

New Health Plus office opens in Chinatown. See page 4.



# Health Plus news

Your community's guardian angel since 1984



child's doctor may:

- Make sure your child is eating properly.
- Check on your child's growth and development.
- Find health problems before they become serious.
- Update shots.
- Offer tips on how to keep your child safe.

A checkup also gives you a chance to ask questions.

## When to visit the doctor

Regular visits will start as soon as your child is born. After that, see your child's doctor:

- Before your baby leaves the hospital.
- During the first year when your child is 2 to 4 weeks old and also at 2, 4, 6, 9, and 12 months.
- During the second year at 15, 18, and 24 months.
- Once a year from ages 2 to 5.
- At ages 6, 8, and 10.
- Every year from ages 11 to 21.

Ask the doctor if your child needs to be seen more often.

Source: American Academy of Pediatrics

## things to know

### Help your teen stay healthy

To stay healthy, your teen needs to see a doctor even when nothing is wrong.

That's why well-child visits are still important. They help prevent problems before they start.

Your teen's doctor can:

- Screen for any signs of disease or injury.
- Check your teen's vision.
- Be sure vaccines are current.
- Make sure your teen is growing properly.
- Answer questions your teen may have about

dating, eating right, or other topics.

Ask your teen's doctor when to make an appointment.



## Why checkups are good for kids

To help your child grow up healthy and happy, make regular doctor visits a priority.

Checkups are a good time for the doctor to make sure your child is in good health.

### At the doctor's office

During a checkup, your

### Health Plus

241 37th St., Suite 412  
Brooklyn, NY 11232

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## Screen your child for lead poisoning

There are two ways to find out whether your child has lead poisoning.

One is if your child becomes very ill. The other is a simple blood test at your doctor's office.

Take that second option.

Lead is a very toxic metal, especially to children. High levels of lead can cause brain damage and even death. Some health experts believe that even small amounts of lead can harm children.

Your doctor can test your child for lead poisoning with a quick blood test. If lead is found in the

blood, your doctor might do a second blood test.

Other people in your family might need to be tested as well.

High levels of lead require immediate medical treatment.

Lead poisoning doesn't end with treatment. You have to find the source of the lead and get rid of it. Your doctor can help.

Sources: Centers for Disease Control and Prevention; Lab Tests Online



To learn more, call the National Lead Information Clearinghouse at 1-800-424-5323.

### For parents

Don't forget to sign up for another year of *Child Health Plus*. To avoid losing any coverage, you must recertify your children every year before their anniversary date.

### Don't miss your chance to recertify!

We've got you covered and we want to keep it that way.

Wondering when **you** need to recertify for another year of Health Plus?

You must recertify before **one year** from the effective date on your membership card.

So check your card and call **1-888-809-8009**. We're here to help.

## Did you know?

### We can help you find a doctor!

Health Plus's *Provider Directory*, with the latest listing of our health care providers, is available for you.

To request a copy, please call **1-800-300-8181**

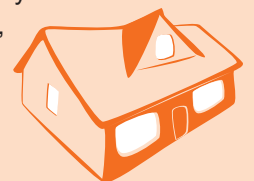
or visit our website at

**[www.healthplus-ny.org](http://www.healthplus-ny.org)**

### Moving? Let us know!

If your address and/or phone number has changed, let us know. Our files need to be kept up-to-date so that you don't miss any notices.

To update your information, call Health Plus at **1-800-300-8181**.



New moms

## Take care of yourself



Bathing, rocking, and round-the-clock feedings—new babies need a lot of care.

But if you're a new mother, you need care too.

After all, your body is still recovering from pregnancy and birth. You are probably very tired. Maybe you have cramps and bleeding. Your legs and feet may be swollen. And your breasts may be tender or leak milk.

You may also have a lot of thoughts and feelings to sort through. At times you might feel happy or excited. At other times you may feel stressed or sad.

These are normal changes after having a baby. And they are good reasons to take extra care of yourself.

Here are some things you can do.

- Get as much rest as you can. Try to lie down or sleep when your baby sleeps. And only do what must be done—now isn't the time to try to keep a spotless house or take on big projects.

*Visit your doctor. Checkups aren't just for your baby.*

- Prop your feet up when you can. This may help keep swelling down.

- Use pads, not tampons, to soak up leaking blood.
- Drink lots of water.
- Eat healthy foods like fresh fruits and vegetables.
- Let friends and family pitch in. It's OK to ask for help with cleaning, laundry, meals, or baby care.
- Visit your doctor. Checkups aren't just for your baby. Your doctor will probably schedule a checkup for you within four to six weeks after your baby's birth.

Sources: American College of Obstetricians and Gynecologists; National Women's Health Information Center

## You can help stop fraud

*Fraud is an intentional deception or misrepresentation made for personal gain.*

Health care fraud is a serious issue. It is estimated to cost more than \$100 billion annually nationwide.

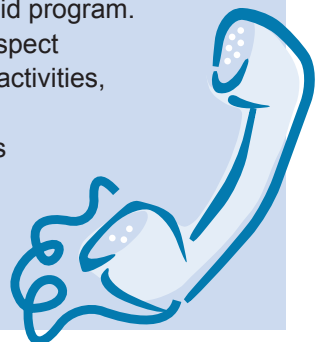
Health Plus has established a Special Investigations Department to investigate potential cases of fraud. And we're looking for your help. If you see something that might be fraud, please let us know.

Examples of fraud include:

- Providers' submitting claims for medical services that were not actually performed.
- Duplicate billing that occurs when a provider bills Health Plus and also bills the individual member.
- Requiring a member to return to the office for more visits when another appointment is not necessary, or ordering unnecessary x-rays, blood work, or other tests.
- Members letting another person use their Health Plus identification card to obtain medical services.

- Individuals providing false or incomplete information in order to obtain health coverage for which they are not eligible.
- Intentionally seeking and receiving excessive health care services or supplies.
- Reselling items provided by the Medicaid program.

If you suspect fraudulent activities, please call Health Plus Member Services at **1-800-300-8181**.



## Chinatown welcomes a new neighbor

### Grand opening of Health Plus office is good news for Chinese community

Health Plus, one of the New York area's largest HMOs, recently moved into a new neighborhood. With a new office in the heart of Manhattan's Chinatown, we've found another way to reach out to people in the Chinese community. From there we can offer free and affordable health care to children and adults.

On July 10 we celebrated the grand opening of the new office at 196 Canal St. Approximately 600 people, including excited children, were delighted to be part of the Health Plus spectacular.

It was hard to miss the fireworks on the busiest street in Chinatown, especially when free balloons, DVD giveaways, food and refreshments, and the traditional lion dance were involved.

The grand opening ceremony was attended by local Chinese radio and newspaper media representatives, community leaders, Health Plus Executive Director Tom Early, Health Plus

Chief Marketing Officer Ada Rodriguez, and numerous Health Plus staff members.

The ceremony started at 5 p.m. with the sounds of drums and cheers echoing through the streets of Chinatown. Members of the Wai Chin Min Association entertained guests with a variety of exciting lion dances.



Tom Early, Executive Director of Health Plus (front row, fourth from left), snips the ribbon to symbolize the grand opening of Health Plus's new Canal Street office. Watching are (front row, from left) Jonathan Fan, William Colton, Jamie Li, Betty Cheng, Health Plus Chief Marketing Officer Ada Rodriguez, Tony Yau, Jan He, and the Rev. Millie Rios.

"Our main purpose here at the Canal Street office is to provide better quality health care and service to the community," said Tommy Cen, Manhattan Marketing Supervisor for Health Plus. "My staff is always willing to help with anything.

"Sometimes we even get people that come up to us and ask us to translate documents for them," he said. "Anything we can do to help the community, we're more than happy to do so."

The new Canal Street office will operate seven days a week. It will be open from 9 a.m. to 7 p.m., Monday through Thursday, and from 9 a.m. to 5 p.m., Friday through Sunday.



#### Health Plus Telephone Numbers

Main Number 1-718-745-0030  
Domestic Violence Coordinator 1-718-491-7545  
Member Services 1-800-300-8181  
Marketing 1-888-809-8009  
24-Hour Health Advice 1-800-437-PLUS (7587)  
24-Hour Mental Health Line 1-866-223-9500

[www.healthplus-ny.org](http://www.healthplus-ny.org)

Executive Director Tom Early  
Chief Medical Officer Clifford D. Marbut, M.D.  
Editor Osiris Marte

HEALTH PLUS is a not-for-profit health care plan committed to quality health care and dedicated to the health and well-being of our culturally diverse communities through partnerships with members, providers, and community-based organizations.

HEALTH PLUS NEWS is published as a community service for the friends and patrons of HEALTH PLUS, 241 37th St., Suite 412, Brooklyn, NY 11232. Suggestions or materials for future newsletters should be submitted to Osiris Marte, Health Education Supervisor. Information in HEALTH PLUS NEWS comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

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### Mammograms Reminder for women

As a Health Plus member, you do not need a referral to receive a mammogram.

If you have any questions about places where you can go to receive a mammogram, please feel free to call us at **1-888-743-3508**.

# Preventive health care tips

What should you be concerned about?	What should you know about it?	When should you be tested?
<b>Lead poisoning</b>	<p><b>Childhood lead poisoning is preventable.</b></p> <ul style="list-style-type: none"> <li>Children with lead poisoning may be at risk for health, learning, and behavioral problems. Even low blood lead levels may cause problems.</li> <li>Children should be fully immunized by age 2.</li> <li>Immunizations are also required for children to attend day care and school.</li> </ul>	<ul style="list-style-type: none"> <li>Every child <b>MUST</b> be tested for lead at both age 1 and 2.</li> <li>Talk with your child's doctor.</li> </ul>
<b>Immunizations</b>	<ul style="list-style-type: none"> <li>In addition to taking your child to the doctor when he or she is ill or when there is an emergency, routine well-care visits are recommended to help keep your child healthy.</li> <li>Well-child visits include physical exams as well as monitoring the growth and development of your child.</li> </ul>	<ul style="list-style-type: none"> <li>Children should receive immunizations during well-child visits (from birth to 2 years old).</li> <li>Additional immunizations are required during later years.</li> <li>Talk with your child's doctor to learn more about how many visits your child needs during the growing years.</li> </ul>
<b>Adolescent well-care screenings (ages 13 to 19)</b>	<p>During a health checkup, teens receive:</p> <ul style="list-style-type: none"> <li>A complete physical exam and information about good nutrition and healthy lifestyles (for example, prevention of AIDS and other diseases).</li> <li>Annual teen health checkups can help keep teens in good physical, mental, and emotional health.</li> </ul>	<ul style="list-style-type: none"> <li>Talk with your child's doctor to learn how many visits your teen needs during the adolescent years.</li> </ul>
<b>Breast cancer</b>	<ul style="list-style-type: none"> <li>Early detection is the best protection against breast cancer.</li> </ul>	<ul style="list-style-type: none"> <li>You can take three steps for early detection of breast cancer:                             <ol style="list-style-type: none"> <li>Breast self-examination</li> <li>Clinical breast examination</li> <li>Mammogram</li> </ol> </li> </ul>
<b>Cervical cancer</b>	<ul style="list-style-type: none"> <li>Cervical cancer is preventable and is one of the most successfully treated cancers when detected early.</li> </ul>	<ul style="list-style-type: none"> <li>Every year women should visit a gynecologist or a primary care doctor for a pelvic exam and a Pap test.</li> </ul>
<b>Chlamydia</b>	<ul style="list-style-type: none"> <li>Chlamydia is a sexually transmitted infection that can affect a woman's reproductive health.</li> </ul>	<ul style="list-style-type: none"> <li>Every year sexually active women 25 or younger should visit their gynecologist or primary care doctor and get tested for chlamydia.</li> <li>The most reliable way to find out whether you have chlamydia is through laboratory testing of fluids (for example, urine samples).</li> </ul>
<b>Depression and mental health</b>	<p><b>Severe mental illness is debilitating.</b></p> <ul style="list-style-type: none"> <li>Mental illnesses, such as depression, bipolar disorder, and schizophrenia, are leading causes of disability in the United States.</li> </ul>	<ul style="list-style-type: none"> <li>If you've ever been hospitalized because of a mental illness, it is very important to receive follow-up care immediately (within seven days) after you have been discharged from the hospital.</li> <li>Call your doctor or Health Plus for help with follow-up care after hospitalization.</li> </ul>

CHILDREN

WOMEN

CHRONIC CONDITIONS

# CHRONIC CONDITIONS

What should you be concerned about?	What should you know about it?	When should you be tested?
<p><b>Diabetes</b></p>	<p><b>It can cause serious health problems, such as heart disease and kidney disease.</b></p> <ul style="list-style-type: none"> <li>● For diabetes prevention and control, you should be physically active, maintain a healthy weight, eat a healthy diet, and take your medications as prescribed.</li> </ul>	<ul style="list-style-type: none"> <li>● To manage diabetes make sure your Hb A1C is under control. Hb A1C is a measure of average blood sugar over the previous three months.</li> <li>● Have an eye exam (including a retinopathy screening test) and urinalysis once a year, or as recommended by your doctor.</li> <li>● Have your cholesterol and triglyceride levels checked (lipid profile test) once a year.</li> <li>● If you have type 2 diabetes, you should be tested for microalbuminuria (an early sign of kidney damage, or nephropathy) at the time you were diagnosed and every year thereafter. People with type 1 diabetes should be tested five years after diagnosis and every year thereafter.</li> <li>● Microalbuminuria is usually managed by improving blood glucose control, reducing blood pressure, and modifying your diet.</li> </ul>
<p><b>Asthma</b></p>	<p><b>Effective management of asthma can decrease the number of missed school and work days.</b></p> <ul style="list-style-type: none"> <li>● Talk to your doctor about an <b>asthma action plan</b>.</li> <li>● There are two main kinds of asthma medicine:             <ul style="list-style-type: none"> <li>■ <b>Rescue medications</b> (like Albuterol), which should be taken when you have symptoms of asthma or an asthma attack.</li> <li>■ <b>Control medications</b>, which should be taken <b>every day</b>, even when you're not feeling symptoms of asthma.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Talk with your doctor about your asthma at every visit.</li> <li>● Fill your prescription medications as instructed by your doctor.</li> <li>● Visit a specialist (pulmonologist) as recommended by your primary care doctor.</li> <li>● Monitor your asthma. Asthma cannot be cured, but it can be controlled.</li> </ul>
<p><b>Hypertension</b></p>	<p><b>High blood pressure is the single most important risk factor for stroke.</b></p> <ul style="list-style-type: none"> <li>● The only way to tell if you have high blood pressure is to have your blood pressure checked. Normal blood pressure should be less than 120/80 mm Hg for an adult. Blood pressure above 140/90 mm Hg is considered high.</li> </ul>	<ul style="list-style-type: none"> <li>● Visit your doctor and get your blood pressure checked regularly.</li> <li>● Also, eat healthy foods that are low in fat and sodium, and get regular physical activity.</li> <li>● If you are taking blood pressure medicine, it is important that you take it according to your health care provider's instructions.</li> </ul>
<p><b>Cholesterol</b></p>	<p><b>Did you know that high cholesterol is a leading cause of heart disease and stroke?</b></p> <ul style="list-style-type: none"> <li>● High cholesterol causes no symptoms. You'll only know you have it if you get a blood test.</li> <li>● People can often prevent or reduce high cholesterol with physical activity and a healthy diet. If these changes don't lower cholesterol enough, your doctor may prescribe medication.</li> </ul>	<ul style="list-style-type: none"> <li>● Visit your doctor every year for a physical examination.</li> <li>● A cholesterol screening is especially important for people with heart disease, those who are overweight or obese, or those who aren't physically active, have diabetes, have high blood pressure, smoke, or have a family history of heart disease.</li> </ul>

If you have a chronic condition, you should see your doctor *at least once a year*. If you would like to speak to a health educator at Health Plus, call 1-718-491-7477. Start your New Year's resolutions early. Be sure to get the tests you or your child needs by the end of this year!

fall 2006

# Events for your health

## Asthma

*Learn about asthma and how to keep it under control.*

Health Plus Office  
2501 Grand Concourse  
(second floor)  
Bronx, NY 10468  
**Oct. 19, 6 p.m.**

Health Plus Office  
241 37th St. (fourth floor)  
Brooklyn, NY 11232  
**Nov. 15, 6:30 p.m.**

Morris Heights Health Center  
85 W. Burnside Ave.  
Bronx, NY 10453  
**Nov. 16, 11 a.m.**

Health Plus Port Authority Office  
4211 Broadway  
New York, NY 10033  
**Nov. 16, 6 p.m.**

Health Plus Office  
241 37th St. (fourth floor)  
Brooklyn, NY 11232  
**Dec. 13, 6:30 p.m.**

Health Plus Port Authority Office  
4211 Broadway  
New York, NY 10033  
**Dec. 14, 6 p.m.**

Health Plus Office  
153-17 Jamaica Ave.  
Queens, NY 11432  
**Dec. 20, 10 a.m.**

Health Plus Office  
2501 Grand Concourse  
(second floor)  
Bronx, NY 10468  
**Dec. 21, 6 p.m.**

## Breast Cancer

*Learn about early detection methods, such as doctors' exams, breast self-examinations (BSE), and mammography. Practice BSE with a silicone breast model.*

Public School 19  
780 Post Ave.  
Staten Island, NY 10310  
**Oct. 18, 8:30 a.m.**

Morris Heights Health Center  
85 W. Burnside Ave.  
Bronx, NY 10453  
**Oct. 20, 8:30 a.m.**

Public School 44  
80 Maple Parkway  
Staten Island, NY 10303  
**Oct. 26, 8:30 a.m.**

## Childhood Obesity

*Learn about the causes of obesity and how parents can help their children control their weight.*

Public School 92  
99-01 34th Ave.  
Queens, NY 11368  
**Oct. 24, 8:45 a.m.**

## Communicating With Your Kids About Sexuality, Drugs, and Alcohol

*Learn tips on how to improve communication with your children when discussing sexuality, drugs, and alcohol.*

Public School 92  
99-01 34th Ave.  
Queens, NY 11368  
**Nov. 9, 8:45 a.m.**

## Diabetes

*Learn about the risk factors for diabetes and how to control it if you already have the disease.*

Health Plus Office  
2501 Grand Concourse  
(second floor)  
Bronx, NY 10468  
**Oct. 19, 6 p.m.**

Public School 17  
28-37 29th St.  
Queens, NY 11102  
**Nov. 8, 8:30 a.m.**

Health Plus Office  
241 37th St. (fourth floor)  
Brooklyn, NY 11232  
**Nov. 15, 6:30 p.m.**

Health Plus Port Authority Office  
4211 Broadway  
New York, NY 10033  
**Nov. 16, 6 p.m.**

Health Plus Office  
2501 Grand Concourse  
(second floor)  
Bronx, NY 10468  
**Nov. 30, 6 p.m.**

Health Plus Office  
241 37th St. (fourth floor)  
Brooklyn, NY 11232  
**Dec. 13, 6:30 p.m.**

Health Plus Port Authority Office  
4211 Broadway  
New York, NY 10033  
**Dec. 14, 6 p.m.**

Health Plus Office  
153-17 Jamaica Ave.  
Queens, NY 11432  
**Dec. 20, 10 a.m.**

Health Plus Office  
2501 Grand Concourse  
(second floor)  
Bronx, NY 10468  
**Dec. 21, 6 p.m.**





## Domestic Violence

*What is domestic violence? Learn about your legal rights, shelters, counseling, and other services that can help keep you and your children safe.*

Public School 19  
780 Post Ave.  
Staten Island, NY 10310  
**Jan. 10, 8:30 a.m.**

## Early Childhood Development

*Learn how you can help your child develop physically, emotionally, and intellectually.*

Georgia L. McMurray  
BAT Kids Center  
140 58th St.  
Brooklyn, NY 11220  
**Dec. 7, 4:30 p.m.**

## Healthy Eating for Kids

*Learn the importance of good nutrition, and the difference between a serving size and a portion.*

Georgia L. McMurray  
BAT Kids Center  
140 58th St.  
Brooklyn, NY 11220  
**Nov. 2, 4:30 p.m.**

## Heart Disease

*Learn the common signs and symptoms of heart disease and how to lower your risk.*

Morris Heights Health Center  
85 W. Burnside Ave.  
Bronx, NY 10453  
**Dec. 8, 8:30 a.m.**

## Help Your Child Stay Healthy/Immunization

*Learn about the importance of immunizations, routine doctor visits, and safety for your little one.*

Public School 19  
780 Post Ave.  
Staten Island, NY 10310  
**Nov. 15, 8:30 a.m.**

## High Blood Pressure

*Learn the signs and symptoms of high blood pressure and why it is called "the silent killer."*

St. John Episcopal Hospital  
327 Beach 19th St.  
Queens, NY 11691  
**Oct. 13, 1:30 p.m.**

## Lead Poisoning

*Learn how to protect your children from lead poisoning.*

Georgia L. McMurray  
BAT Kids Center  
140 58th St.  
Brooklyn, NY 11220  
**Oct. 5, 4:30 p.m.**

## Smoking Cessation

*Learn about the different methods to quit smoking and how your health will benefit from quitting.*

Public School 44  
80 Maple Parkway  
Staten Island, NY 10303  
**Jan. 9, 8:30 a.m.**

## Stress Management

*Is stress controlling your life? Take control—come and learn how to relieve your stress.*

Public School 44  
80 Maple Parkway  
Staten Island, NY 10303  
**Nov. 14, 8:30 a.m.**

Public School 17  
28-37 29th St.  
Queens, NY 11102  
**Dec. 6, 8:30 a.m.**

Public School 19  
780 Post Ave.  
Staten Island, NY 10310  
**Dec. 13, 8:30 a.m.**

## Taking Care of Your New Baby

*Learn about diapering, feeding, and safety for your baby. You will also practice bathing and dressing your baby.*

Lutheran Medical Center  
150 55th St.  
Brooklyn, NY 11220  
**Oct. 31, 11 a.m.**

Women's Health and Birthing Pavilion  
70 W. Burnside Ave.  
Bronx, NY 10453  
**Nov. 14, 11 a.m.**

Lutheran Medical Center  
150 55th St.  
Brooklyn, NY 11220  
**Nov. 28, 11 a.m.**

Women's Health and Birthing Pavilion  
70 W. Burnside Ave.  
Bronx, NY 10453  
**Dec. 12, 11 a.m.**



For a monthly updated list of our health education workshops, please visit our website at [www.healthplus-ny.org](http://www.healthplus-ny.org).