



THE EARLIER THE BETTER

Each day, about 387 people find out they have Colorectal Cancer. Colorectal Cancer is common in both men and women. Good news! This type of cancer can be prevented.

The earlier changes are found, the better the chances for preventing Colorectal Cancer. Removal of growths on the wall of the intestines can help stop them from turning into cancer. There are screening tests used to find changes in the intestines.

- Colonoscopy – Every 10 years
- Flexible sigmoidoscopy – Every 5 years
- Stool occult blood test (FOBT) – Yearly

People 50 and older should talk to their doctor about colorectal screenings. If a person has higher chances of getting Colorectal Cancer, their doctor may advise screening at an earlier age.

The best time to get screened is EARLY. Find out your risks for getting Colorectal Cancer. Talk to your doctor at your next visit.



SAFETY IN THE HOME

“I’m home, safe and sound” are words spoken by many people. The National Institute on Aging reminds us about safety in the home.

Most people’s homes are filled with many chemicals. Substances like oven cleaners, drain cleaners, bleach, laundry powder, floor polish, paint and pesticides can become harmful to the skin and lungs. It is important to handle all substances with care.

- Keep products in the containers they come in
- Use them exactly as the label says
- Get medical help immediately if you swallow, breathe in or get harmful chemicals on your skin

To our valued members,

ADVANTAGE Health realizes no two persons are the same; each person needs a health solution customized to their specific needs. This is why we offer comprehensive programs and coaching to help you manage your health to live as happy and active life as possible.

Please take a moment to read this newsletter. It has a wealth of information on how you can improve how you feel. If you have any questions or would like to discuss any aspect of your health, please contact us at 800-523-7533.

Sincerely,
Vicki Perry, CEO, ADVANTAGE Health Solutions, Inc.SM



ADVANTAGE

...rising above the service you expectSM

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www.advantageplan.com,
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WELLNESS ADVANTAGE YOUR MEMBER NEWSLETTER

IS YOUR DIET HEALTHY AND BALANCED?

A balanced diet is one that gives your body all it needs everyday so that it can work at its best.

Giving your body the right amount of:

- Fiber • Vitamins • Protein • Mineral • Fat

Tips for eating a healthy diet:

- Eat a wide variety of food everyday
- Eat more fresh fruits and vegetables
- Make sure each meal has lean protein, less fat and carbohydrates with high fiber.

Giving your body the right amount of all the things suggested for a health and balanced diet will keep you feeling your best, help you stay in shape, prevent some diseases and help you live longer.

Speak with your doctor about a healthy diet and get regular check ups and lab work.

GET YOUR MAMMOGRAM

According to the Centers for Disease Control and Prevention, all women are at risk for breast cancer.

A mammogram is an X-ray of the breast that tests for cancer. This X-ray allows doctors to tell if there are tumors that are too small to feel. With a mammogram, a doctor can tell if the tumor is solid or fluid filled. By knowing this, the doctor can tell whether there is cancer and how to treat it.

There are no signs and symptoms of breast cancer. When it starts, it is too small to feel. If breast cancer is detected early, treatment is most effective and many women go on to live long and healthy lives.

The best way to find breast cancer early is with a mammogram. Women over the age of 50 should get a mammogram regularly. Please speak with your doctor to get your mammogram scheduled today.

SOCIAL ACTIVITY

As the weather starts to turn colder, there are not as many opportunities to meet friends and be outside. These days you can have a social life without even leaving your home. This Fall consider getting on the internet and joining a social networking website like Facebook or Twitter. These websites allow you to connect with loved ones and stay updated on the lives of the people you care most about. You can browse pictures of your grandkids, watch home videos, and so much more – all with the click of a mouse! Don’t let cold weather or any other physical limitations stop you from socializing. The internet is a great way to not miss out on what is going on around you.



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Health or wellness or prevention information



GET YOUR FLU SHOT!

Each winter, millions of people get the flu. Help protect yourself by getting a flu shot.

Influenza, commonly called the flu, is a contagious illness. It is caused by viruses. Viruses are small germs that antibiotics cannot kill. The flu is contagious, which means it spreads from person to person usually through the air. Flu season in the U.S. occurs in the fall and winter. A flu vaccine can protect you against influenza. The Centers for Disease Control and Prevention recommends getting a flu shot every year in the fall.

Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea. People may be infected with the flu, and have respiratory symptoms without a fever.

There are some steps one can take to slow the spread of the flu. These include:

- Cover your nose and mouth when you cough or sneeze.
- Wash your hands often with soap and water.
- Avoid touching your eyes, nose, and mouth. Germs spread this way.
- Try to avoid close contact with sick people.

If you think you have the flu, call your doctor. Your doctor may want to prescribe medicine to get rid of the flu. For additional information on the flu, visit www.nihseniorhealth.gov.



ARE YOU PROTECTED?

There are about 175,000 people who go to the hospital each year because of pneumococcal pneumonia. You can be protected against this type of pneumonia by getting a vaccine or shot.

Did you know that 33% of the people aged 65 and older have not had a Pneumonia shot?

The Pneumonia vaccine helps protect against 23 different types. This vaccine is given to:

- People aged 65 and older
- People younger than 65 should be vaccinated if they have medical conditions that make it easy for them to become sick.

Did you know most people need the Pneumonia shot once?

One dose of the Pneumonia vaccine is given to persons aged 65 and older. Those younger than 65 years old should talk to their doctor to see if they will need a second dose.

When was the last time you talked your doctor about your Pneumonia shot?

Have your doctor check your records to make sure you have been protected against Pneumonia.

SHOWING WE CARE THROUGH Care-ADVANTAGE

Health conditions can be hard to deal with on a daily basis. Our Care-ADVANTAGE Programs are created for the members of our health plan. Our programs give you the education and support you need to take care of your health.

• Behavioral Health Services

- Feeling sad, depressed or anxious? We can help you find a behavioral health counselor.
- Need help with behavioral health resources? Our Behavioral Health Coordinator can help.

• Case Management

- Are you having problems with a major health concern? Our case managers can help you get the services you need.
- Your personal Case Manager will stay in touch with you and your doctors to make sure your health needs are met.

• Disease Management

- Do you have one of the health conditions listed below?
 - Asthma
 - Chronic Obstructive Pulmonary Disease (COPD)
 - Congestive Heart Failure (CHF)
 - Coronary Artery Disease (CAD)
 - Diabetes (Type I and II)
 - Hypertension or High Blood Pressure
 - Migraine Headaches

If you answered yes, your personal Disease Management Educator will help you to

- Learn more about your health conditions
- Help you set and reach your personal goals
- Give education by telephone and mail
- Help you keep track of any tests or things you need to do on a regular basis to keep you healthy.



Our Care-ADVANTAGE team wants you to live life to the fullest. We are committed to helping You be Healthy! For more information, please contact: The Care-ADVANTAGE program at : 877-901-2237, extension 2922, or visit our website at ADVANTAGEplan.com and select Care-ADVANTAGE.