

the better bulletin

SUMMER 2016 NEWSLETTER



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Defend Against Mosquito Bites

Summer is the peak season for outdoor fun. It's also the season of pests — like mosquitoes. Most mosquito bites are just annoying, itchy bumps. But some carry diseases, such as West Nile virus.

Zika is another virus passed primarily through mosquito bites. And it has been found in places south of the United States, including, but not limited to Mexico, Cuba, Jamaica and Brazil. The virus is a big concern for pregnant women, because it can cause serious complications in newborns.

This season, help protect yourself and your family from mosquito bites. And avoid travel to any areas affected by the Zika virus.



It is important to use insect repellent that is registered for effectiveness by the Environmental Protection Agency (EPA). Your repellent should include one of these active ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus or para-menthane-diol. Carefully follow the instructions on the label before applying it.

DEFEND AGAINST MOSQUITO BITES (CONTINUED)

Follow these steps to prevent mosquito bites:



When outdoors, wear long-sleeved shirts, long pants and closed shoes.



Keep mosquitoes outside by making sure windows and doors are closed. Check or install window screens for any holes. And use air conditioning as much as possible.



Once a week, empty and scrub, turn over, cover or throw out outdoor items that hold water. These include buckets, planters, toys, pools, birdbaths, flowerpots or trash containers.



Clean out gutters and downspouts to remove any standing water.

STAY COOL ON HOT DAYS

KEEP YOUR COOL WHEN THE TEMPERATURES RISE

Summertime is a favorite time of year to be outside in the sun. It can also be dangerous when temperatures reach high double and sometimes triple digits. Extreme heat can lead to illness, especially in adults 65 years and older, children 4 years and younger and people who are overweight, ill or taking certain medications.

Becoming sick from extreme temperatures can happen before you realize it. Heat stroke is the most serious heat-related illness. Heat exhaustion is less serious, but may not develop until several days after being outside in hot weather. The warning signs for both include: headache, dizziness and nausea.



Help prevent any heat-related illness by:



Limiting your time outside, especially in the afternoon



Drinking water before you feel thirsty



Wearing lightweight, loose clothing



Taking cool showers and baths



Spending more time inside in air-conditioned areas

BACK TO SCHOOL WITH GOOD HEALTH

Help your child get a healthy start to the new school year. No matter if they are just starting school or getting ready to graduate, being prepared is the best tool for a successful year.



Make sleep a priority.

Younger children need at least 10 hours of sleep and teenagers need at least nine. Keep them on a schedule of going to bed and waking up at the same time. And limit their TV, Internet and phone time, so they can relax before bedtime.



Add physical activity.

Add physical activity to help decrease health risks like obesity, type 2 diabetes and heart disease. If gym or recess time is limited during the school day, consider after-school sports or other opportunities to boost activity levels.



Be active in your child's school life.

From building good homework habits to talking about important issues, you can help them achieve better learning.



Encourage healthy eating habits.

Check to see if the school offers more nutritional options, including fruits, vegetables, whole grains and low-fat or nonfat milk. Or pack a healthy lunch. Studies have shown that students who eat foods rich in protein, vitamins and minerals will perform better than those who eat fried foods or sweets.



HEALTHY RECIPE

ADD PASTA CARBONARA TO YOUR SUMMERTIME MENU

Gather around the table for a healthy update to an Italian favorite!

This recipe serves 4.

Ingredients:

1 lb. whole wheat spaghetti

1/2 cup plain yogurt

4 eggs

2 tsp ready-to-eat real bacon bits

1 cup frozen mixed vegetables, thawed by running under cool water

1 tsp extra virgin olive oil

Salt and black pepper, to taste

3/4 cup grated parmesan cheese

Instructions:

1

Cook pasta according to package instructions, about 6 to 9 minutes or until al dente.

2

While the pasta cooks, combine the eggs, cheese, yogurt and olive oil in a bowl and beat with a whisk until completely mixed.

3

For veggies, prepare as instructed on package.

4

Drain pasta, toss with the egg and yogurt mixture, then add cooked bacon and mixed vegetables.

5

Serve warm.



ANTIBIOTIC OVERUSE

KNOW THE RISK OF ANTIBIOTIC OVERLOAD

Health organizations are seeing antibiotic resistance as an increasing problem across the globe. For years, antibiotics have been used to help fight colds, flu and other infections caused by viruses. But antibiotics are actually designed to cure bacterial infections, not viruses.

Research has shown that taking antibiotics for a virus can actually create more problems:

- Increase the risk of getting an infection that is more resistant to antibiotics
- Cause infections that may last longer and result in a severe illness needing more medical care
- Decrease the effectiveness of antibiotics for treatment
- Lead to one out of five emergency room visits as a result of harmful side effects

Talk to your primary care provider (PCP) about your options when you or a family member has a virus. You may be able to find relief from an over-the-counter medication.



REMEMBER TO TAKE YOUR MEDICATIONS

Your medications help you manage your health. So, it's important to keep track of daily medications, especially if you take more than one. Always take your medications according to the prescription.

Here are ways to help you remember:

- Use a weekly pill box that you refill once per week.
- Create a medication chart with a box to check off when you take medicines.
- Set an alarm on a clock or your phone or add specific times to your calendar.
- Have a relative or friend call to remind you.

Talk to your primary care provider (PCP) or your pharmacist if you are having trouble remembering when you need to take your medications. And don't stop taking your medications without discussing it with your doctor.

BETTER IS: UNDERSTANDING YOUR HEALTH PLAN

When you have questions about your Ambetter health coverage, your answers are closer than you might think.

Your member resources, such as the Member Handbook and Evidence of Coverage (EOC), have answers. Use the chart below to help you find answers to questions about your benefits. And take charge of your health by learning more about your health plan.



Frequently Asked Questions (FAQs) About Your Plan	Member Handbook	Website	Online Member Account
What benefits are covered by my health plan? What types of health checkups are included in my plan?	●	●	●
What is care management ? How do I find out if I qualify for these services?	●	●	
Where can I find a list of medications covered by my plan?	●	●	●
Where can I find my member rights and responsibilities ?	●		●
Where can I find information about my plan's denial notice and my right to file an appeal with my health plan, file an external appeal , or file a complaint ?	●		●
Where can I find information about how members reaching adulthood can get assistance in finding a primary care provider (PCP) or specialists who treat adults?		●	
What is Utilization Management (UM) and how do I reach UM staff with related questions or issues?	●		
Where can I find out about my plan's Quality Improvement program ?		●	
How does my plan ensure my privacy and safeguard my Protected Health Information?	●	●	
Where can I find out about how my health plan reviews new technology ?	●		
How long should it take to get an appointment with my PCP, a Specialist or other healthcare providers? (Appointment Access Standards)	●		●

WHERE TO FIND MORE INFORMATION ABOUT YOUR PLAN

Website:

AmbetterofArkansas.com

Find your **Member Handbook** at AmbetterofArkansas.com. Click on the *For Members* section and then on the *Member Resources* link.

Your **Schedule of Benefits** and **Evidence of Coverage (EOC)** can be found when you log in to your secure online member account at Member.AmbetterHealth.com.

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IF YOU HAVE ANY ADDITIONAL QUESTIONS, PLEASE VISIT

AmbetterofArkansas.com.

Contact Member Services for print versions of all informational materials.

Phone: 1-877-617-0390
(TTY/TDD 1-877-617-0392)