



Spring 2015

### Ease the worries that come with quitting

There are many methods out there to help you stop smoking. But no matter which one you choose, the road to quitting can get a little bumpy. At least at first.

For many quitters, a common bump in the road is anxiety. Without cigarettes, you feel tense and worried. Neck and shoulder muscles get tight. Stress builds.

These feelings often start in the first 24 hours of quitting. Luckily, they also taper off with time. Most quitters feel much better after a week or so.

In the meantime, there are ways to keep these feelings under control.

For instance:

- **Stay active.** Take a walk or do some other physical activity each day.

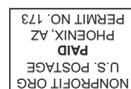
- **Seek calm.** A massage or a hot bath can work wonders. But so can a few deep breaths. Just inhale slowly through your nose and exhale through your mouth. Repeat 10 times.
- **Remember that it passes.** Anxiety fades a little bit every day that you don't smoke.

#### Seek help from ASHLine

Many people have quit smoking and stopped tobacco use through programs offered by the Arizona

Smokers Helpline (ASHLine). The ASHLine has several valuable and free resources.

If you want more information to help you quit tobacco, please call the ASHLine at **1-800-55-66-222**, visit **www.ashline.org** or talk to your primary care provider. You do not need a referral from your doctor to call ASHLine. ASHLine also offers information to help protect you and your loved ones from secondhand smoke.



## Diabetes

### Keep an eye on your feet

If you have diabetes, you know you have to check your blood sugar. But did you know you also need to check your feet every day? That's because you can develop sores and wounds, called foot ulcers.

If you have diabetes, taking a good look at your feet may be the only way to know you have an ulcer. That's because you may have lost feeling in your feet. Many people with diabetes do. So a developing wound won't always cause pain. But it may become red and swell. Or it could drain pus onto your sock or shoe.

A foot ulcer may have trouble healing properly. An unhealed wound can result in infection. And that may lead to an amputation.

If you discover a wound, see a doctor right away. Fast treatment can speed healing.

*Source: American Podiatric Medical Association*

## Have diabetes? Set your sights on healthy vision

Vision loss: Anyone with diabetes is at risk for it. But there are steps you can take to help save your sight.

First, get regular diabetic retinopathy eye exams at least once a year. Don't wait until you notice vision loss. That's because diabetes can cause harm without any early warning signs.

During your exam, your eye doctor will look for:

- Leaking blood vessels. Blood in the eye can cloud your vision.
- Swelling. It may be a sign of fluid leaking into the eye. That can cause blurring.
- Changes in blood vessels or nerve tissue.
- Any other eye issues.

If there's a problem, your doctor can suggest solutions.

To protect your sight, you also need to manage your diabetes. Follow your treatment plan to keep blood sugar, blood pressure and cholesterol under control.

*Source: National Eye Institute*

Do you have vision loss caused by diabetes? Low-vision services and devices may help. Ask your eye doctor for details.





## Stay healthy: Get your flu shot

It comes on quickly. And it can make you miserable.

You cough, sneeze and ache all over. You may have a fever too—and be very tired.

This is what the flu can do. And anyone who's had it will agree: It's best to avoid it.

Luckily, there's a simple way to keep flu away: Get a yearly flu shot. It's quick. It's easy. And it's a smart thing to do to protect yourself and others.

The shot is advised for nearly everyone 6 months of age and older. But it's especially important for people at high risk for flu complications. This includes:

- Those with ongoing health problems
- Pregnant women
- People 65 and older
- Children younger than 5 years old

Ask your doctor if and when you should get a flu shot.

Sources: American Academy of Family Physicians; Centers for Disease Control and Prevention

**HEALTH TIP:** Call your doctor if your fever won't go down. Also call if you have:

- Trouble breathing
- Chest pain
- A cough that makes it hard to sleep

✂️ Clip and save

## Colds vs. flu: Which is it?

You feel lousy. But you're not sure what to do. Why? Because you aren't sure if your symptoms point to a cold or the flu.

Sometimes it's hard to tell which bug you have. After all, they both affect the respiratory system and are caused by viruses. Both also usually last a few days and then go away on their own.

So which is it? Check this chart for symptoms of each bug:

Symptom	Colds	Flu
Fever	Rare	Often 100–102 degrees
Chills, sweats	Rare	Often
Fatigue	Sometimes	Usual
Muscle aches	Sometimes, usually mild	Often severe
Runny nose	Common	Sometimes
Stuffy nose	Common	Sometimes
Sneezing	Common	Sometimes
Watery eyes	Common	Sometimes
Sore throat	Common	Sometimes
Coughing	Hacking cough	Can become severe
Headache	Rare	Common

Though each bug usually has to run its course, it's a good idea to call your doctor. He or she can help you get the right treatment started early.

Sources: Centers for Disease Control and Prevention; U.S. Department of Health and Human Services



## Need a ride?

If you need help getting to a medical appointment or to the pharmacy and you don't have a friend or family member who can take you, we can help you

get there. Just call us to set up a ride for you.

**Effective Feb. 13, 2015,** Mercy Care Plan Member Services

is again managing your transportation services. All you need to do to schedule a ride is call Mercy Care Plan Member Services at **602-263-3000** or **1-800-624-3879**. If you are deaf or have difficulty hearing, call **711**.

We want to make getting to and from your health care visits as easy as possible. If you have any questions, please call Mercy Care Plan Member Services at **602-263-3000** or **1-800-624-3879**. If you are deaf or have difficulty hearing, call **711**.

## DentaQuest to manage your dental benefits

Effective Jan. 1, 2015, Mercy Care Plan has a new dental partner. It is called DentaQuest. You will get dental services through the DentaQuest network.

You can still see your current dentist. We will let you know if your dental network changes.

AHCCCS dental coverage ends at age 21.

### Connecting you to care

Mercy Care Plan wants to help you. Do you have questions? Call Mercy Care Plan Member Services. Call us at **602-263-3000**. Or call toll-free at **1-800-624-3879**. If you are deaf or hard of hearing, call **711**.

## Member Handbook

You can get this year's Member Handbook from Mercy Care Member Services. They can also provide you with a copy of the provider directory.

## Language and interpretation services

Mercy Care Plan can help you get a telephone or sign language interpreter for your health care visits at no cost to you. If you need help in your language or if you are deaf or have difficulty hearing, call Member Services for an interpreter at **602-263-3000**, **1-800-624-3879** or **711**.

إذا كنت بحاجة إلى مساعدة باللغة العربية أو كنت أصمًا أو تعاني من صعوبة في السمع، فاتصل بخدمات الأعضاء لتوفير مترجم فوري لك على هاتف رقم **602-263-3000** أو **1-800-624-3879** أو **711**.

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Call Mercy Care Plan Member Services Monday through Friday 7 a.m. to 6 p.m.

**602-263-3000** or **1-800-624-3879**. If you are deaf or have difficulty hearing, call **711**.

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