

MA/BC Newsletter

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Health Tradition

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Congratulations to the Holiday Card Contest Winners!

Congratulations to Luke Stamm for winning first place in the Health Tradition 2007 Holiday Card Contest! The theme of the contest was "It's SNOW Fun!" Luke received a Wal-Mart gift card for his drawing. In addition, his artwork appeared on the cover of Health Tradition's holiday card.



1st Place
 Luke Stamm
 Age: 12



2nd Place
 Baylee Clark
 Age: 10

Second and third place winners also received Wal-Mart gift cards. All remaining entries received McDonald gift cards. Thank you to all the children who took part!

3rd Place
 Presley Monsos
 Age: 8



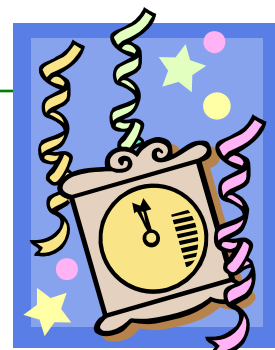
Keep Your New Year's Resolution

If your New Year's Resolution is to stop smoking, Health Tradition Health Plan can help you succeed. The **Mayo Clinic Tobacco Quit Line** is staffed with professional counselors who will help you set a quit date, provide you with helpful quit tips and give you encouragement and

support that will help you stay quit. Best of all, this service is at *no charge* to you and your family. Give them a call toll-free at 1-888-642-5566.

Another source available to you at *no cost* is the **Wisconsin Tobacco Quit Line**. The quit line

offers expert counseling, self-help materials and telephone support. You can reach them toll-free at 1-800-QUIT-NOW (784-8669) or go to their website at <http://www.ctri.wisc.edu/quitline.html>.



Why Is It So Hard to Quit Smoking?

Mark Twain said, "Quitting smoking is easy. I've done it a thousand times." Maybe you've tried to quit, too. Why is quitting and remaining smoke-free hard for so many people? The answer is nicotine.

Nicotine is a drug found naturally in tobacco. It is highly addictive. Over time, a person becomes physically and emotionally addicted to, or dependent on, nicotine. Studies have shown that smokers must

deal with both the physical and mental dependence to be successful at quitting and staying smoke-free.

Source: www.cancer.org

Why Should I Quit?

Below are just a few of the reasons you should stop smoking today!

Cancer: Smokers are at a higher risk for lung cancer, cancer of the mouth, voice box, throat, esophagus, bladder, kidney, pancreas, cervix, stomach, and some leukemia.

Lung Diseases: Smoking increases your risk of getting lung diseases.

Heart Attacks, Strokes, and Blood Vessel Diseases: Smokers are twice as likely to die from heart attacks as non-smokers.

Blindness and Other Problems: Increased risk of premature wrinkling of the skin, bad breath, bad smelling clothes and hair, yellow fingernails, and an increased risk of macular degeneration, one of the most common causes of blindness in the elderly.

Special Risks to Women and Babies: Women over 35 who smoke and use birth control pills have a higher risk of heart attack, stroke, and blood clots of the legs. Women who smoke are more likely to have a

miscarriage or a lower birth-weight baby.

Years of Life Lost Due to Smoking: US Centers for Disease Control and Prevention estimated that adult male smokers lost an average of 13.2 years of life and female smokers lost 14.5 years of life because of smoking.



Source: www.cancer.org

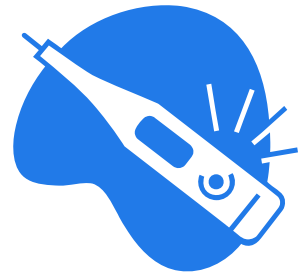


The Scoop on Fevers

If your child shows signs of a fever, but remains playful and is eating, the fever is O.K. But, if you child pulls at his/her ears, cries when wetting, acts as if his/her throat hurts, and does not want to play or eat, his/her fever may need to be watched.

Remember, only high fevers need to be treated and it is normal for your child's temperature to go up in the afternoon and at nighttime. **Call your clinic if your child is 2 months or younger and has a fever, if the fever comes on**

suddenly,
or if your
child is
less active
and more
cranky.



Safe Sledding Fun

Sled riding is a great way to have fun in the winter, but play it safe. Always remember these important safety tips.

- Wear a helmet.
- Wear warm clothing.
- Stop your sled or make a sharp turn by dragging feet.
- If the sled won't stop or is out of control, roll off sled and onto the ground.
- Make sure the sled is in good condition and isn't broken.
- Never use an inner tube, saucer or disk, because they can't be steered.
- Only sled ride when an adult is present.
- Never sled ride in unsafe areas like the street, driveways, or rocky hills.
- Never ride into a snow bank - the snow may hide a tree stump or rocks.
- Never sled ride when it is icy. Ice makes the sled go



too fast.

- Never sled ride in the dark.
- Never ride a sled that is being pulled by a car, truck or ATV.

Source: www.ohsu.edu

"Beary-Berry" Banana Split

- 1 small banana, split lengthwise
- 1 container (6 oz.) strawberry low-fat yogurt or your favorite flavor
- 1/4 cup TEDDY GRAHAMS Cinnamon Graham Snacks

PLACE bananas in sundae dish or cereal bowl.

TOP evenly with yogurt and graham snacks.

SERVE immediately.

Jazz It Up

Sprinkle with 1 Tbsp. toasted PLANTERS Sliced Almonds just before serving.

Source: www.kraftfoods.com



When should I get a mammogram?

Most women should have their first mammogram at age 40 and then have another mammogram every one or two years after that. Talk to your health professional if you have any symptoms or changes in your

breast, or if breast cancer runs in your family. He or she may recommend that you have mammograms before age 40 or more often than usual.

Source: www.cdc.gov



Deep Breathing to Handle Stress



Deep breathing is a good way to relax. Try it a couple of times every day. Here's how to do it.

- Lie down or sit in a chair.
- Rest your hands on your

stomach.

- Slowly count to four and inhale through your nose. Feel your stomach rise. Hold it for a second.
- Slowly count to four while you exhale through your

mouth. To control how fast you exhale, purse your lips like you're going to whistle. Your stomach will slowly fall.

- Repeat five to 10 times.

Source: www.womenshealth.gov



Lead Poisoning

Lead Poisoning can damage a child's brain and cause learning and behavioral problems. All children at ages one and two must have a blood test to check for lead poisoning. Anyone can

get lead poisoning, but children between the ages of six months and six years are at the highest risk. Children of any age that come in contact with lead through paint chips or dust in

homes built before 1977, home remodeling or old painted toys should have a blood lead test. This test is also part of a HealthCheck screening exam.

HealthCheck Screening Guidelines

Health Tradition Health Plan covers all healthcheck screenings for children under the age of 21. Please see the list

below to find out how many screens your child should have:

- Birth to 1 year—6 screenings
- Age 1 to 2 years—3 screenings

- Age 2 to 3 years—2 screenings
- Age 3 to 21 years—1 screening per year.

Stay Informed

Health Tradition wants you to be informed! We now have available for members, A Guide to the Wisconsin Medicaid and BadgerCare HMO Program and the Wisconsin Medicaid Ombuds Brochure. Both are available in Hmong, Spanish and English. To get a copy, call the Member Advocate at 608-783-9507 or toll-free 1-800-545-8499. You can also visit our website at www.healthtradition.com.

Mayo Clinic Tobacco Quitline

Call the *Mayo Clinic Tobacco Quitline* and start living a tobacco-free life. Call toll-free at 1-888-642-5566 or TDD 1-866-257-2971. The Mayo Tobacco Quitline is a service available to Health Tradition members at no cost.

Ask Mayo Clinic

The 24-hour nurse line for Health



Tradition members.

Call toll-free at 1-877-341-1746 or TDD 1-877-728-3311

to talk with Mayo clinic nurses about medications, general health concerns, home remedies, or the need to see a doctor.

Ask the Advocate

Q. Does Health Tradition Health Plan cover dental services?

A. No, Health Tradition does not cover dental services. Either contact a dentist and ask if they accept the Forward card or contact the enrollment specialist at 1-800-291-2002.

Q. Do I need to show my Forward card at every appointment?

A. Yes, when you are seen by an in network provider or even an out of network provider make sure you show them your Forward card and tell them that you have Health Tradition Health Plan Medicaid.



Provider Changes

New Providers

Franciscan Skemp-La Crosse

- Kristen Lerberg, MD—Family Medicine
- Theresa Hagen, CNM—Midwife
- Bradley Bastian, PA-C—Family Medicine
- Evan Nelson, MD—Physical Medicine and Rehabilitation

Providers Leaving

Franciscan Skemp-La Crosse

- Robert Shaffer, MD—Gastroenterology

Franciscan Skemp-Onalaska

- Rebecca Gilbertson, CNM—Women's Health

Franciscan Skemp-Calendonia

- Ryan Brenza, MD—Family Medicine

English – For help to translate or understand this, please call 1-800-545-8499.

Spanish – Si necesita ayuda para traducir o entender este texto, por favor llame al teléfono 1-800-545-8499.

Russian – Если вам не всё понятно в этом документе, позвоните по телефону 1-800-545-8499.

Hmong – Yog xav tau kev pab txhais cov ntaub ntawv no kom koj totaub, hu rau 1-800-545-8499.

Laotian – ເພື່ອຊ່ວຍໃນການແປ ຫລືເຂົ້າໃຈເນື້ອຫາໃນນີ້, ກະລຸນາໂທລະສັບຫາ 1-800-545-8499.

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