

# health for life

Indiana  
Care Select

ADVANTAGE  
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Spring 2010

## Things to Know

### Working with a care manager

A care manager can help you deal with special health needs.

This means your care manager will probably:

- Ask you about your health and any health problems you've had in the past.
- Help decide what services and treatment you may need.
- Look for services that are close to your home.
- Find services that match your family's lifestyle and culture.
- Review your treatment plan and make changes as needed.
- Offer guidance and support.

To change your treatment plan, tell your care manager right away.

Source: U.S. Department of Health and Human Services



## Why kids need shots

**T**here's no getting around it. Your child will wind up with sniffles and sore throats.

But there are many diseases you can help your child avoid—dangerous ones. All you need to do is be sure your child gets vaccinated.

Today's vaccines help keep your child safe from more than a dozen diseases. And many of these diseases are deadly.

They include: » Whooping

cough, which can make it hard for your child to breathe. » Measles, which can cause brain swelling. » Hepatitis B, an infection of the liver that can lead to cancer.

So check with your child's Primary Medical Provider (PMP) to see if your child's shots are up-to-date.

If your child has missed some shots, don't worry. It's not too late to catch up. Ask your child's PMP.

Source: American Academy of Family Physicians

## Reminders

- If you move or change phone numbers, please call us at **1-800-784-3981**.
- Our Nurse Line is available 24 hours a day: **1-800-244-1896**.
- Para la versión en español, visite [www.advantageplan.com](http://www.advantageplan.com), o llame a Servicios para Miembros al **1-800-784-3981**.



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A medical emergency

Are you ready?

**T**ry as you might, you can't avoid every major illness or injury.

That's why your hospital's emergency department (ED) is there to help.

A trip to the ED is bound to be stressful. But if you know what to expect, things can go smoother.

## Plan to wait

People with the most severe problems are helped first. So you might have to wait.

A nurse usually decides who goes first. This process may involve checking a patient's temperature, heart rate and blood pressure.

If you're asked to wait and your condition gets worse, tell the staff right away.

There also may be a wait after

you've seen a doctor. He or she may need to see lab results or talk with a specialist before treating you. All of this can take time.

Here's a tip: If you're bringing children with you, pack some books or toys. It'll help keep kids busy during the wait.

## Be prepared

You'll be asked about your overall health and what medicines you take.

There will be some forms to fill out. You'll need to provide your name, address and Hoosier Health Card.

Patients who are very ill may need to stay at the hospital for more care. Others will be able to go home after treatment.

Source: American College of Emergency Physicians

## How to know when it's an emergency

From time to time, we all get hurt or sick. It's usually something minor, solved with first aid and tender loving care.

But what about problems that go beyond a bandage and a kiss? How do we know which conditions require a trip to the hospital?

It's best to call 911 if you think someone's life is in danger.

Experts say signs of serious trouble include: » Uncontrolled bleeding. » Trouble breathing. » Chest pain or pressure. » Fainting. » Changes in vision. » Confusion. » Sudden, severe or strange pains. » Severe vomiting. » Vomiting blood. » Coughing up blood. » Ongoing diarrhea. » Thoughts of suicide. » Trouble speaking.

Take special care with children. Kids may not be able to explain how they feel. If you think a child is having a major health problem, see the doctor right away.

Remember that urgent care can be an option when you need care but it isn't an emergency.

If your doctor's office is closed, you should visit an urgent care center for: » Insect stings or animal bites. » Minor cuts that need stitches. » Fever. » Flu. » Earaches.

Source: American College of Emergency Physicians