

# Healthy Moves

  
magnolia health™

  
magnolia health™  
Mississippi Children's Health Insurance Program



## Know your numbers

**Do you know your blood pressure numbers?** That is the first step in fighting high blood pressure. High blood pressure can increase the risk of heart disease and stroke. It can lead to heart attacks and kidney disease. Here are three ways to control your blood pressure.

- 1. Eat a healthy diet.** This means less fat, salt and sugar and more whole grains and vegetables. Limit alcohol and sugary drinks.
- 2. Stay active.** Regular exercise will make your heart stronger. It can also keep your weight down.
- 3. Take your medication.** Has your doctor prescribed medication to control your blood pressure? Take it exactly as prescribed.

Magnolia Health can help you manage your blood pressure. We have disease management and care management programs for members with certain conditions. Call **1-866-912-6285**, Relay **711**.

## It is not too late to get your flu shot

Flu season runs from October 1 until March 31 each year. If your provider cannot give you a flu shot, visit an in-network pharmacy. The pharmacy can provide a flu shot at no charge. Call Magnolia if you need help getting your flu shot.

## Make the most of your health plan

Magnolia Health wants to help you get the most out of your health plan. Let us know if you need:

- A ride to the doctor
- Help finding a doctor
- Help making an appointment
- A paper copy of anything you see on our website,

[www.magnoliahealthplan.com](http://www.magnoliahealthplan.com)

Our website has lots of helpful information. You can find a copy of your member handbook and look for a provider. You can also access tools or order a new member ID card through the secure member portal. Find the member portal at [www.magnoliahealthplan.com/login.html](http://www.magnoliahealthplan.com/login.html).

Call Magnolia Health Member Services at **1-866-912-6285**, Relay **711**.

## Know your benefits

Do you know your benefits? You can find out more about your benefits in the member handbook. If you don't have a copy, we can send you one. Just call us at **1-866-912-6285**, Relay **711**.

You can also call us with questions about your benefits. We can help you file a complaint. We can also tell you how to appeal a decision.

We offer free interpreter services to members. An interpreter can help you find out more about your benefits. An interpreter can also help you during medical appointments. Call Magnolia Health Member Services at **1-866-912-6285**, Relay **711**.



## Checkups for teens

Teens don't need checkups as often as young kids do. But they should still see a primary care doctor at least once a year. Regular visits will keep teenagers up to date on vaccines. The doctor can also talk to teens about:

- Safe sex
- Drug and alcohol use
- Depression

As young people approach adulthood, they should stop seeing a pediatrician and start seeing an adult primary care provider. This is particularly important for teens with chronic health issues. If a teen has a condition such as diabetes, he or she should not miss any visits.

Growing up also means teens will need to start managing their own care. They will need to make their own appointments. They will need to talk to doctors about their care. You can learn more about helping teens transition to an adult care provider at [www.gottransition.org](http://www.gottransition.org).

Magnolia Health can help teens find an adult care provider. Call Member Services at **1-866-912-6285**, Relay **711**.



# Your diabetes plan

If you have diabetes, tests can help you take care of your health. You should know about these tests:

- **HbA1c:** This blood test shows your average blood sugar level over the past few months. Most people aim for an A1c lower than 7 or 8 percent.
- **Eye exam:** A vision test will check for signs that diabetes is damaging your eyes.
- **Foot exam:** Your doctor will look for blisters, sores or a loss of feeling.
- **Blood pressure:** High blood pressure can make the health problems caused by diabetes worse.
- **Cholesterol:** People with diabetes are more likely to have high cholesterol. This can cause heart disease.
- **Urine screening:** This test makes sure your kidneys are working well.

If you have diabetes, you should see your doctor every three to six months. Talk to your doctor about what tests you need and how often.

Magnolia Health can help you manage your diabetes. We have disease management and care management programs for members with certain conditions. Call **1-866-912-6285**, Relay **711**.

## Taking care of your teeth

Healthy teeth mean more than just a good-looking smile. Good dental care adds to your overall health. Children and adults should see a dentist at least once a year.

Call us at **1-866-912-6285**, Relay **711** if you need help finding a dentist. We can tell you what dental services are covered.

## Winter risks for heart disease

You probably know that winter is a risky time for falls. But did you know you're also more at risk of a heart attack in the winter? That's because cold weather makes blood vessels smaller. This can lead to higher blood pressure and higher cholesterol levels, which can cause heart disease. Here are some tips for staying healthy in the colder months.

- **Wrap up:** Dress in layers to stay warm. Be sure to wear a hat and gloves.
- **Build up to it:** If you plan to work or play outside, warm up with light exercise first.
- **Take care of your health:** Talk to your doctor about your blood pressure. Get your cholesterol checked.

Do you need help finding a provider? Magnolia Health can help. Call **1-866-912-6285**, Relay **711**. We have disease management plans to help you stay healthy.





## Sad or depressed?

Depression is a serious illness. Like other illnesses, it can be treated.

These are common signs of depression:

- Weight loss
- Feeling tired
- Anxiety
- Trouble concentrating
- Sleep troubles
- Headaches
- Stomach problems
- Heart racing

Talk with your provider if you have these symptoms. There are many ways to treat depression. And the only way to start feeling better is to start talking about it.

Call **1-866-912-6285**, Relay **711** if you need help finding a provider or if you need someone to talk to.

# What are your wishes?

It can be hard to talk about end-of-life care. But it's important to talk about it now. That way, your loved ones will know what your wishes are if you become unable to speak for yourself.

An advance directive is a document that says what treatments you do and do not want. Once you have a directive, there's still more to do. Make sure your doctor puts a copy in your file. Make sure your loved ones know where to find a copy.

You can find more information on advance directives at [www.caringinfo.org](http://www.caringinfo.org).



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## Statement of Non-Discrimination

Magnolia Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, religion, national origin, age, disability, sex, sexual orientation, gender, or gender identity. Magnolia Health does not exclude people or treat them differently because of race, color, religion, national origin, age, disability, sex, sexual orientation, gender, or gender identity.

### Magnolia Health:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
  - Qualified sign language interpreters
  - Written information in other formats (18 point font or larger print, audio, accessible electronic formats, other formats)
- Provides free language services for those whose primary language is not English, such as:
  - Qualified Interpreters
  - Information written in other languages

If you need these services, contact Magnolia Health at 1-866-912-6285, Relay 711.

If you believe that Magnolia Health has failed to provide these services or discriminated in another way on the basis of race, color, religion, national origin, age, disability, sex, sexual orientation, gender, or gender identity, you can file a grievance with: Appeals Unit/ Appeals Coordinator, 111 E Capitol Street, Suite 500, Jackson, MS 39201, 1-866-912-6285, Relay 711, Fax 1-877-264-6519. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Magnolia Health is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW., Room 509F, HHH Building, Washington, DC 20201, 1- 800-368-1019, 800-537-7697 (TDD).

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

<b>Spanish:</b>	Si usted, o alguien a quien está ayudando, tiene preguntas acerca de Magnolia Health, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 1-866-912-6285, Relay 711.
<b>Vietnamese:</b>	Nếu quý vị, hay người mà quý vị đang giúp đỡ, có câu hỏi về Magnolia Health, quý vị sẽ có quyền được giúp và có thêm thông tin bằng ngôn ngữ của mình miễn phí. Để nói chuyện với một thông dịch viên, xin gọi 1-866-912-6285, Relay 711.
<b>Chinese:</b>	如果您，或是您正在協助的對象，有關於Magnolia Health方面的問題，您有權利免費以您的母語得到幫助和訊息。如果要與一位翻譯員講話，請撥電話1-866-912-6285, Relay 711。
<b>French:</b>	Si vous-même ou une personne que vous aidez avez des questions à propos d’Magnolia Health, vous avez le droit de bénéficier gratuitement d’aide et d’informations dans votre langue. Pour parler à un interprète, appelez le 1-866-912-6285, Relay 711.
<b>Arabic:</b>	إذا كان لديك أو لدى شخص تساعدك أسئلة حول Magnolia Health، لديك الحق في الحصول على المساعدة والمعلومات الضرورية بلغتك من دون أية تكلفة. للتحدث مع مترجم اتصل بـ 1-866-912-6285, Relay 711.
<b>Choctaw:</b>	Chim ayalhpísah ihokih Chishno kiyokmat kanah ish apíla ká, Magnolia Health imma ná ponaklo hachim áshah ihokmá. Apíla hicha nán annówa yá chim annopa anóli ako hashísha hínah kat. Ahíkachih kiyoh. Annopa tishóli imanópolih chinnakma, holhtina yappá ipayah 1-866-912-6285, Relay 711.
<b>Tagalog:</b>	Kung ikaw, o ang iyong tinutulungan, ay may mga katanungan tungkol sa Magnolia Health, may karapatan ka na makakuha nang tulong at impormasyon sa iyong wika ng walang gastos. Upang makausap ang isang tagasalin, tumawag sa 1-866-912-6285, Relay 711.
<b>German:</b>	Falls Sie oder jemand, dem Sie helfen, Fragen zu Magnolia Health hat, haben Sie das Recht, kostenlose Hilfe und Informationen in Ihrer Sprache zu erhalten. Um mit einem Dolmetscher zu sprechen, rufen Sie bitte die Nummer 1-866-912-6285, Relay 711 an.
<b>Korean:</b>	만약 귀하 또는 귀하가 돕고 있는 어떤 사람이 Magnolia Health에 관해서 질문이 있다면 귀하는 그러한 도움과 정보를 귀하의 언어로 비용 부담없이 얻을 수 있는 권리가 있습니다. 그렇게 통역사와 얘기하기 위해서는 1-866-912-6285, Relay 711 로 전화하십시오.
<b>Gujarati:</b>	જે તમને અથવા તમે જેમની મદદ કરી રહ્યા હોય તેમને, Magnolia Health વિશે કોઈ પ્રશ્ન હોય તો તમને, કોઈ ખર્ચ વિના તમારી ભાષામાં મદદ અને માહિતી પ્રાપ્ત કરવાનો અધિકાર છે. દુભાષિયા સાથે વાત કરવા 1-866-912-6285, Relay 711 ઉપર કોલ કરો.

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<b>Japanese:</b>	Magnolia Healthについて何かご質問がございましたらご連絡ください。ご希望の言語によるサポートや情報を無料でご提供いたします。通訳が必要な場合は、1-866-912-6285, Relay 711 までお電話ください。
<b>Russian:</b>	В случае возникновения у вас или у лица, которому вы помогаете, каких-либо вопросов о программе страхования Magnolia Health вы имеете право получить бесплатную помощь и информацию на своем родном языке. Чтобы поговорить с переводчиком, позвоните по телефону 1-866-912-6285, Relay 711.
<b>Punjabi:</b>	ਜੇ ਤੁਹਾਡੇ, ਜਾਂ ਤੁਹਾਡੀ ਮਦਦ ਲੈ ਰਹੇ ਕਿਸੇ ਵਿਅਕਤੀ ਦੇ ਮਨ ਵਿਚ Magnolia Health ਦੇ ਬਾਰੇ ਕੋਈ ਸਵਾਲ ਹਨ. ਤਾਂ ਤੁਹਾਨੂੰ ਆਪਣੀ ਭਾਸ਼ਾ ਵਿਚ ਮੁਫਤ ਮਦਦ ਲੈਣ ਦਾ ਪੂਰਾ ਹੱਕ ਹੈ। ਦੁਬਾਸ਼ੀਏ ਨਾਲ ਗੱਲ ਕਰਨ ਲਈ 1-866-912-6285, Relay 711 'ਤੇ ਕਾਲ ਕਰੋ।
<b>Italian:</b>	Se lei, o una persona che lei sta aiutando, avesse domande su Magnolia Health, ha diritto a usufruire gratuitamente di assistenza e informazioni nella sua lingua. Per parlare con un interprete, chiami l'1-866-912-6285, Relay 711.
<b>Hindi:</b>	आप या जिसकी आप मदद कर रहे हैं उनके, Magnolia Health के बारे में कोई सवाल हों, तो आपको बिना किसी खर्च के अपनी भाषा में मदद और जानकारी प्राप्त करने का अधिकार है। किसी दुभाषिये से बात करने के लिए 1-866-912-6285, Relay 711 पर कॉल करें।

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