

Medical Self Care

Take Charge For Your Health



2016

What is Medical Self Care?

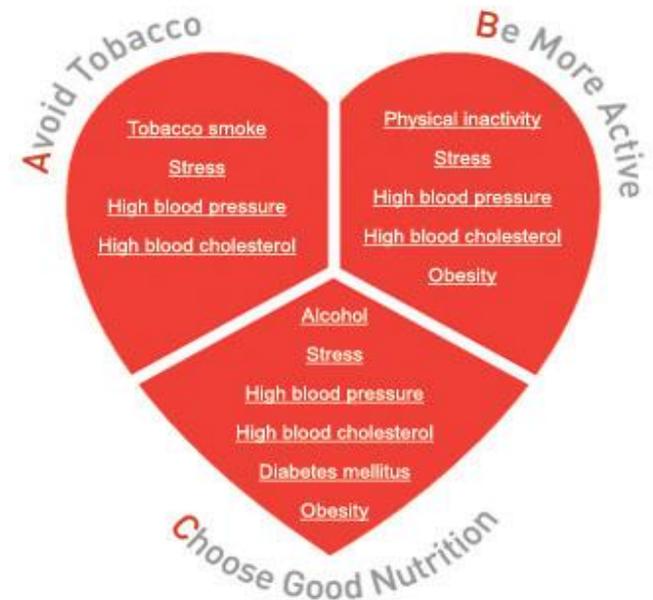
“Self Care” involves individuals making informed decisions regarding diagnosis and treatment of health problems, as well as preventive care. Awareness, prevention, and early detection can keep you healthy!



The Need for Self Care

Chronic diseases – such as heart disease, asthma, cancer, diabetes, and arthritis – are among the most common, costly, and preventable of all health problems in the United States.

- **The major causes of chronic disease are...**
 - **Tobacco use**
 - **Unhealthy eating**
 - **Sedentary lifestyle**
 - **Unhealthy alcohol use**



Source: NH Citizens Health Initiative

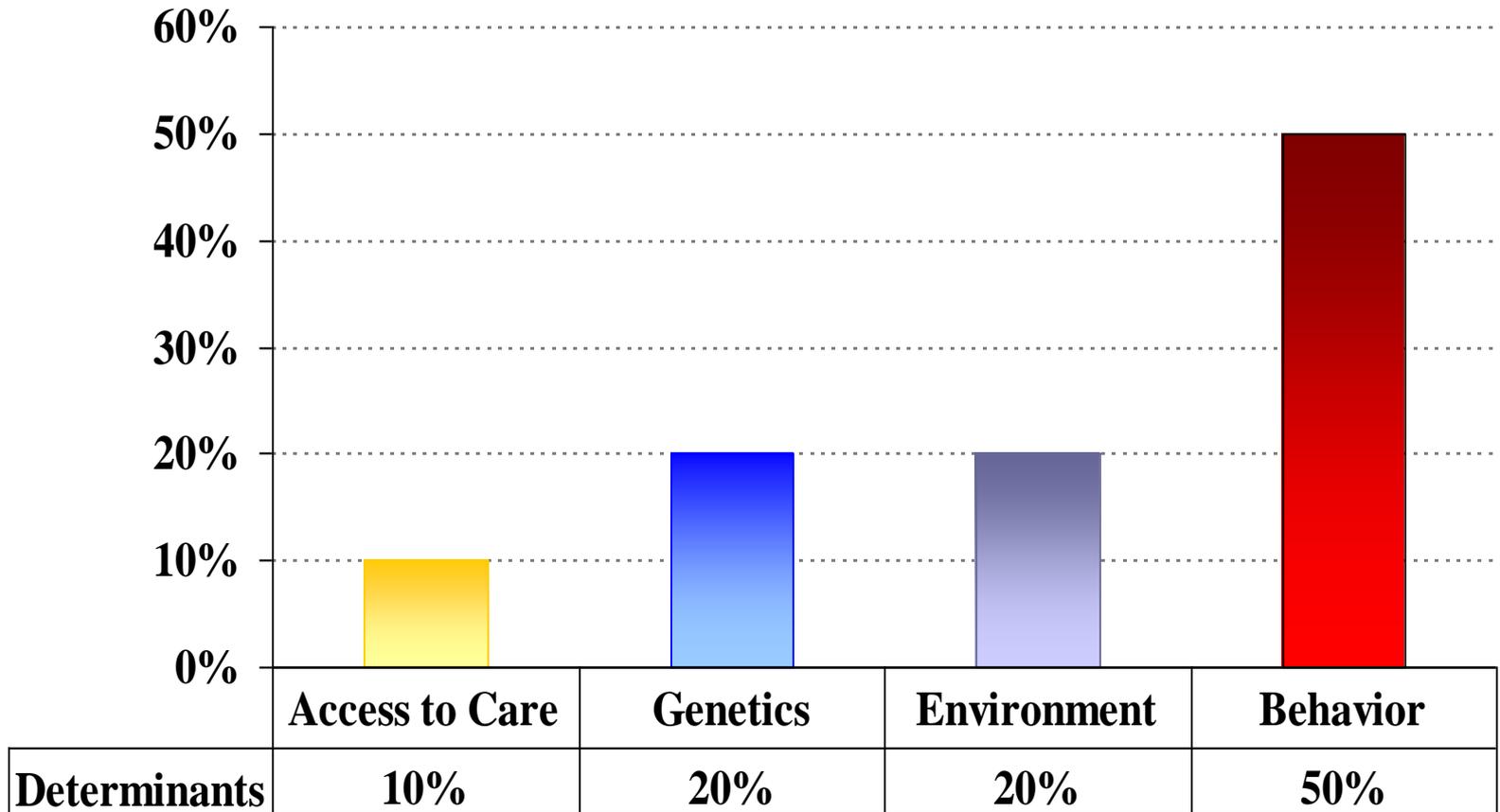
Major Causes of Illness

According to the U.S. Centers for Disease Control & Prevention, Chronic Disease...



- **Affects nearly half of all Americans**
- **Causes 7 out of 10 premature deaths**
- **Consumes 75 percent of health care expenditures**
- **Are the most common & costly of all health problems**
- **The most PREVENTABLE**

Behavior is the Key Factor in Health!



Source: Centers for Disease Control and Prevention

Self Care Means...

- **Daily Physical Activity**
- **Healthy Food and Drink Choices**
- **Healthy Weight Management**
- **Routine Preventive Care**
- **Know Your Health Numbers**
- **Quality Sleep**
- **Managing Stress**
- **Tobacco Cessation**
- **Quality Health Care Services**
- **And More...**



Medical Self Care

“An ounce of prevention is worth a pound of cure.”

Ben Franklin



Medical Self Care

N.H. Prevention Guidelines

Effective April 1, 2012–March 31, 2014



Developed by the major Health Plans of NH and the Department of Health and Human Services

ROUTINE PHYSICALS	RECOMMENDED SCHEDULE
AGES 0–30 MONTHS	Birth, 1-2 weeks*, 1, 2, 4, 6, 9, 12, 15, 18, 24, 30 months
AGES 3–21 YEARS	Annually
AGES 22–39 YEARS	Every 3– 5 years
AGES 40–49 YEARS	Every 2 years
AGES 50+ YEARS	Annually

RECOMMENDED DIAGNOSTIC SCREENINGS	RECOMMENDED SCHEDULE
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*Virtually newborn has received all newborn metabolic screening required by state, especially if birth did not occur in hospital or in NH.



Prevention is best....early detection is next!

You can also contact your health care provider to find out what preventive care is right for you

Healthy Eating



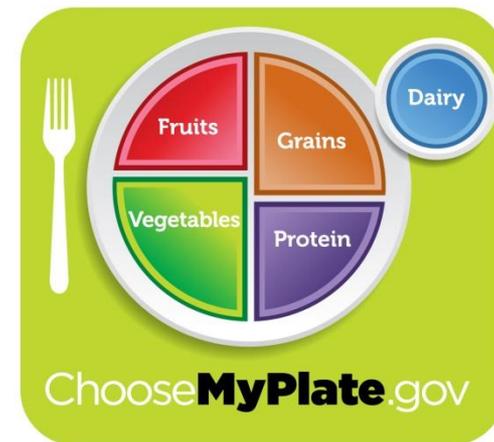
Let's Eat for the Health of It!

Improving what you eat will help to reduce the risk of chronic diseases such as diabetes, heart disease, and some cancers. Here are some tips.

- **Build a healthy plate – Foods like vegetables, fruits, whole grains, and lean protein foods contain the nutrients your body needs.**
- **Cut back on foods high in solid fats, added sugars, and salt – Added sugars and fats load foods with extra calories you don't need. Too much sodium may increase your blood pressure.**
- **Eat the right amount of calories for you – Staying within your calorie limit can help you get to or maintain a healthy weight.**

Resources and Benefits

- * **Nutritional Counseling Benefit**
- * **Healthy Lifestyles Program**
- * **Community Health Education**
- * **www.eatright.org**
- * **Healthy Eating Active Living NH Programs**



Active Living

What do we mean by Active Living?

U.S. Surgeon General, CDC, American College of Sports Medicine recommends:

- **Minimum of 30 minutes**
- **Moderate-intense physical activity**
- **Most days of the week.**
- **What is the best exercise...**
Anything that gets you moving!



Resources and Benefits

- * **Community Health Education Programs**
- * **Fitness Equipment Reimbursement (HMO)**
- * **Health Club Benefit (HMO)**
- * **The Great Outdoors!**

Active Living

Make Physical Activity A Part of Your Life



There are 1440 minutes in every day...

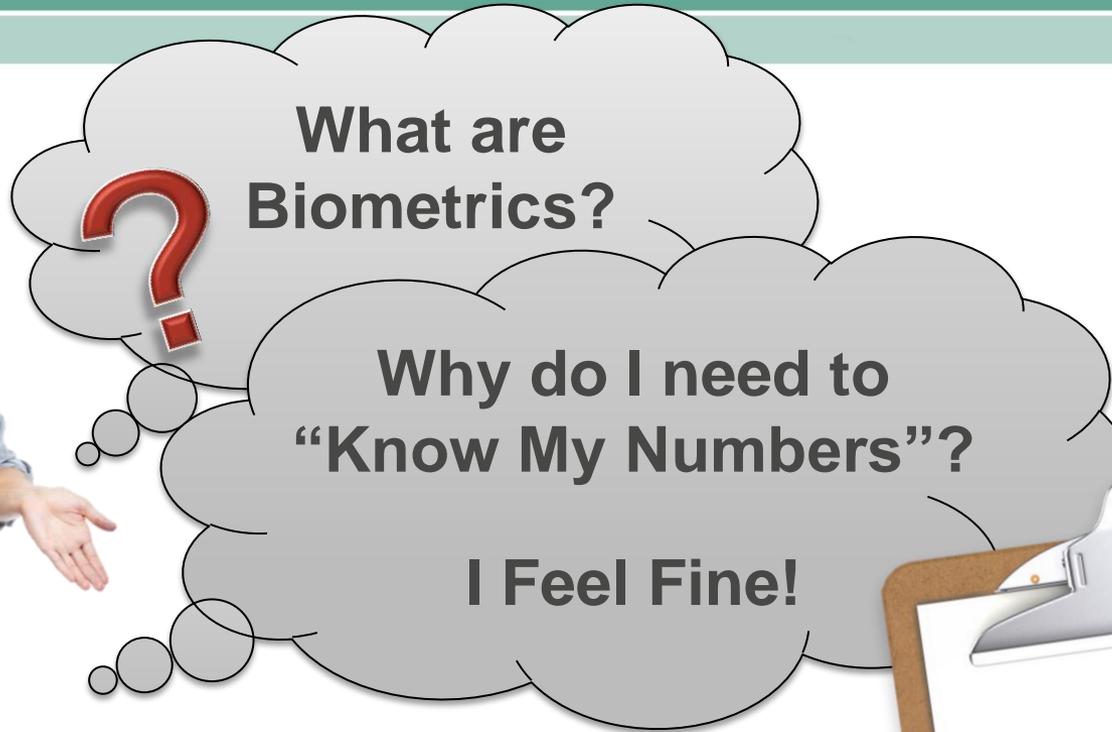
Schedule 30 of them for activity.

Tobacco Cessation



- **FDA-Approved Medication coverage is available when you get a prescription from your health care provider. For more information about coverage, contact Express Scripts at 866-544-1798**
- **Tobacco Cessation Counseling**
 - **NH Tobacco Helpline 1-800-QUIT-NOW**
 - **Healthy Lifestyles Program – QuitNet**
 - **Community Health Education**
 - **State Employee Assistance Program**

Know Your Numbers



Biometrics:
Used to identify risk factors that could lead to chronic disease

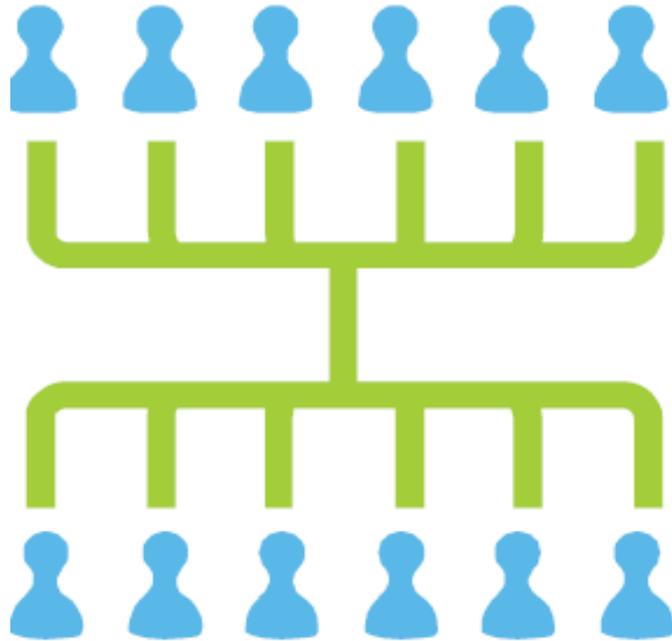
Family Health History

Know Yourself & Your Family Health Risks

Your family determines some of who you are. Being healthy means doing some homework, knowing yourself, and knowing what's best for you... because you are one of a kind.



My Family Health Portrait



How to use

My Family Health Portrait

1. Visit <https://familyhistory.hhs.gov>
2. Enter your family health history
3. Print your family health history to share with family or your health care provider
4. Save your family health history so you can update it over time
5. Talk with your health care provider about your family health history!

Oral Health and Wellness

Research shows poor oral health can contribute to disease and exacerbate conditions such as heart disease, diabetes, and others

A Few Oral Health Care Tips

- **Commit to a daily oral health routine**
- **If you use tobacco, quit!**
- **Limit sugar sweetened beverages**
- **Schedule your routine cleanings**



Health Consultation Resources

Three main things you need to do...



- **Be prepared, be organized**
- **Take an active role**
- **Work in partnership with your Primary Care Team and Specialists**

Be Prepared, Be Organized

- **Store all your health records – easily and securely – in one convenient spot...even electronically**
- **Keep your entire health history up to date**
- **Track doctor visits, vaccinations and other wellness services – a great help if you see multiple providers**
- **Ask for a visit summary after appointments**
- **Include records from multiple sources (Pharmacy, Medical, Dental, Holistic, etc.)**
- **Visit www.anthem.com and select the “Health and Wellness” tab at top of page to utilize a free Health Record**

Be Prepared, Be Organized

Choosing a Health Care Provider

- **Location...near work...near home?**
- **Age, gender, lifestyle**
- **Specialty, background, or degree related to your health needs**
- **Referrals or other consultation resources**
- **Same day, evening or weekend appointments**
- **24/7 on call access to team of providers**
- **Electronic Medical Records**
- **Reviews or Recommendations**
- **Enhanced Personal Health Care Provider**

Enhanced Personal Health Care Provider

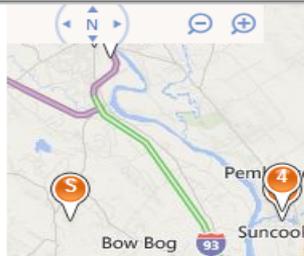
What is it?

- **More accessibility and patient engagement**
- **Online technology and medical records**
- **Resources for chronic-disease and wellness**
- **Active participation in shared decision-making**
- **Improved focus on preventive care**
- **Care coordination, patient outreach, quality and navigation through health care system**

Where Do I Look?

- **Visit www.anthem.com and select “Find a Doctor”**
- **Or call Anthem Customer Service at 800-933-8415**

www.anthem.com "Find a Doctor" Tool



Refine Results

Distance
Within 5 miles of 03304



Specialty

Gender

Additional Options

- Accepting New Patients
- Able to Serve as a PCP (Primary Care Physician)
- Blue Precision Doctors
- Participating in Enhanced Personal Health Care

For more options:

[Return to Search](#)

Sort by: **Distance**

63 Doctors/Medical Professionals in the HMO BLUE NEW ENGLAND,\$15/\$30 plan within 5 miles of 03304

1 - 20 of 63

CARE PROVIDER

LOCATION

QUALITY

GENDER: Female
SPECIALTY: Advanced Registered Nurse Practitioner, Licensed Nurse Practitioner, Adult Nurse Practitioner, OB/GYN Nurse Practitioner

DISTANCE: 4.3 miles away
81 HALL ST STE 1,
CONCORD, NH 03301 Merrimack
603.228.7600

Compare

Quality Snapshot

Be the first to Review

See All Provider Awards Certifications

Doctor In-Network

GENDER: Female
SPECIALTY: Family Practice, Internal Medicine

DISTANCE: 4.5 miles away
2 PILLSBURY ST STE 401,
CONCORD, NH 03301 Merrimack
603.224.7575

Compare

Quality Snapshot

Be the first to Review

See All Provider Awards Certifications

Doctor In-Network

GENDER: Female
SPECIALTY: Family Practice

DISTANCE: 4.5 miles away
2 PILLSBURY ST STE 401,
CONCORD, NH 03301 Merrimack
603.224.7575

Compare

Quality Snapshot

Be the first to Review

See All Provider Awards Certifications

Doctor In-Network

PCP ID: 77009766YP
GENDER: Female
SPECIALTY: Family Practice

DISTANCE: 4.5 miles away
2 PILLSBURY ST STE 401,
CONCORD, NH 03301 Merrimack
603.224.7575

Compare

Quality Snapshot

Be the first to Review

See All Provider Awards Certifications

Doctor In-Network

GENDER: Female
SPECIALTY: General Practice, Family Practice, Internal Medicine, Advanced Nurse Practitioner-PCP, Advanced Registered Nurse Practitioner, Family Nurse Practitioner

DISTANCE: 4.6 miles away
50 PINEWOOD RD,
ALLENSTOWN, NH 03275 Merrimack
603.485.7861

Compare

Quality Snapshot

Be the first to Review

See All Provider Awards Certifications

Doctor In-Network

Group Name: STATE OF NEW HAMPSHIRE

Group: 358285

USEFUL TOOLS

FIND A DOCTOR
(Dentist, Pharmacy, or Hospital)

FIND URGENT CARE

ESTIMATE YOUR COST
(Procedure or Treatment)

CHECK CLAIM STATUS

Helpful Hints

- ▶ How do I make sure a doctor accepts my insurance plan?
- ▶ How do I compare doctors?
- ▶ Can I find these doctors on a map?
- ▶ How do I view the next page of results?
- ▶ How do I print these results?
- ▶ How do I email my search results to myself or someone else?
- ▶ How do I fax my search results to myself or someone else?
- ▶ What is Blue Distinction?
- ▶ How do I learn more about a certain doctor?
- ▶ How often do you update this information?
- ▶ How can I view a Primary Care Physician's (PCP) Identification Number?

LiveHealth Online

What is it?

- **Easy, fast doctor visits. With video enabled computer or mobile device with live video.**
- **Your choice of board-certified doctors. Private, secure and convenient online visits.**
- **State of NH health plans cover the visit at the \$15 PCP copay.**
- **Using LiveHealth Online, you can see a doctor who can answer questions, make a diagnosis, and even prescribe basic medications, when needed.**
- **Sign up and log in at www.livehealthonline.com or download the mobile app, and you're ready to see a doctor!**
- **Watch a short video about it**

<http://cdn9.fliqz.com/dd5b7e2321a649a58794ecb240532c5a.mp4>

Take an Active Role

Before You Call or See Your Health Care Provider:

- **What are your symptoms**
- **List of medications & allergies**
- **Family & personal medical history**
- **Concerns you have about your health**
- **What you would like the doctor to address**
- **Benefit coverage (Co-pay, Site of Service, Vitals SmartShopper, etc.)**
- **Find someone to bring with you to listen in or ask questions**

Work in Partnership with a Health Team

During the Health Care Provider Visit:

- **Problem or diagnosis**
- **Tests or medications needed**
- **If medication is needed what side effects should you be aware of?**
- **What can you do at home to treat?**
- **What can you do to prevent this from happening again?**
- **What follow up is needed?**
- **Wellness resources such as nutrition, tobacco cessation, stress management, physical activity**

Work in Partnership with a Health Team

After the Health Care Provider Visit

- **Follow treatment plan**
- **Contact your doctor if you feel worse**
- **Follow up appointments**
- **Practice self-care at home**
- **Take medication as prescribed**
- **Call if you haven't heard about lab, test, or screening results within the discussed timeframe**



Need Care Right Away?

A Walk-In or Urgent Care Center may be an option

- **Walk-in and Urgent Care Centers can handle:**

- Minor cuts and burns
- Sprains and strains
- Sports injuries
- Sore throats
- Earaches
- Fever
- Other non-life-threatening problems

Save on the copay as well!

- ED Charge - \$100 (copay waived if admitted)
- Urgent Care - \$50
- Walk-In - \$30
- PCP - \$15

Call the Anthem 24/7 NurseLine at 800-544-1901 and speak to an experienced registered nurse to discuss your symptoms and get help making a decision on where to get care as well as where the closest urgent care or walk-in center is located to you

Medication Management

**Does your
Medicine
cabinet look
like this?**



Medication Management

Time for a Medicine Cabinet Checkup?

- **Use as directed – Do not exceed dosages on the labels or take over-the-counter medicine on a regular basis without first consulting with your health care provider**
- **Read the warning labels and side effects carefully**
- **Dispose of medications that are past the expiration date or that you are no longer taking properly**
 - **www.nh.gov/medsafety**
- **Store medications as directed**
- **Questions... ask your pharmacist or health care provider**
- **Maintain an updated list of medications and dosage**

Prepare for Emergencies

Get Ready Now

1. Gather a kit of emergency supplies

Prepare for at least 3 days

A gallon of water per person per day

Non-perishable foods (protein bars, canned foods, etc.)

Facial filter masks, duct tape, plastic sheeting, garbage bags

www.readynh.gov

2. Make a plan for what you will do in an emergency

Develop a family communication plan

Create a plan to shelter in place and a plan to get away

Become familiar with alternative routes and transportation

Prepare emergency plans for school and work



Summary of Main Points

- **Medical self care has the power to help us maintain a healthy lifestyle and become more responsible consumers of health care**
- **We have many resources available to assist in making health care decisions**
- **Medical self care can help us reduce health care out-of-pocket costs**
- **We have the power to become a more active participant in managing our own health and the health of family members**

Summary of Main Points

- **Be Good To Yourself!**
- **Health is not merely the absence of disease; it's a lifestyle**
- **Take steps to balance work, home, and play**
- **Pay attention to your health and make healthy living a part of your everyday life**
- **Make it a routine and practice health and wellness your way!**



Remember....

