



### Quit Smoking during Pregnancy

Women who smoke are at a higher risk of having a low birth weight baby or of delivering a baby early (preterm delivery). Low birth weight babies and preterm babies are at higher risk for infant death, illness and other complications including future learning problems.

Medicaid covers smoking cessation medication for Iowa Medicaid members such as nicotine replacement therapy and other products. These medications can be prescribed by your primary care provider or obstetrician.

Iowa Medicaid members can get help to quit smoking. Please contact Iowa Medicaid member services at 1-800-338-8366 for more information about the smoking cessation program.

If you are pregnant, please call the **Maternity Management Program** with Iowa Medicaid at 1-800-338-8366 to receive further assistance with transportation needs, nutritional information, physician location assistance, counseling and other resources along with more help on smoking cessation.



### Get Ready for Flu Season

Flu (influenza) is an illness caused by a number of different viruses. Symptoms are sore throat, runny nose, body aches, fever, cough and tiredness. Iowa Medicaid may cover your flu shot!

It is good for everyone to get a flu shot. If you are one of the groups below it is even more important for you to get a flu shot:

- ✓ You are between ages of 8 months and 18 years of age
- ✓ You are over the age of 50
- ✓ You have diabetes, heart or lung disease or other health problems
- ✓ You live with, take care of a young child, older person, or someone with health problems

It is best to get the flu shot in September, October or November BEFORE flu season begins.

**"Talk with your provider to see if Iowa Medicaid will cover your flu shot for you."**

### Need Help?

Call Iowa Medicaid Member Services at 1-800-338-8366

or locally (in the Des Moines area) at 515-256-4606 or visit our website:

[www.ime.state.ia.us/members](http://www.ime.state.ia.us/members)

# Holiday Blues vs. Depression

Everyone feels down at times, it is natural especially when the weather is changing and there is less daylight to be enjoyed.

Knowing the difference between having the “holiday blues” and having clinical depression is important.

The holiday blues are not uncommon. It is a low mood lasting several days or up to several weeks and usually goes away after the holidays. When you get back to your daily routine the feelings often get better. If not, you may have something more serious going on, like clinical depression.

According to the **National Institute of Mental Health**, symptoms of depression may include the following:

- difficulty concentrating, remembering details, and making decisions
- fatigue and decreased energy
- feelings of guilt, worthlessness, and/or helplessness
- feelings of hopelessness and/or pessimism
- insomnia, early-morning wakefulness, or excessive sleeping
- irritability, restlessness
- loss of interest in activities or hobbies once pleasurable, including sex
- overeating or appetite loss
- persistent aches or pains, headaches, cramps or digestive problems that do not ease with treatment
- persistent sad, anxious or “empty” feelings
- thoughts of suicide, suicide attempts

## Warning Signs of Suicide with depression include:

- threats of talk of suicide
- statements such as “I won’t be a problem much longer” or “nothing matters”
- giving away possessions or making a will or funeral arrangements
- buying a gun or weapon
- sudden, unexplained cheerfulness or calm after a period of depression

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## If You or Someone You Know Shows Suicide Warning Signs, Take Action

- Call your local Suicide Hotline
- Contact a mental health professional right away
- Go to the emergency room for immediate treatment

National Suicide Hotline  
1-800-784-2433  
(800 Suicide)

National Institute of Mental Health  
1-800-950-6264  
[www.nimh.nih.gov](http://www.nimh.nih.gov)

National Alliance on Mental Health  
1-800-950-6264  
[www.nami.org](http://www.nami.org)

