

HealthyFocus



Medicaid Member News | Winter 2015



PacificSource Community Solutions manages your Oregon Health Plan (OHP).

We use this newsletter to share helpful information about your plan.

We want to give you and your family tools to help you live a healthy life.

Understanding your Benefits

We know that health insurance can be confusing and it's important to us that you understand your benefits. To help, we've created a series of videos to help answer questions you may have. Visit our website to learn more: www.CommunitySolutions.PacificSource.com/videos



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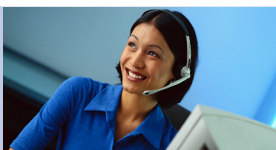
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Customer Service

Monday - Friday: 8:00 a.m. to 5:00 p.m.

Central Oregon:

800.431.4135 toll-free

The Gorge:

855.204.2965 toll-free

TTY:

800.735.2900 toll-free

A Healthy New Year



Kick the habit!

There are so many benefits to not using tobacco. The longer you are tobacco free, the more of a difference you'll notice. A few benefits to tobacco cessation are:

- Lowered risk of cancer
- Reduced risk for heart disease
- Reduced risk for infertility in women
- You save money

Call our Customer Service Department at the numbers listed on the front page about the many services we offer to help you quit.

A new year is here and that means you may be making New Year's resolutions. For many of us, those goals may be to lose weight or to stop using tobacco. Sometimes it is hard to know where to start.

*Here are some small things you can do to be healthier this year:

- Give up soda. Drinking one can a day means that you'll consume about 45,000 calories per year. Drink water with fresh fruit in it instead of soda.
- Go for a walk. You might think to lose weight you'll need to spend hours on the treadmill, but you can start small and still see results. Taking a break during the day, or going for a walk after dinner can help you burn some extra calories.
- Ditch the sugar. It's easy to want to grab a sweet snack from a vending machine or the checkout stand. Try eating fruit instead.
- Limit salt and carbs. Cutting back on salt and carbs reduces water weight.
- Shoot for 10 percent. Studies have shown that if you're overweight, losing just 10 percent of your body weight can drastically improve your health.

*It's always a good idea to speak to your doctor before starting a new diet or an exercise program.

Are you ready to take the next step in kicking the habit? Call 1-866-QUIT-4-LIFE (866) 784-8454 for free help. You will be one-step closer to being a healthier **YOU** for the new year!

Free text messages to keep you and baby healthy!



text4babySM

You'll get tips and reminders on:

- pregnancy
- labor signs
- infant care
- breastfeeding
- shots

Even if you don't have a plan with text messaging, you can get these messages free. If you have limited texting per month, **text4baby texts** won't take away from your total amount of messages.

To find out more, go to www.text4baby.org.

If you're pregnant or have a baby under age one, you may be interested in a **free** program called **text4baby**. Text4baby is a **free text message** program that sends health tips to help keep you and your baby healthy and safe. Messages start in pregnancy and go through your baby's first year.

How to sign up:

- Text the word BABY (or BEBE in Spanish) to the number 511411 using your cell phone
- You and your family members can sign up



Download the free **text4baby** app from the iTunes and Google Play stores by searching "**text4baby**".





2965 NE Conners Avenue
Bend, Oregon 97701

Your rights as a member

As a member of PacificSource Community Solutions, you have many rights and these are just a few. You have the right:

- To be treated with dignity and respect
- To get covered mental and behavioral healthcare
- To get substance abuse treatment
- To have a friend, family member, or advocate with you during appointments
- To get covered preventive services
- To select or change your PCP

You can get this letter 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.