

HealthyFocus

Fall 2015

Stay Healthy **Get a Flu Shot!**

Why should you get a flu shot?

Getting a flu shot every year is the best way to reduce the chance you will get the flu and give it to others. Studies have shown that flu vaccines significantly reduce hospitalizations. When more people are vaccinated, less flu can spread throughout your community.

How can you protect yourself from getting the flu?

Getting a flu shot every year is the most important way to protect you. Everyday ways to prevent the flu are frequent handwashing and staying home if you are sick. This helps to prevent spreading flu to others.

What kinds of flu vaccines are available?

This year's flu vaccines are well matched against current flu viruses. Any of them will help reduce your risk of getting the flu and complications that could lead to hospitalization.

Where can you get a flu shot?

You can get your shot many places.

The options include:

- Your doctor's office
- Your local public health department
- Pharmacies*

*To find in-network pharmacies visit our website at: www.CommunitySolutions.PacificSource.com/Tools/PharmacySearch



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Adolescent Well-Care Visits (AWCV)

An Adolescent Well-Care Visit (AWCV)

is a complete preventive care physical. These visits give healthcare providers a great chance to help teens learn about different health issues that can affect them. Teens will have a chance to talk with their doctor about subjects like:

- Alcohol and drug use
- Smoking
- Eating healthy
- Emotions and feelings
- Sexually transmitted infections
- Birth control

What is covered during the physical?

The physical covers:

- Medical and mental health development
- Immunizations
- Needed lab tests
- Health education
- Hearing and eye exams

AWCV is a covered benefit. Please call your teen’s doctor to see if it is time for their AWCV.

Are well-care visits the same as sports physical? No. These visits are more complete than sports physicals. Their doctor can determine if it is safe for your teen to play sports during the AWCV.



Know Where to Go For Care

If you're sick or hurt, it's important to know where to go to get care.

If you need care for normal aches and pains or if you are sick, you should call your primary care provider (PCP). Your PCP's staff sees you regularly. This means they will spend less time on paperwork and more time helping you get back on your feet.

You might not know that many primary care providers' offices are open late and on weekends. Even when their office is closed, someone will be able to help you, including an on-call doctor. This helps you get the care you need, when you need it.

If you need care right away, your PCP may tell you to go to an Urgent Care clinic or an Emergency Room.

If your injury or sickness is so serious that you think your health is in danger, call 911 or go to the Emergency Room.

Many people are surprised to learn that doctors in urgent care clinics and in the ER see people with the worst injuries or sickness first. If you go in with a simple problem, you could end up waiting hours to see the doctor.

So when you need care, be sure to think of all the time you could save by calling your PCP's office first. Your doctor's office will help you make an appointment or figure out the right place to go.

Would you like to stop using Tobacco?

We offer many services to help:

- Acupuncture
- Classes or phone counseling
- Nicotine patches, gum and lozenges
- Provider office visits
- Medicine used for the treatment of tobacco
- Quit for Life[®] program

Call our Customer Service department at the numbers listed on the back page to learn more about these services.

Dental Care During Pregnancy

It's important for you to take good care of your teeth and gums while pregnant. Pregnancy causes hormonal changes that increase the risk of developing gum disease, which, in turn, can affect the health of your developing baby. Do not skip your dental checkups during pregnancy. Tell your dentist you are pregnant before you receive any treatments. Your dentist will know which treatments are safe during pregnancy.





PacificSource
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2965 NE Conners Avenue
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Customer Service

Central Oregon:

800.431.4135 toll-free

The Columbia Gorge:

855.204.2965 toll-free

TTY:

800.735.2900 toll-free

Monday - Friday:

8:00 a.m. to 5:00 p.m.

Rides to Healthcare Appointments

If you need help getting to your appointments, please call one of the brokerages below. Rides to covered medical, dental and behavioral healthcare appointments are a covered benefit.

Cascades East Ride Center

(Crook, Deschutes, Jefferson, and Northern Klamath counties)

- (866) 385-8680 Toll-free
- (800) 735-2900 TTY

The Transportation Network

(Hood River and Wasco counties)

- (877) 875-4657 Toll-free
- (800) 735-2900 TTY

You can get this newsletter in another language, large print, or another way that's best for you. Call toll-free at (800) 431-4135. TTY users call (800) 735-2900.

Si usted necesita servicios de intérprete, por favor llame al teléfono (800) 431-4135 si vive en Central Oregon o al teléfono (855) 204-2965 si vive en Columbia Gorge.