

MemberSource

Summer 2011

A newsletter for CareSource members

Improved *Find a Doctor* tool now on our website

We have updated our *Find a Doctor* tool. Now it is easier than ever to find a health care provider who participates with CareSource. And you can use it any time, day or night.

Get details like:

- ▶ Provider's address and phone number
- ▶ If the provider is accepting new patients
- ▶ Provider's specialty type
- ▶ Maps and driving directions to provider locations
- ▶ And more

If you need a provider who speaks another language, you can find that too.

Just go to www.caresource.com.

- ▶ First click on *Members*
- ▶ Next choose *Michigan Medicaid*
- ▶ Then click on the *Find a Doctor* link under "Quick Links"

There's never been a quicker or easier way to search our most current list of providers. We verify our data and update it as often as possible, but you should always check with the provider to confirm it. Or, you can call Member Services at **1-800-390-7102** (TTY for the hearing impaired: 1-800-649-3777 or 711).



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How to reach us

Service Center: **1-800-390-7102** (TTY: 1-800-649-3777 or 711)
CareSource 24, 24-Hour Nurse Advice Line: **1-866-206-0488**



Screenings help find delays



A baby's first words and first steps are precious memories for parents. Children reach milestones like these at different ages. But if one is not met or is severely delayed, then it may be a cause for concern.

Experts suggest developmental screening tests at the following ages:

- ▶ 9 months
- ▶ 18 months
- ▶ 30 months

These tests help your child's doctor find out if your child may be at risk of a developmental delay. If so, there are community and medical services that can help.

Don't wait until it is too late. Talk to your child's doctor to learn more about these screenings.

Member Name Jane Doe	Date of Birth 01-01-1989	
External ID 0012345678	Enrollment Date 01-23-2006	Group # C
Primary Care Provider Name Joseph Well	Primary Care Provider Phone (989) 555-5555	
Member Services: 1-800-390-7102 (TTY: 1-800-649-3777 or 711)		
CareSource 24, 24-hour nurse advice line: 1-866-206-0488		
www.caresource.com		



Show your CareSource ID card

Each member of your family who has joined CareSource has a CareSource ID card. Be sure to show your card each time you go to the doctor, hospital, urgent care center and pharmacy.

You should also have your ID card ready when you call Member Services. We will need the member ID number listed on your card. This will help us serve you faster.

4 ways to report suspected fraud, waste or abuse

CareSource has a program to handle cases of managed care fraud.

To report anything that does not seem right:

- 1. Call 1-800-390-7102** (TTY: 1-800-649-3777 or 711). Choose the menu option for members. Then select the option for reporting fraud.
- 2. Fax us at 1-800-418-0248**
- 3. E-mail** a message to fraud@caresource.com
- 4. Write** to us. You can fill out our Fraud, Waste and Abuse Reporting Form found on our website or send a letter to us at:
CareSource
Attn: Special Investigations Unit
P.O. Box 1940
Dayton, OH 45401-1940

You can also report fraud, waste and abuse directly to the Michigan Department of Community Health (MDCH):

- ▶ Call 1-866-428-0005
- ▶ Write to:
Medicaid Integrity Program Section
Capital Commons Center Building, 6th Floor
P.O. Box 30479
400 South Pine
Lansing, MI 48909-7979

You can learn more about what types of activities are fraud, waste and abuse on our website. Just visit www.caresource.com.



Well-child care

We take our children to the doctor when they are sick or hurt. But do we need to take them when they are healthy?

The answer is “**yes.**” It is important to take your children to the doctor even when they feel well. Children should have regular checkups to make sure they are growing and developing normally. They can help your child’s doctor find and treat problems before they become serious.

Spring is a time for new beginnings. Start the season off right and make it a healthy one for you and your family. Schedule a well-child checkup for your child today.



Immunizations: It’s not too late

Q: My child has missed some vaccinations. In fact, the time when she was supposed to get them passed long ago. Do we have to start all over again at the beginning?

A: No. If a particular immunization is given in a series of doses and your child has missed one or more of them, just pick up where you left off. The vaccines that have already been received still count.

Immunizations protect your child from many harmful diseases. They are covered by CareSource at no cost to you. If your child has missed any, your child’s doctor can recommend a plan to catch up and get back on track.

Earn gift cards with Babies First

Are you pregnant?
Or a new mom?
You can earn gift cards to a local store through our Babies First program. You just need to keep certain doctor appointments to qualify. Visit our website or give us a call to learn more.



Use antibiotics correctly

Antibiotics are drugs that fight infections from bacteria. Antibiotics cannot kill viruses. This means it can kill the germs that cause strep throat and pneumonia. Antibiotics cannot kill germs that cause a cold or the flu.

It is important to use antibiotics only for germs it can kill. If you use antibiotics a lot, you may become resistant. This means that the bacteria in your body changes so medicine can't kill it. If you are resistant, it will take longer to get well.

Here are some tips:

- ▶ Ask your doctor if an antibiotic will help you get better.
- ▶ Do not take an antibiotic for a cold or the flu.
- ▶ Find out what else you can do to feel better.
- ▶ You will probably feel better before you are done taking your antibiotic. But the germs will not be gone. Be sure to take all of your medicine.
- ▶ Do not take an old antibiotic.
- ▶ Do not take an antibiotic that was prescribed for someone else.



Avoid the risks of pain control narcotics

If your doctor has given you strong pain killers like Vicodin, Oxycontin or other narcotics, be sure to follow instructions for them. These drugs are most effective for control of short-term pain. Taking more tablets than prescribed and for longer periods than needed can lead to unwanted side effects. Long-term use can make you become dependent on them.

Never give these powerful medicines to others. And be sure to prevent others from gaining access to them. This will help reduce the risk of overdose and even death. You should be careful using strong pain killers with Tylenol. Even too much Tylenol can be harmful.

Other pain medicines may be just as effective without the risks of narcotic drugs. Or you could try alternatives to drugs. They include:

- ▶ Physical therapy
- ▶ Heat or cold treatments
- ▶ And others

Talk to your doctor about alternatives.





Focus on quality

Our members are always our top concern. That's why CareSource has a Quality Improvement (QI) program. It links knowledge, structure, and processes together. We use it to assess and improve the quality of care and service you get from CareSource. Our QI program keeps track of and evaluates:

- ▶ The quality of member care
- ▶ How appropriate care is
- ▶ Outcomes of care

CareSource uses the Healthcare Effectiveness Data and Information Set (HEDIS®) project each year as one way to evaluate these aspects of care.

The National Committee for Quality Assurance (NCQA) developed and maintains HEDIS®. It allows for consistent assessment of specific aspects of performance. It helps us measure how well we do in both clinical and non-clinical areas. It also provides a basis for our efforts to improve care and service. Examples are:

- ▶ Member satisfaction
- ▶ Preventive care
- ▶ Programs to help keep you healthy for people with asthma and diabetes
- ▶ Ensuring your information stays private
- ▶ Making sure your doctors are qualified

Overall, CareSource improved on 12 of 27 (47 percent) selected HEDIS® measures from 2009 to 2010. CareSource met or exceeded the 50th percentile national Medicaid health maintenance organization (HMO) score for four measures. This means that CareSource performed the same as or better than 50 percent of Medicaid health plans in the country in those areas. CareSource met or exceeded the 75th percentile in one measure.

You can find out more about our QI program. You can also see how CareSource compares to the NCQA percentiles. Just visit our website at www.caresource.com.



Celebrating women's health

May 9, 2011, was National Women's Checkup Day. Women across the country were encouraged to receive or schedule a preventive health checkup. Did you? If not, call your doctor today!



Is it more than just the baby blues?

"I feel sad and anxious. I have trouble eating and sleeping. I just don't have the energy to get things done. Sometimes I don't even want to hold my baby. This is supposed to be the happiest time in my life. Why do I feel so bad?"

If this sounds like you or someone you know who just had a baby, you are not alone. As many as 80 percent of women have mood disturbances after childbirth.

For most women, mood changes are mild and go away on their own. But some women have more serious symptoms and develop postpartum depression. This interferes with their ability to take care of the baby and themselves.

If you feel sad or depressed after pregnancy, talk to your doctor. If you have signs of postpartum depression, your doctor can help you choose the best treatment options for you.



Keep the weight off

1 year *The amount of time it takes most people to gain back all of the weight they lose on a diet.*



Going on and off diets is not healthy. To keep weight off, you must permanently change the way you eat and live. Continue to eat healthy foods and stay active. Research shows that people who exercise regularly are the most likely to keep their lost weight off.

We can help

CareSource has a Weight Management Program for members who qualify. We can help you find services to:

- ▶ Help you lose weight
- ▶ Reinforce healthy habits like exercise and eating well

Talk to your doctor to find out if you qualify.

Did you know?

CareSource is a Medicaid health plan. We are here to help you get the health care you need. Here are some quick facts you may not know about us.

- ▶ Each year, CareSource members are asked to take part in a survey. We use the results to improve our service.
- ▶ On average, less than 1 percent of our members leave CareSource unless they have to. This shows that most members tend to stay on CareSource when they have a choice. When members lose their eligibility for certain types of Medicaid, they can no longer be on CareSource either.
- ▶ CareSource has a contract with the Michigan Department of Community Health (MDCH). This allows us to provide services to you.
- ▶ We pay health care providers based on current Medicaid payment rates. We do not reward them for denying services. Your health is always our top concern.

You can get more details about any of this on request. Just call us at **1-800-390-7102** (TTY: 1-800-649-3777 or 711) to ask for it. Follow the menu options to reach Member Services.

Looking at what's new

We look at new health care services not covered by the Michigan Medicaid fee-for-service program. Then we decide if they will be a covered CareSource benefit. We do this to make sure you have the best possible care options that are proven safe and effective.

CareSource may decide that a new development will be a covered benefit. This includes newly developed:

- ▶ Health care services
- ▶ Medical devices
- ▶ Therapies
- ▶ Treatment options

Coverage is based on:

- ▶ Updated Medicaid and Medicare rules
- ▶ External technology assessment guidelines
- ▶ Food and Drug Administration (FDA) approval
- ▶ Medical literature recommendations

If we have a new covered benefit, we will let you know through:

- ▶ The Member Handbook
- ▶ A letter or newsletter
- ▶ Our website

It pays to get preventive care *You could win a \$250 gift card*

CareSource wants you to get the preventive screenings you need to stay healthy. That's why we are giving away \$250 prepaid gift cards to members. Your name will be entered in a drawing if you get one of the following services:

Women's health services:

1. Mammogram
2. Pap smear
3. Chlamydia screening

Diabetes care:

4. Hemoglobin A1c
5. LDL screening
6. Diabetic eye exam

Every three months, six names will be drawn – one from each of the six types of care received. Winners will receive a \$250 gift card and will be notified by phone or mail. So don't put off your preventive care. You could be a lucky winner.

New transportation vendor

CareSource has a new transportation provider. TMS is the name of the new provider. They started providing transportation on April 1, 2011.

You can get rides to medically necessary health care visits when they are covered by the plan. CareSource can also provide mileage reimbursement for medically necessary health care services when you arrange for these services before the visit.

You can also get same-day rides for hospital discharges. Members will need to use the same process to ask for this service.

It's easy to arrange for a ride. Just call CareSource Member Services at 1-800-390-7102 (TTY: 1-800-649-3777 or 711). Choose the menu option for member, then transportation.

Please call at least five days ahead of your doctor's visit to set up a ride.



What can a CareSource case manager do for you?

More than you might think!

CareSource has registered nurses, social workers and other outreach workers on staff. They can work with you one-on-one to help coordinate your health care needs. They can help you:

▶ Better manage your health conditions such as:

- Asthma
- Diabetes
- High blood pressure

▶ Help you understand your medicines and symptoms

▶ Find local resources to help you with other issues that affect your health like food and housing

▶ Support your doctor's plan of care

▶ Live a better quality of life



To contact a case manager, call **1-800-390-7102**.



MemberSource

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1-800-390-7102

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