership For Life

Today, patients take an active role in their health care. You and your doctor will work in partnership to achieve your best possible level of health. First, be sure you are doing your part in this partnership by:

Making an Appointment. If you schedule an appointment rather than "walking-in," your doctor will be expecting you and can prepare for your visit. You'll be more likely to be seen earlier if you have an appointment.

Keep and be on Time for Your Appointment. You and your doctor can't team up if you don't show up. Also, don't cheat yourself out of time with your doctor. Be on time. Your doctor and his/her staff will appreciate it.

An important part of this relationship is good communication. Here are some questions you can ask your doctor to get your discussion started:

About my Disease or Disorder:

What is my diagnosis?
What caused my condition?
Can my condition be treated?
How will this condition affect my health now and in the future?
Should I watch for any particular symptoms and notify you if they occur?
Should I make any lifestyle changes?

About my Tests:

What kinds of test will I have?
What do you expect to find out from these tests?
When will I know the results?
Do I have to do anything special to prepare for any of the tests?
Do these tests have any side effects or risks?
Will I need more tests later?

About my Treatment:

What is the treatment for my condition?
When will the treatment start, and how long will last?
What are the benefits of this treatment, and how successful is it?
What are the risks and side effects associated with this treatment?
Are there foods, drugs, or activities I should avoid while I'm on this treatment?
If my treatment includes taking a medication, what should I do if I miss a dose?
Are other treatments available?

Understanding your doctor's responses is essential to good communication. Here are a few more tips:

If you don't understand your doctor's responses, ask questions until you do understand.
Take notes, or get a friend or family member to take notes for you. Or bring a tape-recorder to assist in your recollection of the discussion.
Ask your doctor to write down his or her instructions to you.
Ask your doctor for printed material about your condition.
If you still have trouble understanding your doctor's answers, ask where you can go for more information.
Other members of your health care team, such as nurses and pharmacists, can be good sources of information. Talk to them, too.

Your Rights & Responsibilities

As a Member of Community Health Plan, you have a right to…

Respectful and courteous treatment. You have the right to be treated with respect, dignity and courtesy from your health plan's providers and staff. You have the right to be free from retaliation or force of any kind when making decisions about your care.

Privacy and confidentiality. You have a right to have a private relationship with your provider and to have your medical record kept confidential. You also have a right to receive a copy of and request corrections to your medical record. If you are a minor, you have a right to certain services that do not need your parent's okay.

Choice and involvement in your care. You have the right to receive information about your health plan and its services. You have the right to choose your Primary Care Physician (doctor) from the doctors and clinics listed in your health plan's provider directory. You also have the right to get appointments within a reasonable amount of time. You have a right to talk with your doctor about any care your doctor provides or recommends. You have the right to a second opinion. You have a right to information about treatment regardless of the cost or what your benefits are. You have the right to say "no" to treatment. You have a right to decide in advance how you want to be cared for in case you have a life-threatening illness or injury.

Voice your concerns. You have the right to complain about Community Health, the health plans we work with, or our providers without fear of losing your benefits. Community Health Plan will help you with the process. If you don't agree with a decision, you have a right to ask for a review. You have a right to disenroll from your health plan whenever you want.

Service outside of your health plan's provider network. You have a right to receive emergency or urgent services as well as family planning and sexually transmitted disease services outside of your health plan's network. You have the right to receive emergency treatment whenever and wherever you need it.

Service and information in your language. You have a right to request an interpreter at no charge and not use a family member or a friend to translate for you. You have the right to get the Member Handbook and other information in another language or format.

Know your rights. You have the right to receive information about your rights and responsibilities. You can make recommendations about these rights and responsibilities.

As a Member of Community Health Plan, you have a responsibility to…

Act courteously and respectfully. You are responsible for treating your doctor and all providers and staff with courtesy and respect. You are responsible for being on time for your visits or calling your doctor's office at least 24 hours before the visit to cancel or reschedule.

Give up-to-date, accurate and complete information. You are responsible for giving correct information to all of your providers. You are responsible for getting regular check-ups and telling your doctor about health problems before they become serious.

Follow your doctor's advice and take part in your care. You are responsible for talking over your health care needs with your doctor and following the treatment you both agree on.

Use the Emergency Room only in an emergency. You are responsible for using the emergency room in cases of an emergency or as directed by your doctor.

Report wrong doing. You are responsible for reporting health care fraud or wrong doing to Community Health Plan. You can do this without giving your name by calling the Community Health Plan Fraud and Abuse Hotline toll-free at 1-800-475-5550.

Help With Making An Appointment

If you need assistance making a doctor's appointment,
please call Member Services at 1-800-475-5550 (TTY Line 1-800-353-7988).

For More Information About Our Services,
Please Visit Our Website At www.ladhs.org/chp.

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