

Make Health HAPPEN

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Starting January 1, 2019, we're adding new Healthy Rewards!

Your health is our priority! And our Healthy Rewards program is here to help you stay on top of it. Every time you get certain checkups, tests or refills, we'll pay you for it!

See our new rewards in the chart below.

New Healthy Rewards when you get a/an:

Annual wellness visit (all ages)

Breast cancer screening

HPV shot

Flu shot

HbA1c (blood sugar) test (if you have diabetes)

Refill of medicine used to treat depression

Refill of medicine used to treat schizophrenia or bipolar disorder

Follow-up visit within 30 days after being discharged for a mental or behavioral health issue

Certain limits apply.



These are just our new rewards. To read the rest and learn how to sign up, visit www.myamergroup.com/HealthyRewards or call 1-877-868-2004. Limits and exclusions apply.



Keep your diabetes in check

✓ Check in, check up, check back

Diabetes can be a lot to manage. That’s why it’s important to visit your doctor for regular diabetic checkups and screenings, even when you feel fine. It’s important to have the following tests done at least once per year:

Ask your doctor about other tests you may need, making health goals and for more info about your test results.

What to check	Why
Complete blood sugar test (A1c)	This test is different than the one you take at home. It measures your average blood sugar over the past three months. Your doctor can recommend changes to help keep your numbers under control.
Diabetic eye exam	Diabetes can lead to vision problems or even blindness over time. Regular testing can help your doctor recommend changes before your vision gets worse.
Diabetic foot exam	With diabetes, you may slowly lose feeling in your feet. You may not realize that you have nerve damage, sores or infections. If left untreated, you may need amputation.





Sex, warts and HPV

Every teen should get vaccinated

According to the Centers for Disease Control and Prevention (CDC), human papillomavirus (HPV) is the most common sexually transmitted infection in the U.S.

Here's what you need to know:

- HPV is a virus passed from one person to another orally and during skin-to-skin sexual contact.
- It normally shows no symptoms.
- Certain types of HPV can cause:
 - Genital warts
 - Cancer of the cervix, vulva, vagina, penis, anus or throat (often after being infected for many years)
- The best way to prevent genital warts and cancer-causing HPV is by getting the vaccine (shot) early.

Who can get the HPV shot?

- Females ages 9-26
- Males ages 9-21

The earlier, the better.

Need help making an appointment?

Call Member Services at 1-800-600-4441
(TTY 711) 7:30 a.m. to 6 p.m. Central time.



If you are or
your child is the
right age, call
the doctor about
getting the HPV
shot today.



Taking pills for depression?

We know there's a lot of negative stigma about taking pills to help with your moods or behaviors. The truth is:

- Lots of people get depressed.
- It can happen to anyone.
- There's no shame in asking for help or getting treatment.

Here are some tips to help take the medicine:



Use a pill box with a compartment for each day of the week.



Set an alarm to help you take it at the same time each day.



If you don't feel comfortable taking pills in front of others, choose a time when you're home or likely to be alone.



Your medicine is an important part of your ongoing treatment plan. Don't stop taking it without talking with your doctor first.

Ready to quit?

Take a deep breath.
And **sign up** for our **free stop-smoking program** today!

Quitting smoking or other tobacco products can be hard. But it's one of the best things that you can do for your health.



There are lots of great reasons you may want to quit, like:

- Saving money
- Not exposing others to secondhand smoke
- Helping your car, home and clothes smell better
- Improving taste and sense of smell
- Breathing easier and coughing less
- Having more energy
- Improving your heart and lung health



If you're ready to quit and sign up for support, call Member Services at **1-800-600-4441** (TTY 711) 7:30 a.m. to 6 p.m. Central time.

We can help you make the change.

Our program includes all this for free:

- Support and advice from a quit coach
- A tobacco quit kit
- Self-help materials
- Nicotine replacement products
- Coping strategies for dealing with cravings and withdrawal

New baby in the house? Don't go it alone.



Babies bring a lot of joy into our homes. But they can also bring stress. As a new parent, you'll need all the help you can get.

Here are some tips to help reduce stress:

- **Ask for help.** Call a friend or relative to talk or sit with the baby and take a break.
- **Work out a nighttime schedule with your partner.** Take turns getting up with the baby.
- **Get fresh air.** Take the baby for a walk to boost both of your moods.
- **Be patient with yourself and the baby.** Allow time each day for feeding, crying spells and changing diapers.
- **Eat a healthy diet with fresh fruits and vegetables.** Drink plenty of water.

Remember, it's normal to feel stressed. Every new parent needs a time out sometimes.



If a crisis arises and you feel like hurting your child, **STOP**. Call the National Child Abuse Hotline at 1-800-4-A-CHILD (1-800-422-4453).





An Anthem Company

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Member Services:

1-800-600-4441 (TTY 711)

7:30 a.m. to 6 p.m. Central time

24-hour Nurse HelpLine:

1-866-864-2544 for English

1-866-864-2545 for Spanish

**Don't lose your coverage
— remember to renew!**

Have you moved?

Changed jobs?

Got a new phone number or email?

We need to know!

To update your info, be sure to call both:

■ **Amerigroup Iowa, Inc.** at 1-800-600-4441 (TTY 711) Monday through Friday from 7:30 a.m. to 6 p.m. Central time

■ **Department of Human Services (DHS)** at 1-877-347-5678 Monday through Friday from 7 a.m. to 6 p.m. Central time

