



IOWA MEDICAID ENTERPRISE MEMBER NEWSLETTER

Q4 2009

Pregnant?



Here is what will happen on your first visit to your doctor:

- Ask about your health history, including any diseases, operations, or pregnancies
- Ask about your family health history
- Do a complete physical exam
- Do a pelvic exam with a pap test
- Order tests of your blood and urine
- Check your blood pressure, height, and weight
- Figure your expected due date
- Listen for the baby's heart beat
- Answer any questions that you may have

At following visits, your doctor or nurse will:

- Check your weight
- Check your blood pressure
- Discuss any symptoms and how you are feeling
- Listen for the baby's heart beat

DHS Online Application for State of Iowa Services (OASIS)

DHS has made it easier to enroll for benefits!

You may now go online to

www.oasis.iowa.gov to apply!

UPCOMING EVENTS

Halloween is October 31st!

Do not forget to check your children's candy. Make sure it has not been tampered with.



Great American Smokeout Challenge is November 19th!

The American Cancer Society holds the Great American Smokeout® every year on the third Thursday in November. This year it will take place on November 19, 2009. The event sets aside one day to help people stop smoking or using tobacco products, with the hope that they will quit for good.

The event also helps to raise awareness about the dangers of smoking and tell about the many different ways to quit smoking once and for all.



December is National Drunk and Drugged Driving Prevention Month!

Every day, 36 people die and almost 700 more are hurt in motor vehicle crashes with alcohol or drug-impaired drivers.

This December is National Drunk and Drugged Driving Prevention Month (3D Month). During this month, think about what you and your community can do to lower the threat of injuries and deaths from impaired driving.



Schedule for Well-Child Visits*

Child's Age	When to Visit
Up to 2 years old	At 2 to 4 weeks of age
	At 2 months of age
	At 4 months of age
	At 6 months of age
	At 9 months of age
By one year, your child should have had at least 5 well child visits.	At 12 months of age
	At 14 to 15 months of age
	At 16 to 19 months of age
	At 23 to 25 months of age
3 to 6 years old	Every year
At ages 8, 10, 11	During each of these years
12 to 21 years old	Every year

*Your pediatrician may recommend alternate well-child appointments.



Choose Your Own Provider!

For MediPASS members, choosing the right primary care provider is a key step to taking care of their health and medical needs. It can mean the difference between a provider you like and trust. Take control of your health by selecting your own provider. This is a step in the right direction. Here are other ideas to help you and your provider take care of your health:

1. Make a list of questions to ask your doctor and be sure you get answers
2. Share your medical and prescription history
3. Understand and agree on the decisions
4. Learn where your provider's office is and the office hours. Your provider's office should be near your home.
5. Make sure your questions are answered before you leave.

Having a provider who knows you and your health needs, will give you peace of mind, lower your stress, and help you understand your treatments.

If you are or become a MediPASS member, choose a provider you can trust and easily talk with. **Do not** wait until one is chosen for you. Now is the time to make this very important decision.



Report Fraud

Medicaid fraud costs taxpayers millions of dollars, and weakens the program for those that need Medicaid. Report any suspected fraud by writing or e-mailing Member Services.

Heart Disease is America's number one killer and is caused by a buildup of cholesterol, plaque, and other fatty deposits in the heart's arteries.

Try a Heart Smart Recipe!

Huevos Rancheros Wraps

Cook Time: 10 minutes

Ingredients:

- 4 low-fat flour tortillas
- 1 cup mild or medium salsa
- 1 cup liquid egg substitute
- 1/4 cup nonfat milk
- 1/2 cup shredded reduced-fat Jack cheese

Preparation:

Warm tortillas. In a small saucepan, heat salsa on low until heated through.

Meanwhile, whisk egg substitute and milk in a small bowl. Cook in a nonstick skillet over medium heat, lifting the setting egg substitute mixture to allow the rest of the liquid to cook.

When eggs are cooked, though still moist, remove from heat and divide into four.

Spread salsa on warmed tortillas, followed by one-fourth of the egg substitute. Sprinkle with cheese, and then roll burrito style.

Need assistance? Call Iowa Medicaid Member Services at 1-800-338-8366 or locally in the Des Moines area at 515-725-1003

Or visit our website:
www.ime.state.ia.us