

Healthy Moves



Mississippi Children's Health Insurance Program



Are antibiotics the right answer?

If you have kids, you know there are many germs this time of year. It seems there is always a flu, a cold or an infection popping up.

You want your kids to feel better quickly. You might think antibiotics are the best cure. Think again.

Antibiotics only help illnesses caused by bacteria. Most colds and flus come from a virus. That means antibiotics cannot cure them. Antibiotics can treat strep throat, whooping cough and other ailments.

Discuss your options with the doctor if you or your child does get sick. And help prevent the flu coming to your family by getting a flu shot.

Four facts about the flu shot

1. The flu shot is recommended for everybody over 6 months old. It's the safest way to prevent the flu.
2. If you are pregnant, you should get the flu shot to protect you and your unborn baby.
3. The flu shot is available at no cost.
4. The flu shot changes every year. It is updated to fight the latest version of the flu.

If you need help getting a flu shot, Magnolia Health Member Services can help. Call **1-866-912-6285**.



A woman's health checklist

Ask your doctor about these three must-do health screenings. They could save your life.

- **Mammogram:** This is an X-ray that looks for signs of breast cancer.
- **Pap test:** This test checks for cancer in your cervix or uterus.
- **Cholesterol test:** This blood test can tell you and your doctor a lot about your heart health.

Talk to your doctor about the best tests and schedule for your health needs. Call Magnolia if you need help finding a doctor or making an appointment.

Notes about your health plan

- **We want you to get quality care:** You deserve quality care. We want to help you get that. Our Quality Improvement (QI) program reviews services from our doctors, hospitals and clinics. Call us or visit www.magnoliahealthplan.com to learn more about our QI program.
- **We can help you with appointments:** Doctors do their best to see you when you need to be seen. It depends on why you need to be seen. Below are general guidelines on when you can expect to get an appointment:
 - Urgent care or sick visits within 1 day
 - Non-urgent visits within 7 calendar days
 - Checkups and physicals for adults within 30 days
 - Well-child checkups within 30 daysYou should only have to wait one hour or less in the waiting room. Call Magnolia Member Services at **1-866-912-6285** if you have trouble getting an appointment.
- **We are online:** You can find us online at www.magnoliahealthplan.com. Search for a provider. Review special member benefits. And review a list of covered medications. If you would like paper copies of anything on our site or your member handbook, call Member Services at **1-866-912-6285**.
- **We review new technology:** We have a group of physicians and staff who regularly look at new services, treatments and drugs. This team reviews them to see if they are safe and effective.

Diabetes and your teeth

Did you know: People who have diabetes are more likely to get gum disease?

Take care of your diabetes by taking care of your mouth. See your dentist regularly. Brush and floss daily. Also, make sure your dentist talks with your doctor before you have any dental surgery.



Ready to quit?

You know smoking increases your risk for cancer, stroke and other diseases. Even so, it is hard to stop. And it is easy to be tempted to have just one more.

Here are a few ideas to beat your cravings:

- Call a friend.
- Tell yourself you will light up 10 minutes from now. If you can delay smoking, the urge may pass.
- Focus on why you are quitting. Saving money? Feeling healthier? Being around longer for your children?
- Talk to your doctor about medication options. It can increase your chances of quitting.

Do not give up on quitting. Your doctor and Magnolia can help you find the best way to quit. Call us for information on quitting.

Caring for your children

Magnolia's goal is for kids to get the right health care, at the right time and in the right place. It is very important for children to visit their doctor when they are well, not just when they are sick. Visiting your doctor when you are well and getting the right immunizations can prevent many childhood diseases and illnesses. This care is called early periodic screening diagnostic and treatment (EPSDT).

Below is a recommended health check schedule for your children.

Infancy	Appointment Date	Early Childhood	Appointment Date
Birth		15 months	
3 to 5 days		18 months	
1 month		24 months	
2 months		30 months	
4 months		3 years	
6 months		4 years	
9 months		Through adolescence	
12 months		Every year until age 21	

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Your voice matters

A member survey is sent out each year on behalf of Magnolia Health. The questions on this survey let us know how we are doing. We need your input so we can make improvements.

Magnolia encourages each member to complete the survey in order for the services to be evaluated and changes to be made if needed.

In 2016 some positive results were:

Customer Service: 92.4%

Getting Needed Care: 83.4%

Areas for improvement included:

Rating of Health Plan: 76.6%

Rating of Health Care: 76.6%

Connect with your health

Visit our site to log on to our member portal. You can learn more about your doctor. Find important forms. You can also get a temporary ID card on the site.

Go to www.magnoliahealthplan.com.

