



MEMBER NEWSLETTER

Health Choice Utah
Member Publication
Summer 2024

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HEALTHY AGING PROGRAM WORKSHOPS

Search to enroll in evidence-based falls prevention or health and wellness workshops.

[Click here](#) to find a workshop that is right for you!

MEMBER PORTAL –YOUR PLAN AT YOUR FINGERTIPS!



The member portal is a one-stop shop for all your health plan information.

WITH A PORTAL ACCOUNT, YOU CAN:

- View or print your ID card
- View or print your plan documents
- Choose a primary care provider
- Find a provider or pharmacy in your network
- View your eligibility for services
- Send messages and documents to the Customer Service Team
- Review your claims, explanation of benefits (EOB), and other documents
- Access health and wellness information in the Healthwise Knowledgebase

HEALTH CHOICE UTAH CONTACT INFORMATION

Member Services	1-877-358-8797 8 am to 6 pm healthchoiceutah.com
Clinical Services	1-833-757-0706 24/7 Nurse Advice Line
Pharmacy Customer Service	1-855-864-1404 24 hour 7 days a week
Utah Relay Services	TTY/TDD 1-800-346-4128 En Espanol 1-888-346-3162
Suspected Fraud	1-877-358-8797, Fax 1-801-585-2654
Mail:	Health Choice Utah Medicaid P. O. Box 45900 Salt Lake City, UT 84145-0180

Admin Office: 6056 S. Fashion Square Drive,
Suite 2400,
Murray, UT 84107

YOUR CHILD'S WELL VISIT

What is the "well child visit"?

Well-child visits are regular check-ups for children under 18. These visits ensure that infants, children, and teens get the medical care they need. Your child's doctor will talk about nutrition, safety, immunizations, physical activity, and other age-appropriate topics.

Children grow rapidly. Regular checkups allow your doctor to follow your child's physical and mental development and answer your questions. Doctors will watch your child's growth, bowel habits, sleep habits, behaviors, and vaccines.

A typical schedule for well-child visits:

- 3 to 5 days
- 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 2 years
- 2.5 years
- 3 years and once a year until the child reaches 21 years of age



You can see more about well-child visits from Health Choice Utah's chief medical officer, Dr. Richard Ferguson, by [clicking here](#).

WANT TO LEARN MORE?

SCAN THIS QR CODE TO FIND OUT WHICH VACCINES YOUR CHILD MIGHT NEED. OR VISIT WWW.CDC.GOV/VACCINES/TOOL/CHILD.HTML



WHAT IS HPV?

HPV is the Human papillomavirus. Human papillomavirus (HPV) infects about 13 million people, including teens, each year. HPV is a common virus that can cause cancers later in life. HPV vaccination could prevent more than 90% of these cancers from developing.

You can protect your child from this cancer with the HPV vaccine. The vaccine is made of one protein from the virus and is not infectious. That means it cannot cause HPV infection or cancer. The vaccine is given between the ages 11-12 years. Vaccines protect against the types of HPV that most often cause cervical, vaginal, vulvar, and anal precancers and cancers. There are two doses of the HPV vaccine.

Studies show that the protection provided by the HPV vaccine is long-lasting. People who get the HPV vaccination are protected for more than 10 years. The protection does not decrease over time.

<i>HPV Vaccination Schedule</i>	
<i>Routine Vaccination</i>	<i>Age 11-12 years, can be started 9 years old</i>
<i>Catch-up Vaccination</i>	<i>Age 13-26 years, if not adequately vaccinated</i>

More information for parents, about the HPV vaccine is at the following links:

<https://www.cdc.gov/vaccines/hcp/vis/index.html>

<https://www.cdc.gov/cancer/hpv/statistics/cases.htm>



IMMUNIZATIONS FOR ALL

What immunizations do adults need?

The CDC recommends the following vaccines for adults:

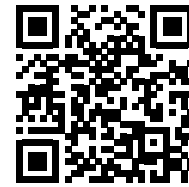
- Covid 19
- Flu Vaccine
- Tdap – Tetanus, diphtheria, pertussis, given every 10 years.

Members 65 and older should also have:

- Pneumovax – a vaccine against pneumonia
- Shingles Vaccine
- RSV – when recommended by your doctor

Getting vaccinated is one of the safest ways to protect your health

WANT TO LEARN MORE?
SCAN THIS QR CODE
OR VISIT WWW.CDC.GOV/VACCINES



PREGNANCY CARE FOR YOU AND BABY

It is important to stay healthy during pregnancy and after your baby is born. Make sure to go to all your healthcare appointments and follow your doctor's instructions for both prenatal (before the birth of your baby) and postpartum (after your baby is born) visits.

Prenatal Care

Prenatal care starts during the first 12 weeks of your pregnancy. It can help keep you and your baby healthy.

About prenatal care:

- Babies born to mothers without prenatal care are three times as likely to have a low birth weight
- Babies at a low birth weight are five times more likely to die than those whose mothers received prenatal care
- You'll have monthly visits for the first six months
- Then you'll have visits every two weeks in the seventh and eighth months of your pregnancy
- Visits will be every week during your ninth month of pregnancy
- Your visits will include
 - lab tests
 - monitoring your blood pressure
 - monitoring your weight gain
 - monitoring your baby's growth and heart rate
 - monitoring your diet and exercise
 - preparation for your baby's birth
 - learning basic skills for caring for your baby



Postpartum Care

The postpartum period is six to eight weeks after the birth of your baby. You may go through some physical and emotional changes.

- Get plenty of rest—this will help rebuild your strength
- Eat right – get proper nutrition for breastfeeding and healing
 - Avoid high-fat snacks
 - Eat low-fat foods with a balance of protein, carbohydrates, fruit, and vegetables
 - Drink plenty of fluids
- Schedule a postpartum visit
 - Vaginal exam for soreness or tearing
 - Check C-section incision
 - Check any discharge, pain, or blood clots

MENTAL HEALTH AWARENESS

What is mental health?

Mental health is our psychological, mental, and social well-being. Our mental health determines how we can handle stress, how we relate to others, and how we make healthy choices.

What if you are diagnosed with a mental illness?

You are not alone! Mental illnesses are some of the most common health conditions in the United States.

- More than 50% of people will be diagnosed with a mental illness or disorder at some point in their lifetime.
- 1 in 5 Americans will experience a mental illness in a given year.
- 1 in 5 children, either currently or at some point during their life, have had a seriously debilitating mental illness.
- 1 in 25 Americans lives with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression.

What causes mental illness?

- Early childhood trauma or abuse
- Chronic medical conditions
- Chemical imbalances in the brain
- Alcohol or drugs
- Feelings of loneliness or isolation

What to do to help my illness?

- Take all your medication as prescribed.
- Follow up with your regular doctor or mental health professional within 7 days, if you have been hospitalized or seen in the emergency department.
- Go to your counseling appointments regularly.
- Be aware of your feelings and emotions and seek assistance if you are struggling or need help.
- Have a person who checks on you regularly.
- Find ways to reduce your stress.

Stress Reduction for Good Mental Health!

- Listen to music
- Play with a pet
- Tai chi or yoga
- Meditation
- Deep breathing
- Take a nap
- Exercise
- Aromatherapy
- Take a walk
- Write in a gratitude journal



Mental Health Services

Emergency Numbers:

- » 1-801-261-1442 SLC
- » 1-801-373-7393 Provo
- » 1-801-625-3700 Ogden
- » 1-800-784-2422 St. George

- » **Bear River Mental Health**
Box Elder, Cache, and Rich counties
435-752-0750
- » **Central Utah Mental Health**
Juab, Millard, Piute, Sanpete, Sevier, and
Wayne counties
1-800-523-7412
- » **Davis Behavioral Health**
Davis County
801-773-7060
- » **Four Corners Community Behavioral Health**
Carbon, Emery, and Grand counties
1-866-216-0017

- » **Northeastern Counseling Center**
Daggett, Duchesne, and Uintah counties
435-789-6300
- » **Optum Health Mental Health**
Salt Lake County
1-877-370-8953
- » **San Juan Counseling Center**
San Juan County
1-888-833-2992
- » **Southwest Behavioral Health**
Beaver, Garfield, Iron, Kane, and Washington
1-800-574-6763
- » **Valley Mental Health**
Summit County
435-649-8347

Tooele County
435-843-3520
- » **Wasatch Mental Health**
Utah County
1-866-366-7987
- » **Weber Human Services**
Morgan and Weber counties
801-625-3700



Men's Health

"Super-men" Take control of their health!

Men are often known for avoiding the doctor and not paying attention to medical symptoms that need to be checked. It is best to schedule a yearly exam with your doctor to talk about health screenings you may need, like colorectal screening.

What to expect at your yearly health exam?

During a yearly wellness exam, your doctor can check your blood pressure, do bloodwork to check your cholesterol, screen for diabetes, and listen to your lungs and heart. The doctor will also do a depression screening.

Be your own superhero and schedule your appointment today!

Colon Cancer Exam

All men should get screened for colorectal (colon or rectal) cancer by age 50. People with a family history of colon cancer should get a colonoscopy even sooner.

Several different tests can detect colon cancer but colonoscopy is the preferred test.

Tests for Colon Cancer

Early Detection of cancer can save your life!

- **FOBT** – Fecal Occult Blood Test. You are given a packet to take home and return to the office/lab
- **Flexible Sigmoidoscopy** – Scope of the lower part of the colon, usually done in the doctor's office
- **Colonoscopy** – Done in the hospital by a specialist
- **CT Colonography** – Done at the hospital setting
- **FIT-DNA - Cologuard** - This is a kit that you will take home and return to the office or lab



HCU Clinical Corner with Dr. Ferguson, CMO

Prostate Exam

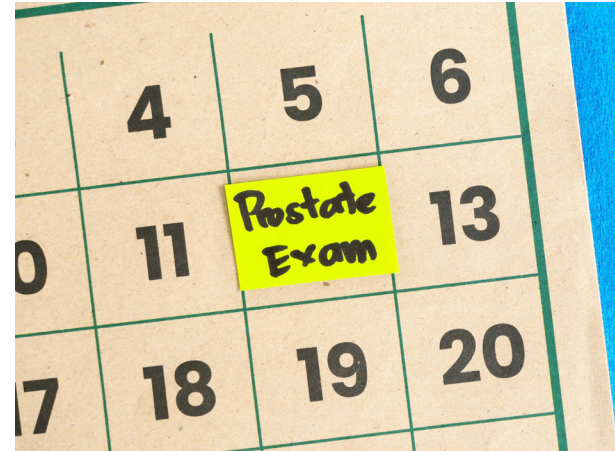
The prostate is a small gland located below the bladder that plays a role in reproduction. Maintaining a healthy prostate involves adopting a balanced lifestyle, which includes a nutritious diet, regular exercise, and avoiding smoking or excessive alcohol consumption.

Prostate cancer is one of the most common cancers in men. It occurs when cells in the prostate gland start to grow uncontrollably. While it is a serious condition, many cases of prostate cancer grow slowly and may not cause significant harm. However, some cases can be aggressive and spread to other parts of the body.

Prostate cancer screening involves testing for early signs of the disease in men who do not have symptoms. There are two main screening methods: the prostate-specific antigen (PSA) blood test and the digital rectal exam (DRE). However, the benefits and risks of prostate cancer screening are still debated among experts.

Prostate cancer screening may help detect the disease at an early stage when treatment options are more effective. Early detection can improve the chances of successful treatment and reduce the risk of complications or mortality.

It is crucial to consult with a healthcare professional who can provide personalized advice based on individual risk factors, preferences, and the latest evidence.



References

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<https://www.cdc.gov/vaccines/schedules/downloads/adult/adults-schedule-easy-read.pdf>