



Inside

Prediabetes: Tips to improve your health
Enjoy nature, spend time outdoors
Community programs provide help for pregnant women
Electronic prescriptions are safe, convenient
SoonerCare changes outlined

Recognize, control diabetes

Diabetes is a disease in which the body does not produce insulin or cannot use insulin properly. Insulin is a hormone needed to convert food we eat into energy the body can use.

What are the major types of diabetes?

Type 1 diabetes

Type 1 diabetes results when the body fails to make insulin. Insulin is the hormone that allows glucose (blood sugar) to enter the body's cells and fuel them. People with type 1 diabetes use insulin shots and proper diet to control their blood sugar.

Type 2 diabetes

Most Americans who are diagnosed with diabetes have type 2 diabetes. It develops when the body does not use insulin properly or does not produce enough insulin. A balanced diet and regular physical activity help many people control type 2 diabetes. Some people may also need pills or shots to help control their blood sugar.

Prediabetes

Prediabetes is a condition that occurs when a person's blood sugar levels are higher than normal, but not high enough to be called diabetes. It is a warning sign that you might develop diabetes. People with prediabetes may be able to prevent diabetes by changing their diets and increasing their physical activity.

Diabetes in pregnancy (gestational diabetes)

Gestational diabetes is a temporary type of diabetes some women develop while pregnant. It usually goes away after the baby is born. With treatment, most women can control their blood sugar and give birth to healthy babies. If diabetes is not controlled during pregnancy, it can cause babies to grow too large or to be born with low blood sugar.



MyPlate can help prioritize food choices by reminding us to make half of our plate fruits and vegetables and shows us the other important food groups for a well-balanced meal: whole grains, lean proteins, and low fat dairy.

I have diabetes. What can I do to stay healthy?

There are a number of things you can do to help control your diabetes and stay healthy:

- See your doctor regularly.
- Talk to your doctor about a diabetes meal plan.
- Enjoy at least 30 minutes of physical activity each day.
- Take medicines as directed by your doctor.
- Test your blood sugar as directed and write the number in your log book after each test.
- Do not smoke or use tobacco products.
- Avoid alcoholic beverages.

mySoonerCare.org

Make your appointment early to have your seventh grader immunized with the Tdap vaccine. All seventh grade students must have the Tdap vaccine before school starts for the 2011-12 school year.

This newsletter is just for SoonerCare members. It will tell you about any changes or updates to your SoonerCare benefits. It will also give you other useful news to help keep you healthy. However, if you have specific questions about your health, please talk to your doctor.

Your SoonerCare Companion will arrive in your mailbox about every four months from the Oklahoma Health Care Authority. If you have questions about SoonerCare, please call the SoonerCare Helpline at 1-800-987-7767.

Summer 2011

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Oklahoma City, OK 73107
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Prediabetes: Tips to improve your health



Prediabetes means your blood sugar level is higher than normal, but not high enough to be classified as type 2 diabetes. Without intervention, prediabetes is likely to become type 2 diabetes within 10 years. If you have prediabetes, the long-term damage of diabetes may already be starting in your heart and circulatory system.

A diagnosis of prediabetes can be an opportunity to improve your health and type 2 diabetes isn't inevitable. Healthy lifestyle changes may help you bring your blood sugar level back to normal.

The following steps are suggested to treat prediabetes:

- 🍏 **Eat healthy foods.** Choose foods low in fat and calories and high in fiber. Focus on fruits, vegetables and whole grains. Strive for variety to help you achieve your goals without compromising taste or nutrition.
- 🍏 **Get more physical activity.** Aim for 30 to 60 minutes of moderate physical activity at least five days a week. Take a brisk daily walk. Ride your bike. Swim laps. If you can't fit in a long workout, break it up into smaller sessions spread throughout the day.
- 🍏 **Lose excess pounds.** If you're overweight, losing just 5 to 10 percent of your body weight can reduce the risk of developing type 2 diabetes. To keep your weight in a healthy range, focus on permanent changes to your eating and exercise habits. Motivate yourself by remembering the benefits of losing weight, such as a healthier heart, more energy and improved self-esteem.
- 🍏 **Take medications as needed.** Your doctor can help you find medications if they are necessary for you. Healthy lifestyle choices remain essential, however.

Findings from several recent studies suggest that getting at least six hours or more of sleep each night also helps.

Ask the Tooth Fairy

How to get
the most out
of your
dental or medical
treatment:



- 🍏 **Keep the appointment.** If you are unable to keep your appointment, call at least 24 hours in advance; remember how it feels if the plumber doesn't come when he says he will?
- 🍏 **Be at least 15 minutes early.** The office may have paperwork for you to fill out.
- 🍏 **Take your SoonerCare card and photo ID with you.** This protects both you and your doctor or dentist.
- 🍏 **Ask questions if you don't understand or have concerns.** Take an active role in your treatment!

Enjoy Nature, Spend Time Outdoors During Nice Weather

Research published in *Environmental Science & Technology* last year confirms what most of us already know – that spending time in nature boosts your mood and your self-esteem.

Just five minutes outside can brighten your day and your mood. Turn off the television – avoid coffee or snacks – and take a walk outside. You don't have to spend a lot of time to reap big benefits.

Another choice may be swimming, fishing or hiking around a lake or river. Parks and lakes in Oklahoma provide many opportunities to enjoy time outside.

If you have more time to spend, a family camping trip could provide relaxation and family time together.



New vaccine required for seventh graders

A new immunization requirement will be in effect this fall to help fight the spread of whooping cough in Oklahoma schools and communities.

All students entering seventh grade in the fall of 2011 are required to receive a new immunization before the start of the school year. The Oklahoma Health Care Authority suggests that SoonerCare patients make appointments early to have their seventh-graders immunized.

Tdap (tetanus, diphtheria, and acellular pertussis vaccine) fights the spread of whooping cough and is expected to help Oklahomans avoid outbreaks of the disease that other parts of the country are fighting. Thousands of cases of whooping cough have been diagnosed in California and Texas, according to the Oklahoma Department of Health.

Tdap vaccine is a combination vaccine that provides a booster dose of pertussis (whooping cough) along with the tetanus and diphtheria booster (Td). The vaccine is routinely recommended for all children 11 or 12 years of age.

No grace period allows for students to comply with this requirement with the exception of military children transferring from another state. Military children may be allowed up to 30 days from the date of enrollment to obtain state required immunizations. All other students must receive the vaccine and present an immunization record upon entering the seventh grade.

Community programs provide help for pregnant women

Pregnant women may want to check for information about several programs that are offered through SoonerCare or other programs in their communities.

SoonerCare offers quick access to prenatal care for women who qualify. The result is more women receive the care they need and both mother and baby are healthier. **Call the SoonerCare Helpline at 1-800-987-7767.**



Pregnant women can receive free messages on their cell phones each week during their pregnancy and their baby's first year. The messages from Text4baby provide educational tips. To receive the text messages, **text BABY to 511411. For messages in Spanish, text BEBE to 511411.**

The Oklahoma Tobacco Helpline offers coaching, special materials and referrals for women who want to quit smoking. This program is helpful for women concerned about effects of smoking on their unborn child. **Call 1-800-QUIT NOW (784-8669). For Spanish, call 1-800-793-1552 or hearing impaired call 1-877-777-6534.**

Children First is a program for families expecting to have or parent their first child. The program encourages prenatal care. It also encourages fathers and grandparents to be involved in parenting.

To qualify for Children First, a woman must be less than 28 weeks pregnant, expecting her first child and have little financial or social support. Nurses will make home visits during her pregnancy and the first two years of the child's life.

For information about Children First, please visit Oklahoma State Department of Health at <http://www.ok.gov/health>.

Check coverage changes for out-of-network providers

In the past, SoonerCare paid for prescriptions written by health care providers who did not have a contract with SoonerCare. Due to a change in federal law, SoonerCare stopped paying for prescriptions written by out-of-network providers on July 1, 2011.

Talk to your primary care provider about all your medicines. In most cases, your primary care provider can write all needed prescriptions or can refer you to a specialist.



SoonerCare changes outlined

The Oklahoma Health Care Authority has made some changes to the SoonerCare program that take effect July 1, 2011.

Here's a quick summary:

Native American services:

If you are a Native American, you no longer have to pay a co-pay or premium for services provided by an Indian Health provider. If you wish to receive services by an Indian Health provider, you must prove you are a Native American. You can do this by showing a Certificate of Degree of Indian or Alaska Native Blood, a birth certificate or a tribal-affiliation card.

Prescriptions:

SoonerCare members get a maximum of six covered prescriptions per month. Two of these prescriptions can be brand name. You may get a third brand name prescription if you have a prior authorization from OHCA. Individuals younger than 21 years of age are not limited in the number of prescriptions they receive in a month but may be asked to have a prior authorization or be restricted to quantity limits.

Private duty nursing:

Private duty nursing services are available to eligible individuals in their primary residence. Before you receive a private duty nursing service, you will receive either a telephone call or a personal visit from an OHCA nurse. The nurse will be able to determine the medical necessity of your situation.

For more information, please call the SoonerCare Helpline at 1-800-987-7767.



Electronic prescriptions are safe, convenient!

The next time you go to the doctor, you may not leave with everything you were expecting. That's because more and more doctors are using electronic prescribing systems to send their patients' prescriptions directly to the pharmacy.

Electronic prescribing, also called e-prescribing, sends a prescription directly from the doctor's computer to the pharmacy's computer. That means the patient never needs a paper copy of the prescription.

E-prescribing has several benefits for patients:

Fast – The prescription arrives at the pharmacy before you even leave the doctor's office.

Convenient – You no longer have to make an extra trip to the pharmacy to drop off the prescription.

Safe and Secure – The prescription travels over a private, secure network, not the regular Internet.

Legible – We've all heard jokes about doctors' handwriting but getting the wrong medicine is no laughing matter.

When a doctor sends a prescription using e-prescribing, the pharmacist will be able to read it clearly and make sure you get the right medicine.

Don't forget

to keep your address updated with SoonerCare! Call the Helpline at 1-800-987-7767 if you have moved so we can keep you updated on your benefits.

HEAT STROKE A DANGER DURING SUMMER HEAT

Heat stroke is a danger for people of all ages, including children in hot cars and athletes training during the heat of the summer months.

Children left unattended in hot cars

Children are at a greater risk of heat stroke because their bodies heat up three to five times faster than adults, according to Safe Kids USA. Deaths of children left alone in hot cars average about 38 deaths nationally each year, according to Safe Kids.

Parents and caregivers can follow these tips:

Lock cars and trucks

About 30 percent of the recorded heat stroke deaths in the U.S. occur because a child was playing in an unattended vehicle. These deaths can be prevented by simply locking the vehicle doors to help assure that kids don't enter the vehicles and become trapped.

Create reminders

Many child heat stroke deaths occur because parents and caregivers become distracted and exit their vehicle without their child. To help prevent these tragedies, parents can set an alarm on a cell phone or a computer calendar reminder. Be especially mindful of your child if you change your routine for daycare.

Dial 911 immediately

Call for help if you see an unattended child in a car. Emergency professionals are trained to determine if a child is in trouble.

Heat stroke in sports

Heat stroke is a risk when the temperatures are high. Watch for heat stroke any time the temperature is above 80 degrees F. and the relative humidity is more than 40 percent.

Heat stroke happens in sports when the body is overloaded with heat and is caused by a combination of hot environment, strenuous exercise, clothing that limits evaporation of sweat, inadequate adaptation to the heat and lack of fitness.

Tips to help protect you and your children:

- Improve your physical fitness and adjust your body to the heat over several days. Get fit first, and adjust to the heat for a week or two before formal practices begin by jogging 30-45 minutes a day in the heat in shorts and T-shirt.
- The highest risk for heat stroke occurs in the first few days of training in hot weather.
- Read your body and never ignore early warning signs of illness.
- Take rest breaks and seek shade.
- Don't skip meals, get plenty of fluids and salt and get plenty of sleep.

WHAT TO DO TO AVOID HEAT STROKE

- Get physically fit and heat-fit.
- Avoid stimulants like ephedra.
- Stay hydrated.
- Favor sports drinks over plain water.
- Watch urine – it should be plentiful and pale.
- Watch weight – early weight loss is fluid loss.
- After a workout, drink a pint and a half of fluid for every pound of weight lost.

SIGNS OF HEAT STROKE

- dizziness, rapid heartbeat
- diarrhea, nausea, cramps or vomiting
- throbbing headache
- dry skin (no sweating)
- chest pain
- great weakness
- mental changes
- breathing problems



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and
www.okhca.org/twitter.

Need formula or diapers?
Ask your caseworker for a referral to
Infant Crisis Services, Inc.
No baby should go hungry (405) 528-3663



Water safety

Cooling off in hot weather can mean swimming and boating for many Oklahomans, but parents and caregivers should start water safety at home.

In Oklahoma, drowning is a leading cause of death among children who are from 1 to 4 years of age. For young children, household dangers can pose the greatest threat and may be missed when child proofing your home. Water safety is also a concern for all family members who are swimming or boating.

Facts you should know

- + Children can drown in an inch or two of water.
- + The majority of drowning deaths among very young children happen in bathtubs, buckets or toilets.
- + A child can drown when a parent or caregiver looks away from the child for a brief time. While a little one seems safe in a bathtub seat or with an older brother or sister, that child needs an adult's attention at all times.
- + Knowing how to swim does not prevent drowning.
- + The majority of children who die in recreational boating incidents are not wearing life jackets/personal flotation devices.

Be sure to empty bathtubs, buckets, sinks and inflatable pools immediately after using them. Keep bathroom doors and toilet seats locked. Remove toys from the pool and tubs immediately after using them. Floats, balls and other toys might tempt children into an unsafe situation.



Water safety tips

- + Always supervise children around water, including around water in bathtubs, toilets, hot tubs, swimming pools, lakes, creeks, drainage ditches and any other bodies of water.
- + Talk to your children and teach them water safety rules and skills appropriate for their age.
- + Use proper personal flotation devices to protect your children in the water when you are outside. Swimming noodles and water wings are not safety devices and should never replace life jackets or personal flotation devices. Properly fitting, U.S. Coast Guard-approved life jackets or personal flotation devices should be used by adults and children when participating in open water activities. Teach your child by example.



- + Learn CPR and know how to use rescue equipment in case of emergency.

Choose healthy snacks



Here are some suggestions for healthy snacks that are good for kids:

Fresh fruits:

bananas
grapes
oranges
apples
melons (honeydew, cantaloupe, watermelon)
strawberries

Fresh veggies:

carrots
celery
tomatoes
cucumbers

Low-fat cheeses:

mozzarella
cheddar

Low-fat yogurt

Did you know you can freeze grapes, bananas and strawberries? They are delicious to eat frozen and great when it's hot outside! Also, low fat yogurt is tastier with fresh fruit added – get creative! Involve your kids in making up healthy choices!

Remember: Kids learn by watching others, so set a good example by eating healthy snacks.

Summer Scrapbook Party!



Soozie and Rascal are having so much fun this summer that they want to throw a party. Invite your friends and have a scrapbook party of your own.

Gather art supplies, empty cereal boxes, different kinds or colors of paper, zip top sandwich bags, glue, a hole punch, scissors, tape, yarn or twine, binder rings (you can get these in the office supply section of stores), pencils, crayons and paint.

1. Cut two pieces of cardboard (use the inside of a cereal box or shoe box) for the front and back of your book. Cut a round hole near the top and the bottom of the left edge.

2. Cut several pieces of white paper the same size. Trace the holes from the cover onto the paper. Use a hole punch or scissors to cut out the holes.

3. Stack all the paper between the covers and hold together with binder rings → or tie with yarn or heavy twine.

4. Write your name on the front and decorate.



Ask your guests to bring a small photo of themselves or take and print photos at the party. Help each guest make a scrapbook to take home. Decorate the cover while at the party, then take the books home to add pages full of fun and memories all summer long. Attach a zip lock bag to the inside of the back cover to hold souvenirs.

Serve sugar-free Kool-Aid® or punch with peanut butter and jelly sandwiches or cheese and crackers, fruit and a whole grain cookie.

By the end of the summer you will have a book full of memories to keep the rest of your life. When your teacher or grandma asks what you did this summer you will be ready for show-and-tell! Have fun!

'Kids Corner' offers lots of fun!



Soozie SoonerCare and Rascal's

Kids Corner

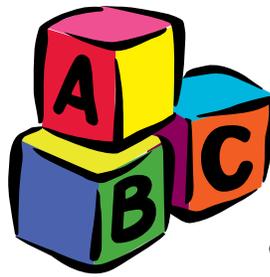
Activities



"Kids Corner" is a feature on OHCA's website. Kids can find coloring pages and activity calendars that have good information. Kids Corner also has a lot of fun, creative ideas about healthy food choices, great exercises and learning activities for the whole family.

Be sure to check it out at www.okhca.org/kids-corner. Soozie SoonerCare and Rascal will be waiting with something new and exciting each month!

www.okhca.org/kids-corner



ABCs
of
SoonerCare

D is for vitamin D

Vitamin D is a nutrient found in some foods and is needed to maintain strong bones. It is also important to the body in many other ways.

Muscles need it for movement and nerves need it to carry messages between the brain and every part of the body.

Your body's immune system needs vitamin D to fight off bacteria and viruses.

Very few foods naturally have vitamin D. Most of us get the vitamin when it is added to foods in our diets.

Almost all of the U.S. milk supply is fortified with vitamin D. But foods made from milk, such as cheese and ice cream, are usually not fortified. Vitamin D is added to many breakfast cereals and to some brands of orange juice, yogurt and margarine.

The body makes vitamin D when skin is directly exposed to the sun. However, when out in the sun for more than a few minutes, wear protective clothing and apply sunscreen.

Si usted quiere leer este artículo en español, visite la pagina web del OHCA al <http://www.okhca.org/sooner-care-companion>.

Disclaimer: Clinical, legal and other comments are offered for general information only. Please talk to your doctor about specific health concerns.

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