



How to keep your heart healthy

Your heart is one of the most important organs in your body. Do what you can to make sure it stays healthy. Start by calling your doctor to ask about these two tests:

- 1. Blood pressure test.** A healthy blood pressure is between 90 over 60 (90/60) and 120 over 80 (120/80). When blood pressure is too high, the heart has to work too hard to pump blood.
- 2. Cholesterol screening.** Not all cholesterol is bad, but a lot of bad cholesterol makes it hard for blood to flow. Adults should have this test once every five years.

There are ways to improve your heart health. Exercise and a good diet can help. Your doctor may also suggest a medication. Be sure to take it exactly as instructed. Take care of your heart for a long, healthy life.

Well-child winners

The 10 winners of Buckeye's latest well-child drawing and their families are enjoying gifts cards they selected from Hallmark Business Connections after visiting their doctors for annual checkups. Buckeye also gave away five backpacks stuffed full of goodies for the back-to-school well-child drawing. The latest winners are from Fremont (2), Medina, Celina, Canton, Bolivar, Toledo (4), Stow, Columbus (2), New Franklin and Akron. **Congratulations!**

GET TO KNOW YOUR COVERAGE

As a member, you should understand your benefits and what is covered. There is a lot you can learn about benefits from your Member Handbook. Or visit our website, www.buckeyehealthplan.com.

Here are some things you should know about:

- Free flu shots
- How to find a doctor or other provider
- How to get emergency care and other medical services
- How to send us a complaint
- How to start an appeal
- Your rights and responsibilities as a member
- Who to call if you need interpreter services

It's important to learn about your benefits so you can make the most of your health insurance. If you have a question, call **1-866-246-4358**.

New technology

We here at Buckeye Health Plan watch for the latest medical care. This may include new medicine, tests or surgeries.

We also have a detailed process to confirm that new treatments are safe. We tell our providers about new services that are covered.



Free to members: Health tests for women

With Buckeye Health Plan, women can get important health screenings for no cost. Mammograms and Pap smears are free.

WHAT IS PREVENTIVE CARE?

Preventive care is important. It is one of the best ways to stay healthy. Tests for cancer are a type of preventive care. They help catch cancer early, when it is easier to treat.

Regular checkups are also preventive care. They help you and your doctor look for potential signs of disease. For

example, high cholesterol may lead to heart disease.

Unusual lumps or sudden weight loss may be signs of serious health conditions. Your doctor is an expert at looking for signs of trouble.

WHAT CAN YOU DO?

Call your doctor to schedule your next checkup. And go to www.buckeyehealthplan.com to see our complete preventive health recommendations.

REDUCE YOUR RISK DURING PREGNANCY

Pregnancy is an exciting time for women. It can also be a stressful time. It's natural to worry about the health of your unborn child. But there are many things that you can do to help your baby thrive.

A healthy lifestyle even before pregnancy can help prevent many problems for mother and baby. During pregnancy, moms should follow these tips:

- Avoid alcohol and tobacco products. Alcohol, tobacco and "street" drugs can put your baby at risk for future health problems.
- Eat healthy foods. You're eating for two during a pregnancy. That means your diet is helping your baby grow healthy. Limit fast food and high-fat

food. Eat plenty of vegetables, fruits, protein and whole grains.

- Keep up regular physical activity. Exercise can help you manage weight gain. Check with your doctor before starting any new fitness programs. And listen to your body—don't overwork yourself.
- Discuss medications with your doctor. Tell your doctor about any medicine you are taking. This includes prescriptions, over-the-counter drugs and alternative medicines.

Once the baby is born, take steps to baby-proof your home and lower the chances of injury. Also, consider taking a class on child CPR.

What is body mass index (BMI)?

Buckeye Health Plan wants you to know and understand your body mass index (BMI).

This measurement is a person's weight in kilograms divided by the square of height in meters. BMI is one tool that providers use to calculate risks regarding health problems.

A high BMI can signal anyone to focus on his/her weight, but it is also important to know about healthy food and exercise. Everyone needs to be physically active, eat "good" foods and maintain a healthy BMI. Schedule a visit with your doctor, and discuss your BMI.

Take care of your eyes: Get tested for nearsightedness

Myopia, also known as

nearsightedness, is a common vision problem. Close objects appear clearly, but distant objects look blurry. The condition affects roughly one out of every four Americans.

Myopia is often diagnosed in children between the ages of 8 and 12. It may worsen during the teen years. Little change may occur between ages 20 to 40, but myopia can worsen with age. If your parents have myopia, you may be more likely to have it.

Some of the symptoms of myopia include:

- Eyestrain
- Frequent squinting
- Difficulty seeing distant objects, such as signs while driving

Get tested: An eye care professional can diagnose myopia and other eye problems during an eye exam. Eyeglasses are the simplest way to correct myopia. Your eye care professional can prescribe lenses and help you to see your best. Contact lenses or surgery are other options.

Learn more at <https://nei.nih.gov/health/errors/myopia>.

DENTAL CARE: Is it part of your New Year's resolutions?

Did you eat too many sweets during the holiday season? Are you pregnant? Do you have children ages 2-20 years old? Your family's oral health is important to maintain. Regular dental exams and cleanings are an important part of a healthy lifestyle. Along with our dental vendor, Dental Health & Wellness, Buckeye Health Plan is available to assist you with finding an approved dental provider and transportation assistance, if needed. Your Dental Health & Wellness benefit covers two periodic oral exams and teeth cleanings per year—free! Please call your dental provider today. If you need assistance, please call Dental Health & Wellness at **1-855-735-4395** or member services at **1-866-846-4358** (TTY **1-800-750-0750**). Also, our website is a valuable tool: www.buckeyehealthplan.com.

Renew your Medicaid benefits!

Remember to renew your Medicaid benefits with your local Department of Job and Family Services (JFS). You will continue to get your benefits through Buckeye Health Plan when you renew. If you do not renew, you will lose Medicaid and Buckeye health coverage.

Here is how to renew:

1. The Ohio Department of Medicaid will send you a form when it is time to renew Medicaid coverage.
2. Then, choose one of these options:

ONLINE: This is the fastest way! If you applied for Medicaid online, go to www.benefits.ohio.gov and click "Renew my benefits" to get started.

IN PERSON: Visit your Jobs and Family Services County Office. Find it here: jfs.ohio.gov/county/county_directory.pdf. Buckeye can help you with transportation to the county office. Call **1-866-531-0615** two business days before you need a ride to your appointment.

BY MAIL: Fill out the form you get from the Ohio Department of Medicaid and mail it right away to your county

Jobs and Family Service office. Find the address here: jfs.ohio.gov/county/county_directory.pdf.

Do you have questions? Visit your local Job and Family Services office. Or go online for answers at www.benefits.ohio.gov. Or call **1-800-324-8680**.

Buckeye covers families and children, as well as the aged, blind and disabled, in all 88 Ohio counties. We want to give you the quality care you need to stay healthy. Please don't forget to renew!

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Information regarding Buckeye's
2015 Quality Improvement
Program Description is available
for review upon request.



It's not too late for your flu shot!

Have you had your flu shot this year? Maybe you have been too busy to get it. That's okay. There is still time for you to get one.

The flu shot is the best defense against the flu. The shot causes your body to develop antibodies, which protect your body from the virus. The flu shot may also make your symptoms milder if you do get the flu.

Everyone 6 months of age and older should get a flu shot every flu season.

HOW CAN WE HELP YOU?

We can help you with many things. Just call Member Services at **1-866-246-4358** if you:

- Have questions
- Need a copy of your handbook
- Would like a paper copy of anything in this newsletter or on our website www.buckeyehealthplan.com