

make *health* happen



Meet HAP Empowered!

We're excited to tell you that HAP Midwest is becoming HAP Empowered! We think the new name better reflects both our goals as a company and the benefits of having HAP coverage. With one-on-one service and straight talk about your health care coverage, we empower you to make the choices that are best for you and your family.

Don't worry – you're still with HAP and your plan has not changed. You'll still get the benefits and services you've come to rely on through your HAP Midwest Medicaid plan. Your coverage, the doctors

you see and the care managers you work with will not change. Only our name is changing, starting January 1, 2019.

HAP Empowered looks forward to being a true partner in your health care for many years to come.

If you have any questions, please contact us at **(888) 654-2200** (TTY: 711), Monday through Friday, 7:30 a.m. to 5:30 p.m.

Look for more information about HAP Empowered in upcoming issues of Make Health Happen.

Fall 2018

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Inside! Need Another Good Reason to Get the Flu Shot?

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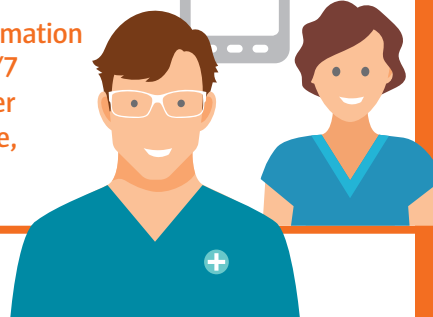
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Health Information Line

HAP Midwest Health Plan members can use a health information line. This can help answer your questions. You can call 24/7 to ask about your medical care. Nurses are ready to answer your questions anytime, day or night. To use the NurseLine, call **(855) 894-3798**.



Free Flu Shots for All HAP Members this Fall



HAP wants to keep its members and their families healthy this flu season. That's why we're covering flu shots.

All HAP members can get a free flu shot. Just show your member ID card at your doctor's office. You also can visit HAP-affiliated locations, such as:

- CVS Minute Clinics—17 metro Detroit area locations
- Henry Ford Health System Medical Centers
- CVS, Walgreens and Rite Aid pharmacies
- Costco, Sam's Club, Walmart, Meijer, Kroger, Target, Save-Mor, VG's and Spartan store pharmacies

"HAP is committed to keeping our members healthy," said Dr. Michael Genord, senior vice president and chief medical officer for HAP and CEO of HAP Midwest Health Plan. "During flu season, a flu vaccination is the best way to help prevent the spread of flu."

The flu shot:

- Can keep you from getting sick with the flu
- May make your illness milder if you get sick
- Can cut the risk of flu-related hospitalizations
- Is important if you have chronic health conditions like diabetes and heart and lung disease
- Protects pregnant women and their babies for several months after birth from the flu



If your family and friends are also HAP members, remind them to get their free flu shot. To learn more about the flu and why a flu shot is important, read our blog posts at hap.org/flu.

ANOTHER GOOD REASON TO GET THE FLU SHOT

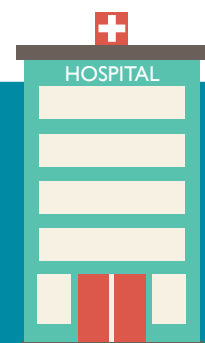
Every year, problems from the flu **put more than 200,000** people in the hospital and **kill up to 49,000**. So getting a flu shot is a good idea for almost everyone.

There are some exceptions, though. If you get hives as an allergic reaction to eggs, you may get the shot with extra safety precautions. However, the shot may not be for you if:

- Your egg allergies cause a worse reaction than hives
- You have had a bad reaction to an earlier shot

Talk with your doctor.

If you're pregnant, getting a flu shot is very important. A study found that pregnant moms who got shots **cut their newborn's chance of getting the flu by 63 percent**. That's important because flu shots are recommended **only for infants older than age 6 months**. And babies **younger than 6 months** who catch the flu are more likely to have complications than older ones.





Tips to Keep Your Teeth Healthy

Cavities aren't just for kids. As we age into adulthood, you need to keep your mouth healthy. A healthy mouth wards off dental problems. Untreated dental disease can lead to serious health problems. These include:

- Infection
- Damage to a bone or nerve
- Tooth loss

To keep your smile healthy, adults should keep the same routine they grew up with:

- Brush twice a day for 2 minutes
- Floss daily
- Rinse with mouthwash

Routine dental checks (even while pregnant) can catch hidden tooth problems early and lower your risk for tooth decay. If you wait to see a dentist until you feel pain, it might be too late to treat decay. Despite improvements in oral health care, the U.S. spends more than \$113 billion each year on costs related to dental care. Keep both your wallet and your mouth healthy by taking care of your teeth.



- The baby boomer generation will be the first majority to keep its natural teeth over a lifetime.
- More than 40 percent of adults have felt pain in their mouth in the last year.
- Tooth decay and gum disease are the most common causes of tooth loss for adults.
- More than 48,000 Americans are diagnosed each year with oral cancer, which can be prevented.
- Chewing sugar-free gum with xylitol can help prevent cavities.

Prevent Tooth Decay in Kids

You can avoid tooth decay in kids. Follow these steps from the American Dental Association:

1 Don't share eating utensils with kids. And don't clean a pacifier by putting it in your mouth. Doing both can transfer germs that cause cavities.

2 Make sure kids eat a healthy diet. They also should drink water with fluoride. Make your child's first dental visit for no later than age 1.

3 Start brushing their teeth with fluoride toothpaste as soon as teeth start coming through gums. When kids are old enough to brush their own teeth, have them brush for two minutes twice a day.



To learn more about your dental benefits, call Delta Dental at (800) 838-8957.

Dr. Peter Watson
Medical Director

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Preventive Health Care Can Help You Live a Long and Healthy Life

When you have a cold or the flu, you know that you're sick and need treatment. Your body is telling you so. But other conditions don't always make their presence known. And the best way to fight those is with preventive health care.

What Is Preventive Health Care?

Preventive health care includes services such as:

- Checkups with your health care provider
- Screenings for diseases and other health issues
- Patient counseling that can help you make healthy lifestyle choices

Some lifestyle changes you may need to make to improve your health include:

- Eating a healthier diet
- Exercising more
- Losing weight
- Getting shots
- Quitting smoking
- Reducing alcohol use
- Treating depression

The goal of preventive health care is to keep you healthy and stop diseases from developing. If you already have a health problem, preventive care can help keep it from getting worse. That way, you can continue living a healthy, productive life.

Getting the Care You Need

Some of the most common causes of death among Americans—heart disease, cancer, and type 2 diabetes—could be avoided with preventive health services. What's more, avoiding chronic illnesses can also keep your health care costs way down over the long term.

Don't let fears about the cost of health care keep you from getting the preventive services you need. Many insurance plans cover some preventive health care services for free, with no copayments or deductibles. Unfortunately, too few people in the U.S. are using the preventive health care services that are available to them.

Make an Appointment Today

Don't wait until a problem occurs to get medical help. Make an appointment with your health care provider today. Find out which preventive services and screenings you need and be sure to get them.

If you don't have a health care provider, you can find a list of providers through your health insurance plan. You can also ask people you trust for recommendations.



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ATENCIÓN: si habla español, los servicios de asistencia de idiomas se encuentran disponibles gratuitamente para usted. Llame al (888) 654-2200, los usuarios TTY deben llamar al 711.