

MEMBER NEWS

*Mission:
Serving the needs of
physicians and their
patients in Douglas County.*

SECONDHAND SMOKE THREATENS CHILDREN'S HEALTH

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Children and infants are affected more by secondhand smoke because their breathing rate is higher. This means they inhale larger amounts of smoke. Infants are usually at the highest risk for secondhand smoke from their own mother. A child or infant that spends an hour in a very smoky room is like inhaling ten cigarettes.

Health problems that may develop from the inhalation of secondhand smoke includes:

- Chronic coughing, thick mucus and wheezing
- Eye and nose irritation
- Reduced lung function
- Irritability
- Dental cavities

What can you do to limit your child's exposure to secondhand smoke?

- Don't smoke in your home or allow others to smoke in your home
- Choose a smoke-free child care facility
- Don't allow smoking in your car
- Go to smoke-free restaurants
- If you are in a room with smokers, sit as far away as possible

Smoking cessation products are a benefit of the Oregon Health Plan. Ask your physician if you would like to quit smoking. For free counseling call the **Oregon Quit Line** at 1.877.270.7867. It is a free service offered to all Oregonians.

FLU SHOTS AVAILABLE UNTIL MARCH 31, 2008

DCIPA provides flu shots for its members. They can be given at your primary care provider's office (PCP), the Douglas County Health Department, or at some pharmacies such as BiMart and Fred Meyer. Pharmacies that are providing the flu shot will have a sign letting you know that it is available. Flu shots are recommended for the elderly or anyone with a chronic health condition.

If you have questions as to whether or not you should receive a flu shot, call your PCP's office.

DOMESTIC VIOLENCE

Domestic violence takes many forms. Not all abuse is from being beaten, scratched, hit or kicked. It can also be emotional, sexual or economic.

You may be abused if your partner:

- Makes threats against you or your kids.
- Stops you from seeing your friends.
- Keeps you from getting a job.

Douglas County provides counseling through the Battered Person's Advocacy. All inquiries are confidential. Call 1.800.464.6543.

MEMBER'S RIGHTS AND RESPONSIBILITIES

Do you know where to find the list of your rights and responsibilities? They are included in the following handbooks:

- The Client Handbook provided by the Department of Humans Services
- The Member Handbook you received from DCIPA, your health care insurance provider

If you have lost or misplaced the handbooks and would like to review the member's rights and responsibilities, you can contact DCIPA's Health Care Services at 1.541.677.1685 or 1.800.676.7735. A DCIPA Member Handbook will be mailed to you.

Remember to keep your address updated by calling your case worker so you will receive DCIPA's mail.

PREVENTATIVE SERVICES

Preventing health problems is a part of your health care coverage. It includes check-ups and tests to see what is wrong such as:

- Mammograms & PAP tests
- Prostate screening
- Maternity and newborn care
- Immunizations
- Dental check-ups
- Well-child exams
- Physical exams

Some of the above services may have limits.

Call your primary care provider (PCP) if you have any questions regarding the services covered. Your PCP will recommend how often you should get a check-up and preventative testing.

Immunizations for children can also be obtained at the Douglas County Health Department Immunization Clinics. Call the Health Department at 1.541.440.3516 or 1.800.234.0985 to find out what time and day the clinics are available. Some clinics are provided in locations other than Roseburg.

Interpreter services are available by calling DCIPA's ENCC before your doctor's appointment.

Call DCIPA's Healthcare Services if you have questions regarding your coverage, or you need any DCIPA materials or forms in another format or language.

*1.541.672.1685 or
1.800.676.7735
TTY 1.541.440.6304 or
1.888.877.6304*

DENTAL SERVICES

OHP *Plus* coverage includes some dental services. Your dental provider is listed on your OHP identification card. The following services are available:

- Check-ups & routine fillings and x-rays
- Preventive-cleaning, fluoride & sealants for children
- Tooth removal & dentures
- 24-hour emergency OHP

OHP *Standard* is limited to emergency services only.

PREGNANCY

It is important for all pregnant women to choose a provider and have regular check-ups early in pregnancy. This improves your chance of having a healthy baby. Your provider will see that you get help to stop smoking if you are a smoker. You will also get a prescription for vitamins to keep your baby healthy during pregnancy and help prevent birth defects.

WAYS TO AVOID GETTING SICK

Good hygiene is the best way to avoid getting a disease that is passed from person to person. Here are a few tips that will help to prevent the spread of germs.

- Wash your hands frequently.
- Avoid touching your eyes, nose, and mouth.
- Avoid crowds in your area when the flu is going around.
- Cover your mouth and nose when coughing or sneezing.

EXCEPTIONAL NEEDS CARE COORDINATOR (ENCC)

Cyndi, RN is DCIPA's Exceptional Needs Care Coordinator (ENCC). She has been with DCIPA for 4 years and has recently returned to her previous position as ENCC. Welcome back Cyndi!

DCIPA's ENCC service helps with the coordination of care for members that have disabilities or age 65 and older. Cyndi can assist the member or their care provider with making appointments, obtaining medical supplies or equipment and referrals to local support services.

Cyndi is available by calling DCIPA at 1.541.672.1685 or 1.800.677.6835 and ask for DCIPA's ENCC. These services are available from 8am to 5pm, Monday through Friday. When Cyndi is not available, DCIPA has two other nurses that are trained to help you with special needs.

WHEN SHOULD YOU WASH YOUR HANDS?

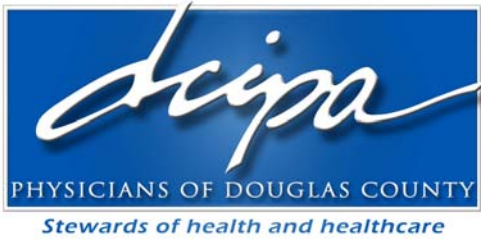
- After using the toilet.
- After changing a diaper and washing it out, wash your hands.
- After touching animals or animal waste.
- Before and after preparing food.
- Before eating.
- After blowing your nose.
- After coughing or sneezing into your hands.
- Before and after treating cuts or scrapes.
- Before and after touching a sick or injured person.
- After handling garbage.
- Before inserting or removing contact lenses.

Make sure you wash your hands by rubbing them together for 20 seconds with soap and warm water, rinse thoroughly, and dry with a clean towel.

WHEN TO CALL YOUR CASE WORKER

Oregon Health Plan members have an assigned case worker to contact when you:

- Move or get your address changed. Your address needs to be changed in the State's system.
- Need transportation to or from a health care appointment.
- Become pregnant or when your baby is born.
- Have questions about your eligibility.
- Have not received a medical identification card or you lose one.
- Become eligible for a health plan through an employer.
- Get or lose other health insurance.
- Become disabled.
- Have a family member move out of your household.
- Want to change plans.



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We're on the web:
www.dcipa.com

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