

# healthyNOW

WINTER 2010

**FirstChoice**  
by Select Health of South Carolina  
*Your Hometown Health Plan*



## Using an Interpreter Is Easy AT FIRST CHOICE

**G**etting healthcare in languages other than English can be hard. Not at First Choice. If you speak a language other than English, we can help. We use an interpreter program (a person who speaks your language) to talk with our members in more than 200 languages. This is free to you. Our nurses and staff enjoy how easy it is to use an interpreter. Also, we have Spanish-speaking staff ready to help you.

Don't forget to tell your doctor about this! They can use it for free by calling Member Services at **888.276.2020**. You can also use it when calling our Nurse Help Line at **800.304.5436** for free health help 24 hours a day. ■

### INSIDE

Get the Right Medicine .....	2
Community Events .....	4
2011 Preferred Drug List .....	5-8
Quality Counts .....	9
Healthy Recipe: 20-Minute Chicken Creole .....	10

## GET THE **Right Medicine**

**W**hen you are sick, you want to feel better fast. You may think that taking an antibiotic is the answer. But antibiotics cannot cure viral illnesses such as a cold, most sore throats, bronchitis and the flu.

Taking antibiotics for a virus can be harmful to your health. It could also raise your risk for antibiotic resistance. This means that it will not fight off bacteria like it should. Antibiotics only work on bacterial infections. Always talk with your doctor about the right medicine for your illness. ■



# Help Us Help You

Each year, we work with an outside company to do our member satisfaction survey. The company sends out a survey to many First Choice members all over the state. The questions have to do with their primary care doctor (PCP) and specialists they have seen. Members can tell us how they feel about the care they have received while in our plan.

The survey answers we get help us serve you better. First Choice wants to be sure that you get the best medical care and services. To help meet this goal, the answers from the survey are shared with all of the doctors that care for First Choice members.

In 2010, most members give a high rating for the services they get from their doctors. Nine out of 10 members were pleased with the way the doctors listened to them, explained their healthcare needs and showed them respect. Almost 8 out of 10 members were satisfied with being able to get an appointment with a specialist and have needed tests or treatments done.

While most members are happy with First Choice, we are always looking for ways to improve. The survey

answers showed that getting care/needed care quickly was an area that should be reviewed. Remember, you should call Member Services right away for help getting a doctor's appointment or getting a medicine filled.

The overall health plan rating is another area that needs careful review each year. First Choice always tries to meet our members' and doctors' needs. We will continue to help you understand your benefits and plan polices. In addition, we will work on helping you and your doctors know your options to meet your healthcare needs. If you ever have any questions about your benefits, call Member Services at **888.276.2020**.

Thank you to those who took part in the survey. With your help, we can make a difference! ■



*In 2010, most members give a high rating for the services they get from their doctors.*





# Calendar of Community Events

Winter

## LOW COUNTRY

### The Share Fair—Family Connection SC & Healing Farms Ministries

January 12, 2011

East Cooper Baptist Church  
361 Egypt Road, Mt. Pleasant, S.C.

**843.556.5010**

### Safe Kids Colleton Kids Fair

March 25–26, 2011

National Guard Armory  
849 Cottageville Highway,  
Walterboro, S.C.

**843.782.2638**

### Kidfest

April 2, 2011, 10 a.m.–2 p.m.

Cross Creek Shopping Center  
Beaufort, S.C.

**843.470.4542**

### Safe Kids Super Saturday

April 2, 2011, 10 a.m.–2 p.m.

Orangeburg Fairgrounds  
350 Magnolia St., Orangeburg, S.C.

**803.395.2698**

### Orangeburg First Steps Extravaganza

April 9, 2011

The Cinema Room  
1175 Orangeburg Mall Circle,  
Orangeburg, S.C.

**803.533.6441**



## PEE DEE

### 9th Annual Diabetes/Heart Disease & Stroke Winter Symposium

March 11–12, 2011

Myrtle Beach, S.C.

**803.898.3432**

## UPSTATE

### City of Spartanburg Unity in the Community

January 17, 2011

Spartanburg Memorial Auditorium  
385 North Church St., Spartanburg, S.C.

**864.596.2787**

### Healthy Kids Day

April 15, 2011

Caine Halter Family YMCA  
721 Cleveland St., Greenville, S.C.

**864.679.9622**

### Scholarship for First Choice Members

We want to help make your dream of college possible with a 2011 First Choice scholarship. You must be a First Choice member to apply. To see all of the requirements and get a copy of the application, visit the First Choice Member section of our website at [www.selecthealthofsc.com/firstchoice](http://www.selecthealthofsc.com/firstchoice). Applications are due by **March 15, 2011**.

# 2011 Preferred DRUG LIST

The 2011 Preferred Drug List contains most of the medicines covered by First Choice. It does not list all covered medicines. New medicines come out all the time, so we change or add to the list often.

Also, some dosage forms may not be covered. For example, for a certain medicine, the tablet may be

covered but the capsule may not be covered. Call Member Services at **888.276.2020** if you have any questions or if you would like to request a medicine be added or removed from this list.

You can also find this list on our website at: [www.selecthealthofsc.com/firstchoice](http://www.selecthealthofsc.com/firstchoice).

## Analgesics

### Opioid Analgesics

Acetaminophen/Codeine  
Butorphanol Tartrate\*  
Codeine Phosphate  
Codeine Sulfate  
Darvocet (Propoxyphene-N/Acetaminophen)  
Darvon (Propoxyphene HCl)  
Demerol (Meperidine HCl)  
Dilaudid (Hydromorphone HCl)  
Dolophine (Methadone HCl)\*  
Duragesic (Fentanyl)\*  
Endocet  
Endodan  
Fentanyl\*  
Hydrocodone/Acetaminophen  
Hydromorphone HCl  
Kadian  
Ketorolac  
Lorcet (Hydrocodone/Acetaminophen)  
Lortab (Hydrocodone/Acetaminophen)  
Meperidine HCl  
Methadone HCl\*  
Morphine Sulfate  
Morphine Sulfate ER  
MS Contin (Morphine Sulfate ER)  
Oramorph SR (Morphine Sulfate ER)  
Oxycodone HCl  
Oxycodone/Acetaminophen  
Oxycodone/Aspirin  
OxylR (Oxycodone HCl)  
Percocet (Endocet, Oxycodone/Acetaminophen, Roxicet)  
Percodan (Endodan, Oxycodone/Aspirin)  
Propoxyphene HCl  
Propoxyphene-N/Acetaminophen  
Roxanol (Morphine Sulfate)  
Roxicet  
Roxicodone (Oxycodone HCl)  
Tramadol HCl  
Tramadol HCl/Acetaminophen  
Tylenol/Codeine (Acetaminophen/Codeine)  
Tylox (Oxycodone/Acetaminophen)  
Ultracet (Tramadol HCl/Acetaminophen)  
Ultram (Tramadol HCl)  
Vicodin (Hydrocodone/Acetaminophen)

## Anesthetics

### Local Anesthetics

Dibucaine

EMLA (Lidocaine/Prilocaine)\*

Nupercainal (Dibucaine)

Xylocaine (Lidocaine)

## Anorectals

### Anorectals

Analpram-HC  
AnaMantle HC (Lidocaine/Hydrocortisone)  
Anusol-HC (Hydrocortisone Acetate)  
Proctocort (Hydrocortisone Acetate)  
ProctoCream-HC

## Antibacterials

### Topical Antibacterials

Bactroban (Mupirocin)  
Bactroban Nasal (Mupirocin)  
Cleocin (Clindamycin Phosphate)  
Cleocin T (Clindamycin Phosphate)

### Erythromycin

Gentamicin Sulfate  
MetroCream (Metronidazole)  
MetroGel-Vaginal (Metronidazole Vaginal)  
MetroLotion (Metronidazole)  
Silvadene (Silver Sulfadiazine)

### Beta-Lactam, Cephalosporins

### Cefadroxil

### Cefdinir

Ceftin (Cefuroxime Axetil)

Cefzil (Cefprozil)

Keflex (Cephalexin)

Suprax

### Beta-Lactam, Penicillins

Amoxil (Amoxicillin)

### Ampicillin

Augmentin (Amoxicillin/Clavulanate Potassium)

### Dicloxacillin Sodium

### Penicillin V Potassium

### Macrolides

Biaxin (Clarithromycin)

Biaxin XL (Clarithromycin ER)

E.E.S. Granules (Erythromycin Ethylsuccinate)

ERY-C (Erythromycin)

Ery-Tab

### Erythrocin Stearate

Erythromycin

Erythromycin Base

Erythromycin/Sulfisoxazole

Zithromax (Azithromycin)

Zmax

### Quinolones

Avelox

Cipro (Ciprofloxacin)

Ciprofloxacin XR

Levaquin

## Ofloxacin

### Sulfonamides

Bactrim (Sulfamethoxazole/Trimethoprim)

Sepra (Sulfamethoxazole/Trimethoprim)

Sulfadiazine

### Tetracyclines

Dynacin (Minocycline HCl)

Minocin (Minocycline HCl)

Monodox (Doxycycline Monohydrate)

Periostat (Doxycycline Hyclate)

### Tetracycline HCl

Vibramycin (Doxycycline Hyclate)

Vibratab (Doxycycline Hyclate)

### Other Antibacterials

Cleocin (Clindamycin HCl)

Cleocin Pediatric Granules

Flagyl (Metronidazole)

Furadantin

Macrobid (Nitrofurantoin Monohydrate)

Macrochantin (Nitrofurantoin Macrocrystalline)

### Trimethoprim

Vancocin HCl

## Anticonvulsants

### Barbiturates

Mebaral (Mephobarbital)

### Phenobarbital

### Calcium Channel Modifying Agents

Zarontin (Ethosuximide)

### Gamma-Aminobutyric Acid (GABA)

### Augmenting Agents

Depakene (Valproic Acid)

Depakote (Divalproex Sodium)

Depakote ER (Divalproex Sodium)

Depakote Sprinkles (Divalproex Sodium)

### Divalproex Sodium

Mysoline (Primidone)

Neurontin (Gabapentin)

Zonegran (Zonisamide)

### Glutamate Reducing Agents

Lamictal (Lamotrigine)

Lamictal Chewable Dispersible (Lamotrigine Chewable

Dispersible)

Topamax (Topiramate)

### Sodium Channel Inhibitors

Dilantin (Phenytoin)

Dilantin Infatabs

Tegretol (Carbamazepine)

Tegretol-XR

Trileptal (Oxcarbazepine)

## Other Anticonvulsants

Banzel\*

Felbatol

Keppra (Levetiracetam)

## Anti-Dementia Agents

### Cholinesterase Inhibitors

Aricept

Dynacin ODT

Exelon

### Glutamate Pathway Modifiers

Namenda

## Antidepressants

### Other Antidepressants

Effexor XR

Nefazodone HCl

Remeron (Mirtazapine)

Remeron SolTab (Mirtazapine)

Trazodone HCl

Venlafaxine HCl

Venlafaxine HCl ER

Wellbutrin (Bupropion HCl)

Wellbutrin SR (Bupropion HCl SR)

Wellbutrin XL (Bupropion HCl XL)

### Monoamine Oxidase Inhibitors

Nardil

Parnate (Tranylcypromine Sulfate)

### Serotonin/Norepinephrine Reuptake Inhibitors

Celexa (Citalopram Hydrobromide)

Cymbalta

Fluvoxamine Maleate

Lexapro

Paxil (Paroxetine HCl)

Paxil CR (Paroxetine HCl)

Prozac (Fluoxetine HCl)

Zoloft (Sertraline HCl)

### Tricyclics

Amitriptyline HCl

Amitriptyline/Chlordiazepoxide

Amoxapine

Anafranil (Clomipramine HCl)

Doxepin HCl

Maprotiline HCl

Norpramin (Desipramine HCl)

Pamelor (Nortriptyline HCl)

Perphenazine/Amitriptyline

Tofranil (Imipramine HCl)

*Preferred Drug List continues inside*

## Antidotes, Deterrents and Toxicologic Agents

### Antidotes

Chemet  
Cuprimine  
Leucovorin Calcium  
Sodium Polystyrene Sulfonate  
**Deterrents**  
Antabuse  
Chantix\*  
Nicoderm CQ (Nicotine)\*\*  
Nicorette (Nicotine Polacrilex)\*\*  
Revia (Naltrexone HCl)\*  
Zyban (Buproban)\*

### Antiemetics Antiemetics

Emend  
Prochlorperazine  
Promethazine HCl  
Reglan (Metoclopramide HCl)  
Tigan (Trimethobenzamide HCl)  
Zofran (Ondansetron HCl)\*  
Zofran ODT (Ondansetron HCl)\*

### Antifungals Oral Antifungals

Clotrimazole  
Diflucan (Fluconazole)\*  
Griseofulvin Microsize  
Gris-PEG  
Lamisil (Terbinafine HCl)  
Nizoral (Ketoconazole)  
Nystatin  
Sporanox (Itraconazole)\*  
**Topical Antifungals**  
Acid Jelly  
Ciclopirox  
Econazole Nitrate  
Ketoconazole  
Lotrimin AF (Clotrimazole)  
Lotrimin Ultra  
Lotrisone (Clotrimazole/Betamethasone Dipropionate)  
Miconazole  
Mycostatin (Nystatin)  
Nizoral A-D  
Nystatin/Triamcinolone  
Oxistat  
Selsun Shampoo (Selenium Sulfide)  
Terazol (Terconazole)

### Anti-Gout Agents Anti-Gout Agents

Colchicine  
Probenecid  
Probenecid/Colchicine  
Zyloprim (Allopurinol)

### Anti-Inflammatory Agents

#### Nonsteroidal Anti-Inflammatory Drugs

Anaprox (Naproxen)  
Cataflam (Diclofenac Potassium)  
Celebrex^  
Clinoril (Sulindac)  
Daypro (Oxaprozin)  
Diclofenac Sodium  
Diflunisal  
EC-Naprosyn (Naproxen)  
Etodolac  
Etodolac ER  
Feldene (Piroxicam)  
Indocin (Indomethacin)  
Indomethacin ER  
Ketoprofen  
Ketoprofen ER  
Mobic (Meloxicam)  
Motrin (Ibuprofen)  
Nabumetone  
Naprelan (Naproxen)  
Naprosyn (Naproxen)  
Voltaren-XR (Diclofenac Sodium XR)  
**Salicylates**  
Choline Magnesium Trisalicylate  
Salsalate

### Anti-Migraine Agents

#### Abortive

Cafergot (Ergotamine Tartrate/Caffeine)  
Ergomar  
Esgic-Plus (Butalbital/APAP/Caffeine)  
Fioricet (Butalbital/APAP/Caffeine)  
Fioricet/Codeine (Butalbital/APAP/Caffeine/Codeine)  
Fiorinal (Butalbital/ASA/Caffeine)  
Fiorinal/Codeine (Butalbital/ASA/Caffeine/Codeine)  
Imitrex (Sumatriptan Succinate)\*  
Imitrex Nasal Spray (Sumatriptan Succinate)\*  
Imitrex Statdose (Sumatriptan Succinate)\*  
Migranal\*

#### Anti-Myasthenic Agents

##### Parasympathomimetics

Mestinon (Pyridostigmine Bromide)  
Mestinon Timespan  
Prostigmin

#### Anti-Mycobacterials

##### Other Anti-Mycobacterials

Dapsone  
Mycobutin  
**Antituberculars**  
Isoniazid  
Myambutol (Ethambutol HCl)  
Pyrazinamide  
Rifadin (Rifampin)  
Rifamate (Isonarif)

#### Antineoplastic Agents

##### Alkylating Agents

Alkeran  
Ceenu  
Hexalen  
Leukeran  
Matulane  
Myleran  
**Antiestrogens/Modifiers**  
EMCYT

##### Antiestrogens/Modifiers-Females Only

Tamoxifen Citrate  
**Antimetabolites**  
Droxia  
Hydrea (Hydroxyurea)  
Purinethol (Mercaptopurine)  
Tabloid  
**Other Antineoplastics**  
Cytosan (Cyclophosphamide)  
**Aromatase Inhibitors, 3<sup>rd</sup> Generation-Females Only**  
Aromasin  
Femara

#### Antiparasitics

##### Anthelmintics

Bitricide  
Mebendazole  
**Antiprotozoals**  
Aralen (Chloroquine Phosphate)  
Daraprim  
Lariam (Mefloquine HCl)  
Malarone  
Mepro\*  
Plaquenil (Hydroxychloroquine Sulfate)  
Primaquine Phosphate  
Yodoxin  
**Pediculicides/Scabicides**  
Eurax  
Lindane^  
Nix  
Ovide (Malathion)^  
**Permethrin**  
Rid  
Ulesfia^

#### Anti-Parkinson Agents

##### Anti-Parkinson Agents

Benzotropine Mesylate  
Cabergoline  
Eldepryl (Selegiline HCl)  
Mirapex (Pramipexole)  
Parlodel (Bromocriptine Mesylate)

Requip (Ropinirole)  
Sinemet (Carbidopa/Levodopa)  
Sinemet CR (Carbidopa/Levodopa CR, Carbidopa/Levodopa ER, Carbidopa/Levodopa SR)  
Symmetrel (Amantadine HCl)  
Trihexyphenidyl HCl

#### Antipsychotics (PA required for children 6 years

of age and younger)

##### Atypicals

Abilify  
Abilify Discmelt  
Clozaril (Clozapine)  
Fazaclor  
Geodon  
Risperdal (Risperidone)  
Risperdal M-TAB (Risperidone)  
**Risperidone**  
Seroquel  
Seroquel XR  
Symbyax  
Zyprexa  
Zyprexa Zydis

##### Conventional

**Chlorpromazine HCl**  
**Fluphenazine Decanoate**  
**Fluphenazine HCl**  
Haldol (Haloperidol, Haloperidol Decanoate)  
Loxitane (Loxapine Succinate)  
Moban  
Navane (Thiothixene)  
Orap  
**Perphenazine**  
**Thioridazine HCl**  
**Trifluoperazine HCl**

#### Anti-Spasticity Agents

##### Anti-Spasticity Agents

**Baclofen**  
Dantrium (Dantrolene Sodium)  
Zanaflex (Tizanidine HCl)

#### Antivirals

##### Anti-Cytomegalovirus (CMV) Agents

Ganciclovir  
**Anti-Hepatitis Agents**  
Baraclude  
Copegus (Ribavirin)\*  
Epivir HBV  
Tyzeka

##### Anti-Herpetic Agents

Abreva  
Denavir+  
Famvir (Famciclovir)  
Valtrex (Valacyclovir)  
Zovirax\*  
Zovirax (Acyclovir)  
**Anti-HIV Agents, CCR5 Co-Receptor Antagonists**

##### Anti-HIV Agents, Fusion Inhibitors

Selzentry  
Fuzeon\*

##### Anti-HIV Agents, Integrase Strand Transfer Inhibitors

Isetress  
**Anti-HIV Agents, Non-Nucleoside Reverse Transcriptase Inhibitors**

Intelligence  
Rescriptor  
Sustiva  
Viramune  
**Anti-HIV Agents, Nucleoside and Nucleotide Reverse Transcriptase Inhibitors**

Atripla  
Combivir  
Emtriva  
Epivir  
Epzicom  
Retrovir (Zidovudine)  
Trizivir  
Truvada  
Videx EC (Didanosine)  
Videx Pediatric  
Viread

Zerit (Stavudine)

Ziagen

##### Anti-HIV Agents, Protease Inhibitors

Aptivus  
Crixivan  
Invirase  
Kaletra  
Lexiva  
Norvir  
Prezista  
Reyataz  
Viracept  
**Anti-Influenza Agents**  
Flumadine (Rimantadine HCl)  
Relenza Diskhaler+  
Symmetrel (Amantadine HCl)  
Tamiflu+

#### Anxiolytics

##### Anxiolytics, Benzodiazepines

Ativan (Lorazepam)  
**Chlordiazepoxide HCl**  
**Clonazepam Orally Disintegrating**  
**Dalmane (Flurazepam HCl)**  
Diastat+  
Halcion (Triazolam)  
Klonopin (Clonazepam)  
**Midazolam**  
**Oxazepam**  
Prosom (Estazolam)  
Restoril (Temazepam)  
Tranxene T (Clorazepate Dipotassium)  
Valium (Diazepam)  
Xanax (Alprazolam)  
**Other Anxiolytics**  
**Buspiron HCl**

#### Bipolar Agents

##### Anti-Mania Agents

**Lithium Carbonate**  
**Lithium Citrate**  
Lithobid (Lithium Carbonate ER)

#### Blood Glucose Regulators

##### Antidiabetic Agents

Amaryl (Glimepiride)  
Byetta^  
Diabeta (Glyburide)  
Diabinese (Chlorpropamide)  
Glucophage (Metformin HCl)  
Glucophage XR (Metformin HCl ER)  
Glucotrol (Glipizide)  
Glucotrol XL (Glipizide XL)  
Glucovance (Glyburide/Metformin HCl)  
Glynase (Glyburide Micronized)  
Janumet\*  
Januvia^  
Onglyza^  
Metaglip (Glipizide/Metformin HCl)  
Micronase (Glyburide)  
**Tolazamide**  
Tolbutamide  
**Glycemic Agents**  
Glucagen Hypokit+  
Glucagon Emergency Kit+

##### Insulins

Apidra  
Apidra Solostar  
Humalog  
Humalog Pen  
Humalog Mix 50/50  
Humalog Mix 50/50 Pen  
Humalog Mix 75/25  
Humalog Mix 75/25 Pen  
Humulin 50/50  
Humulin 70/30  
Humulin 70/30 Pen  
Humulin N  
Humulin N Pen  
Humulin R  
Lantus  
Lantus Opticlik  
Lantus Solostar  
Levemir  
Levemir Flexpen

#### Blood Glucose Diagnostics

##### Glucometers

Ascensia Breeze Z  
Ascensia Contour  
**Test Strips**  
Ascensia Autodisc+  
Ascensia Breeze Z+  
Ascensia Contour\*  
**Other Blood Glucose Diagnostics**  
Ascensia Control Solution  
Lancets  
Lancing Device  
Pen Needles  
Syringes

#### Blood Products/Modifiers/

##### Volume Expanders

##### Anticoagulants

Coumadin (Warfarin Sodium)  
Heparin Sodium  
Lovenox\*  
**Anti-Fibrinolytic Agents**  
Amicar (Aminocaproic Acid)  
**Platelet Aggregation Inhibitors**  
Aggrenox  
Agrylin (Anagrelide)  
**Anagrelide**  
**Cilostazol**  
Persantine (Dipyridamole)  
Plavix  
Pletal (Cilostazol)  
Ticlid (Ticlopidine HCl)

#### Cardiovascular Agents

##### Alpha-Adrenergic Agonists

Catapres (Clonidine HCl)  
Catapres-TTS (Clonidine HCl)

##### Methyldopa

##### Methyldopa/Hydrochlorothiazide

Proamatine (Midodrine HCl)

Tenex (Guanfacine HCl)

##### Alpha-Adrenergic Blocking Agents

Dibenzyline  
Minipress (Prazosin HCl)  
Reserpine

##### Angiotensin-Converting Enzyme Inhibitors

Accupril (Quinapril HCl)  
Accuretic (Quinapril HCl/Hydrochlorothiazide)  
Aceon (Perindopril)  
Capoten (Captopril)  
Capozide (Captopril/Hydrochlorothiazide)  
**Fosinopril Sodium**  
Lotensin (Benazepril HCl)  
Lotensin HCT (Benazepril HCl/Hydrochlorothiazide)  
Lotrel (Amlodipine Besylate/Benazepril HCl)  
Mavik (Trandolapril)  
Monopril HCT (Fosinopril Sodium/Hydrochlorothiazide)  
Prinivil (Lisinopril)  
Prinzide (Lisinopril/Hydrochlorothiazide)  
Uniretic (Moexipril HCl/Hydrochlorothiazide)  
Univas (Moexipril HCl)  
Vaseretic (Enalapril Maleate/Hydrochlorothiazide)  
Vasotec (Enalapril Maleate)  
Zestoretic (Lisinopril/Hydrochlorothiazide)  
Zestril (Lisinopril)

##### Angiotensin II Receptor Antagonists

Cozaar (Losartan)  
Hyzaar (Losartan/Hydrochlorothiazide)

##### Antiarrhythmics

Betapace (Sotalol HCl)  
Betapace AF (Sotalol HCl AF)  
Cordarone (Amiodarone HCl)  
**Mexiletine HCl**  
Norpace (Disopyramide Phosphate)  
Norpace CR (Disopyramide Phosphate ER)  
**Quinidine Gluconate ER**  
**Quinidine Sulfate**  
**Quinidine Sulfate ER**  
Rythmol (Propafenone HCl)  
Tambocor (Flecainide Acetate)

## Beta-Adrenergic Blocking Agents

Coreg (Carvedilol)  
Corgard (Nadolol)  
Corzide (Nadolol/Bendroflumethiazide)  
Inderal (Propranolol HCl)  
Inderal LA (Propranolol HCl ER)  
Inderide 40/25 (Propranolol HCl/  
Hydrochlorothiazide)  
Lopressor (Metoprolol Tartrate)  
Lopressor HCT (Metoprolol Tartrate/  
Hydrochlorothiazide)  
**Pindolol**  
Tenoretic (Atenolol/Chlorthalidone)  
Tenormin (Atenolol)  
**Timolol Maleate**  
Trandate (Labetalol HCl)  
Zebeta (Bisoprolol Fumarate)  
Ziac (Bisoprolol Fumarate/  
Hydrochlorothiazide)  
**Calcium Channel Blocking Agents**

Adalat CC (Nifediac CC)  
Calan (Verapamil)  
Calan SR (Verapamil ER)  
Cardizem (Diltiazem)  
Cardizem CD (Cartia XT, Diltiazem CD)  
Dilacor XR (Dilt-XR, Diltia XT, Diltiazem ER)  
Isoptin SR (Verapamil)  
Norvasc (Amlodipine Besylate)  
Plendil (Felodipine ER)  
Procardia (Nifedipine)  
Procardia XL (Nifedical XL, Nifedipine ER)  
Tarka  
Tiazac (Diltiazem, Taztia XT)  
**Direct Renin Inhibitors**

Tekturma  
Tekturma HCT  
**Diuretics**  
**Acetazolamide**  
Aldactazide (Spironolactone/  
Hydrochlorothiazide)  
Aldactone (Spironolactone)  
**Amiloride**  
**Amiloride/Hydrochlorothiazide**  
Bumex (Bumetanide)  
**Chlorothiazide**  
**Chlorthalidone**  
Demadex (Torsemide)  
Diamox (Acetazolamide)  
Diuril  
Dyazide (Triamterene/Hydrochlorothiazide)  
Dyrenium  
**Indapamide**  
Lasix (Furosemide)  
Maxzide (Triamterene/Hydrochlorothiazide)  
**Methazolamide**  
**Methclothiazide**  
Microzide (Hydrochlorothiazide)  
Zaroxolyn (Metolazone)  
**Dyslipidemics**

Colestid (Colestipol HCl)  
Lipitor - 80 mg  
Lofibra (Fenofibrate)  
Lopid (Gemfibrozil)  
Mevacor (Lovastatin)  
**Niacin**  
**Niacin ER**  
**Niacor**  
Pravachol (Pravastatin Sodium)  
Questran (Cholestyramine)  
Questran Light (Cholestyramine Light,  
Prevalite)  
Vytorin  
Welchol  
Zocor (Simvastatin)  
**Vasodilators**

**Hydralazine HCl**  
Imdur (Isosorbide Mononitrate ER)  
ISMO (Isosorbide Mononitrate)  
Isordil Titradose (Isosorbide Dinitrate)  
**Isosorbide Dinitrate ER**  
**Minoxidil**  
Monoket (Isosorbide Mononitrate)  
Nitro-Bid

Nitro-Dur (Nitroglycerin)  
Nitrostat (Nitroglycerin)  
**Other Cardiovascular Agents**

Demser  
**Digitek**  
Lanoxin (Digoxin)  
Trental (Pentoxifylline ER)

## Central Nervous System Agents Amphetamines, ADHD

Adderall (Amphetamine Salts Combo)  
Adderall XR  
Concerta  
Dexedrine (Dextroamphetamine Sulfate ER)  
Dextrostat (Dextroamphetamine Sulfate)  
Focalin (Dexmethylphenidate HCl)  
Focalin XR  
**Methylin**  
**Methylin ER**  
Ritalin (Methylphenidate HCl)  
Ritalin SR (Methylphenidate HCl)  
Vyvanse

**Other Central Nervous System Agents**  
Cafcit (Citrated Caffeine)

## Dental and Oral Agents Dental and Oral Agents

Gelclair  
Peridex Oral Rinse (Chlorhexidine Gluconate  
Oral Rinse)  
**Triamcinolone in Orabase**

## Dermatological Agents Dermatological Agents

Aldara (Imiquimod)  
**Amnesteem\***  
Benzacilin (Clindamycin/Benzoyl Peroxide)  
Benzamycin (Erythromycin/Benzoyl Peroxide)  
**Benzoyl Peroxide**  
**Benzoyl Peroxide Wash**  
Carmol (Urea)  
Carmol-HC (Keratol HC)  
**Claravis\***  
Condylox  
Condylox w/Applicators (Podofilox)  
**Dritho-Creme HP**  
Dritho-Scalp  
Duac CS  
Keralac (Urea)  
Klaron (Sodium Sulfacetamide)  
Lac-Hydrin (Ammonium Lactate)  
Ovace Wash (Re 10 Wash)  
Plexion Cleanser (Prascion)  
Psoriasisec (Anthralin)  
Retin-A (Avita, Tretinoin)  
Rosula (Sodium Sulfacetamide/Urea)  
Santyl  
Sulfacet-R (Sodium Sulfacetamide/Sulfur)  
**Sulfatol**  
Triax Cleanser (Oscion Cleanser)  
Umecta (Urea)

## Gastrointestinal Agents Antispasmodics, Gastrointestinal

Bentyl (Dicyclomine HCl)  
Donnatal (Belladonna Alkaloids/  
Phenobarbital)  
Levbid (Hyoscyamine Sulfate)  
Levsin (Hyoscyamine Sulfate)  
Levsinex (Hyoscyamine Sulfate ER)  
Librax (Chlordiazepoxide/Clidinium)  
Lomotil (Diphenoxylate/Atropine)  
Nulev (Hyoscyamine Sulfate)  
Pamine (Methscopolamine Bromide)  
**Propantheline Bromide**  
Robinul (Glycopyrrolate)

## Histamine-2 (H2) Blocking Agents

Axid  
Axid (Nizatidine)  
Pepcid (Famotidine)  
Tagamet (Cimetidine)  
Zantac (Ranitidine HCl)  
**Protectants**  
Carafate (Sucralfate)  
Cytotec (Misoprostol)  
**Proton Pump Inhibitors**

**Omeprazole OTC**  
Prilosec OTC  
Prilosec Rx (Omeprazole)^  
Prevacid Rx (Lansoprazole)^  
Prevacid 24HR OTC  
Prevacid Solutab^  
Protonix (Pantoprazole)^  
Zegerid OTC^

## Other Gastrointestinal Agents

Actigall (Ursodiol)  
Amitiza  
Colyte (Polyethylene Glycol 3350)  
Golytely (Polyethylene Glycol 3350)  
**Lactulose**  
**Loperamide HCl**  
Miralax OTC  
Miralax Rx (Glycolax, Polyethylene Glycol 3350)  
Nulytely (Trilyte)  
**Trilyte**  
Urso (Ursodiol)

## Genitourinary Agents Antispasmodics, Urinary

Detrol  
Detrol LA  
Ditropan (Oxybutynin Chloride)  
Ditropan XL (Oxybutynin Chloride ER)  
Enablex  
Urispas (Flavoxate HCl)  
Vesicare

## Benign Prostatic Hypertrophy Agents

Cardura (Doxazosin Mesylate)  
Flomax (Tamsulosin Hcl)  
Hytrin (Terazosin HCl)  
Proscar (Finasteride)

## Other Genitourinary Agents

Elmiron  
Pyridium (Phenazopyridine HCl)  
Urecholine (Bethanechol Chloride)  
**Uroblue**  
**Phosphate Binders**  
**Calcium Acetate**  
Phoslo (Calcium Acetate)  
Renagel  
Renvela

## Hormonal Agents, Stimulant Re- placement/Modifying (Adrenal) Glucocorticoids/Mineralocorticoids, Oral

Cortef (Hydrocortisone)  
**Cortisone Acetate**  
**Dexamethasone**  
Florinef (Fludrocortisone Acetate)  
Medrol (Methylprednisolone)  
Medrol Dosepak (Methylprednisolone)  
Orapred (Prednisolone Sodium Phosphate)  
Pediapred (Prednisolone Sodium Phosphate)  
**Prednisone**  
Prelone (Prednisolone)

**Glucocorticoids/Mineralocorticoids,  
Topical**  
**Aminonide**

**Apexicon**  
**Apexicon E**  
**Beta-Val**  
**Betamethasone Dipropionate**  
**Betamethasone Valerate**  
Cutivate (Fluticasone Propionate)  
Derma-Smoothe/FS  
Desowen (Desonide)  
**Dexamethasone Sodium Phosphate**  
Diprolene (Augmented Betamethasone  
Dipropionate)  
Diprolene AF (Augmented Betamethasone  
Dipropionate)  
Elocon (Mometasone Furoate)  
**Fluticasone Propionate**  
**Hydrocortisone in Absorbable**  
**Hytone (Hydrocortisone)**  
Kenalog (Triamcinolone Acetonide)  
Locoid (Hydrocortisone Butyrate)  
Psorcon E (Diflorasone Diacetate)  
Synalar (Fluocinolone Acetonide)

Temovate (Clobetasol Propionate)  
Temovate E (Clobetasol Propionate Emollient)  
Topicort (Desoximetasone)  
Topicort LP (Desoximetasone)  
Vytone (Hydrocortisone/Iodoquinol)  
Westcort (Hydrocortisone Valerate)  
**Hormonal Agents, Stimulant/Re-  
placement/Modifying (Pituitary)  
Hormonal Agents, Stimulant/  
Replacement/Modifying (Pituitary)**  
DDAVP (Desmopressin Acetate)^  
Methergine  
Stimate\*

## Hormonal Agents, Stimulant/ Replacement/Modifying (Sex Hormones/Modifiers) Androgens

Android  
Androxy  
**Danazol**  
Methitest  
Testred  
**Androgens-Male Patients Only**

## Androgen/ Estrogens-Female Patients Only

Climara (Estradiol)  
Estrace  
Estrace (Estradiol)  
Menest  
Ogen (Estropipate)  
**Ortho-Est**  
Premarin  
Vagifem

## Estrogen/Androgen Combinations- Female Patients Only

Estratest (Methyltestosterone/Esterified  
Estrogens)  
**Uroblue**  
Estratest H.S. (Methyltestosterone/  
Esterified Estrogens)  
**Progestins**

Megace ES  
Megace Oral (Megestrol Acetate)  
**Progestins-Female Patients Only**

Aygestin (Norethindrone Acetate)  
FemHrt  
**Megestrol Acetate**  
Premphase  
Prempro  
Prometrium  
Provera (Medroxyprogesterone Acetate)  
**Selective Estrogen Receptor Modifying  
Agents-Female Patients Only**  
Evista

## Hormonal Agents, Stimulant/ Replacement/Modifying (Thyroid) Hormonal Agents, Stimulant/ Replacement/Modifying (Thyroid)

Cytomel (Liothyronine)  
**Levothroid**  
**Levoxyol**  
**Nature-Throid**  
Synthroid (Levothyroxine Sodium)  
**Thyroid**  
Thyrolar  
**Unithroid**  
**Hormonal Agents, Suppressant  
(Adrenal)  
Hormonal Agents, Suppressant  
(Adrenal)**  
Lysodren

## Hormonal Agents, Suppressant (Sex Hormones/Modifiers) Anti-Androgens-Male Patients Only

Casodex (Bicalutamide)  
Flutamide  
**Hormonal Agents, Suppressant  
(Thyroid)**

**Antithyroid Agents**  
**Propylthiouracil**  
SSKI  
Tapazole (Methimazole)  
**Immunological Agents  
Immune Suppressants**  
Cellcept (Mycophenolate Mofetil)  
Cellcept  
Imuran (Azathioprine)  
Myfortic  
Neoral (Cyclosporine Modified)  
**Gengraf**  
Prograf (Tacrolimus)  
Sandimmune (Cyclosporine)  
**Immunomodulators**  
Arava (Leflunomide)  
Ridaura

## Inflammatory Bowel Disease Agents Glucocorticoids Hydrocortisone Salicylates

Asacol  
Canasa  
Colazal (Balsalazide)  
Dipentum  
Pentasa  
Rowasa (Mesalamine)  
**Sulfonamides**  
Azulfidine (Sulfasalazine)

## Metabolic Bone Disease Agents Metabolic Bone Disease Agents

**Alendronate**  
Didronel (Etidronate Disodium)  
Fosamax (Alendronate)  
Miacalcin (Fortical)  
Rocaltrol (Calcitriol)

## Ophthalmic Agents Ophthalmic Anti-Allergy Agents

Alaway OTC  
**Cromolyn Sodium**  
**Ketotifen OTC**  
Pataday^  
Patanol^  
Zaditor OTC  
Zyrtec Itchy Eye OTC

## Ophthalmic Anti-Glaucoma Agents

Alphagan P  
Azopt  
Betagan (Levobunolol HCl)  
**Brimonidine Tartrate**  
**Carteolol HCl**

Cosopt (Dorzolamide HCl/Timolol Maleate)  
Ipidine  
Optipranolol (Metipranolol)  
Phospholine Iodide  
Piloquine HS  
Propine (Dipivefrin HCl)  
Timoptic (Timolol Maleate)  
Timoptic-XE (Timolol Maleate Ophthalmic  
Gel Forming)  
Trusopt (Dorzolamide HCl)

## Ophthalmic Anti-Inflammatories

Acular (Ketorolac Tromethamine)  
Acular LS (Ketorolac Tromethamine)  
**Dexamethasone Sodium Phosphate**  
**Fluorometholone**  
FML Forte  
FML Liquifilm (Fluorometholone)  
FML S.O.P.  
Maxidex  
Maxitrol (Neomycin/Polymyxin/  
Dexamethasone)  
**Neo/Poly/Bac/Hydrocortisone**  
**Neomycin/Polymyxin/Hydrocortisone**  
Ocufen (Flurbiprofen Sodium)  
Pred Forte (Prednisolone Sodium  
Phosphate)

Pred Mild  
**Prednisolone Acetate**  
Sulfacetamide Sodium/Prednisolone Sodium  
Phosphate  
Tobradex  
Tobradex (Tobramycin/Dexamethasone)  
**Tobramycin/Dexamethasone**  
Ophthalmic Prostaglandin and Prostaglandin Analogs

Travatan  
Travatan Z  
Xalatan  
Other Ophthalmic Agents  
Albalon (Naphazoline HCl)  
Alcaine (Proparacaine HCl)  
Artificial Tears  
Atropine Sulfate  
Bacitracin  
Bacitracin/Neomycin/Polymyxin  
Bacitracin/Polymyxin B  
Bleph-10 (Sulfacetamide Sodium)  
Ciloxan (Ciprofloxacin)  
Cyclogyl (Cyclopentolate)  
Cyclopentolate  
Gentak  
Gentamicin Sulfate  
Isopto Carbachol (Carboptic)  
Isopto Carpine (Pilocarpine HCl)  
Isopto Homatropine (Homatropine Hydrobromide)  
Muro 128 (Sodium Chloride)  
Mydracyl (Tropicamide)  
Neosporin (Neomycin/Polymyxin/Gramicidin)  
Ocuflox (Ofloxacin)  
Polytrim (Polymyxin B Sulfate/Trimethoprim Sulfate)  
Restasis<sup>^</sup>  
Tetracaine  
Tetravisc  
Tobrex (Tobramycin Sulfate)  
Vigamox  
Viroptic (Trifluridine)  
Zymar

**Otic Agents**  
Otic Agents  
A/B Otic  
Acetic Acid  
Acetic Acid/Hydrocortisone  
Cipro HC  
Ciprodex  
Neomycin/Polymyxin/Hydrocortisone  
Ofloxacin

**Pancreatic Enzymes**  
Pancreatic Enzymes  
Creon  
Zenpep

**Respiratory Tract Agents**  
Antihistamines  
Alavert  
Alavert-D  
Allegra (Fexofenadine HCl)<sup>^</sup>  
Allegra-D (Fexofenadine/Pseudoephedrine)<sup>^</sup>  
Antivert (Meclizine HCl)  
Benadryl (Diphenhydramine HCl)  
Brompheniramine Tannate  
Cetirizine/Pseudoephedrine  
Claritin (Loratadine)  
Claritin-D (Loratadine/Pseudoephedrine)  
Claritin Reditabs (Loratadine)  
Clemastine Fumarate  
Cyproheptadine HCl  
Hydroxyzine HCl  
Palgic (Carbinoxamine Maleate)  
Zyrtec (Cetirizine)  
Zyrtec D (Cetirizine/Pseudoephedrine)  
Cough and Cold Medications  
Bromfenex  
Bromhist-NR  
Bromhist-PDX  
Bromhist Pediatric

Bromphenex DM  
Bromplex-DM  
Bromplex-HD  
Cardex  
Ceron  
Ceron-DM  
Cheratussin-AC  
Cheratussin-DAC  
Chlor-Mes  
Chlor-Mes-Jr  
Chlorpheniramine Maleate ER  
Chlorpheniramine/Dextromethorphan  
CP Dec  
CP Dec-DM  
Dallergy  
Dallergy-DM  
Dallergy-Jr  
De-Chlor DM  
De-Chlor DR  
Deconamine (Chlorpheniramine/Pseudoephedrine)  
Deconamine-SR (Chlorpheniramine/Pseudoephedrine)  
Delsym  
Despec  
Dimetapp Cold & Allergy  
Donatussin  
Donatussin-DM  
Guaifenesin  
Guaifenesin-AC  
Guaifenesin/Dextromethorphan  
Humibid Maximum Strength  
Hycodan (Hydrocodone/Homatropine)  
Hydrocodone/Guaifenesin  
Mucinex  
Mucinex Maximum Strength  
Mucinex-D  
Mucinex-DM  
Mucinex-DM Maximum Strength  
Pedialist DM  
Phenylephrine/Guaifenesin/Dextromethorphan HBR  
Promethazine/Dextromethorphan  
Promethazine-VC Plain  
Promethazine-VC/Codeine  
Promethazine/Codeine  
Pseudoephedrine HCl  
Pseudoephedrine/Guaifenesin  
Pseudoephedrine/Guaifenesin/Dextromethorphan/HBR  
Rhinabid-PD  
Robafen-CF  
Rondex (Ceron)  
Rondex-Dm (Ceron-Dm)  
Rynatan (R-Tanna)  
Rynatan Pediatric (R-Tanna Pediatric)  
Sildec DM  
Tannate-12-S  
Tannate-Dmp-Dex  
Tannate-V-Dm  
Tessalon (Benzonate)  
Tessalon Perles (Benzonate)  
Triple Tannate Pediatric  
Inhaled Corticosteroids  
Advair Diskus  
Advair HFA  
Asmanex  
Azmacort  
Flovent Diskus  
Flovent HFA  
Pulmicort<sup>+</sup>  
Qvar  
Symbicort  
Intranasal Corticosteroids  
Flonase (Fluticasone Propionate)  
Nasarel (Flunisolide)  
Nasonex<sup>d</sup>  
Other Intranasal Agents  
Astelin  
Astepro  
Nasalacrom (Cromolyn Sodium)  
Neo-Synephrine (Phenylephrine HCl)  
Anti-Leukotrienes

Singular<sup>^</sup>  
Bronchodilators, Anticholinergic  
Atrovent (Ipratropium Bromide)  
Atrovent HFA  
Duoneb (Albuterol Sulfate/Ipratropium Bromide)  
Spiriva Handihaler  
Bronchodilators, Phosphodiesterase Inhibitors (Xanthines)  
Aminophylline  
Elixophyllin  
Theo-24  
Uniphyl (Theophylline ER)  
Bronchodilators, Sympathomimetic  
Combivent  
Epipen  
Epipen-Jr  
Proventil (Albuterol Sulfate)  
Serevent Diskus  
Ventolin HFA  
Vospire ER (Albuterol Sulfate ER)  
Mast Cell Stabilizers  
Cromolyn Sodium  
Pulmonary Antihypertensives  
Adcirca\*  
Letairis\*  
Revatio\*  
Other Respiratory Tract Agents  
Hyper-Sal\*  
Mucomyst (Acetylcysteine)  
Sodium Chloride  
Sedatives/Hypnotics  
Sedatives/Hypnotics  
Ambien (Zolpidem Tartrate)  
Chloral Hydrate  
Somnote  
Sonata (Zaleplon)  
Vistaril (Hydroxyzine Pamoate)  
Skeletal Muscle Relaxants  
Skeletal Muscle Relaxants  
Flexeril (Cyclobenzaprine HCl)  
Orphenadrine Citrate ER  
Orphenadrine Compound  
Parafon Forte DSC (Chlorzoxazone)  
Robaxin (Methocarbamol)  
Soma (Carisoprodol)  
Soma Compound (Carisoprodol/Aspirin)  
Soma Compound/Codeine (Carisoprodol/Aspirin/Codeine)  
Therapeutic Nutrients/  
Electrolytes/Minerals/Vitamins  
Fluoride Preparations  
Ethedent  
Luride (Sodium Fluoride)  
Prevident (Neutral Sodium Fluoride)  
Prevident 5000 Booster  
Prevident 5000 Plus (SF 5000 Plus)  
Prevident Fluoride (Phos-Flur)  
Iron Preparations  
Chromagen (Multigen)  
Chromagen FA (Multigen Folic)  
Chromagen Forte (Anemagen Plus)  
Ferrex 28  
Ferrous Gluconate  
Ferrous Sulfate  
Ferrous Sulfate CR  
Trinsicon (Ferocon)  
Multivitamins  
Adeks  
Aquadeks  
Poly-Vitamins  
Poly-Vitamins/Fluoride  
Poly-Vitamins/Iron  
Poly-Vitamins/Iron/Fluoride  
Tri-Vitamins  
Tri-Vitamins/Fluoride  
Tri-Vitamins/Iron  
Tri-Vitamins/Iron/Fluoride  
Multivitamins, Prenatal-Females Only  
Co-Natal FA  
KPN

Lactocal-F  
Maternity  
Multi-nate 30 DHA  
Mynatal Plus  
Mynatal-Z  
Mynate 90 Plus  
Nutrinete  
Poly Iron PN  
Poly Iron PN Forte  
Pr Natal 400  
Pr Natal 400 EC  
Prenaplug  
Prenatabs FA  
Prenatabs RX  
Prenatal  
Prenatal Formula  
Prenatal Low Iron  
Prenatal Multivitamin w-iron  
Prenatal Plus  
Prenatal S  
Prenatal Vitamins  
Prenavite  
Re-nata 29 OB  
Right Step Prenatal  
Se-natal 90  
Se-natal One  
Stuart Prenatal  
Tricare  
Trinatal RX 1  
Trinate  
Vinate-M  
Vinate One  
Vinatal-FA  
Potassium Preparations  
K-Lyte (Potassium Bicarbonate)  
Micro-K (Potassium Chloride)  
Potassium Chloride  
Potassium Chloride ER  
Urocid-K (Potassium Citrate Extended-Release)  
Other Therapeutic Nutrients/Electrolytes/Minerals/Vitamins  
Carnitor (Levocarnitine)  
Cyanocobalamin  
Drisdol (Vitamin D)  
Folic Acid  
Magnesium Oxide  
Mephyton  
Nephrocaps (Renal Caps)  
Slow-Mag (Magnesium Chloride)  
Sodium Bicarbonate

## KEY

Generic drugs are listed in bold. Generics must be used when they are available.

These symbols are used in the list to represent the following:

- # Age Limit
- \* Prior Authorization Required
- + Quantity Limit
- ^ Step Therapy

If you have any questions, call Member Services or visit our website.

**Member Services:**  
First Choice: 888.276.2020  
TTY: 888.765.9586  
[www.selecthealthofsc.com/firstchoice](http://www.selecthealthofsc.com/firstchoice)

# Quality Counts

**M**aking sure you get care, keeping you well and building healthy communities is our mission at First Choice. One of the ways that we support this mission is by monitoring the quality of care and services you get. We check these services through a program called Quality Improvement. The goal is for all members to get quality, safe medical care and services. More information about this program is on our website at [www.selecthealthofsc.com/firstchoice](http://www.selecthealthofsc.com/firstchoice).

This information is also measured through a tool called HEDIS® (Healthcare Effectiveness Data and Information Set). The HEDIS® measures reflect how well First Choice and doctors in the plan are helping you improve and/or maintain your health.

First Choice uses these results to set goals. We also develop quality improvement activities in areas such as

well-child and teen visits, breast and cancer screening, and diabetes care.

We also develop quality improvement activities in areas such as well-child visits, breast and cervical cancer screenings and diabetes care.

The HEDIS® results from all Medicaid plans are calculated together into a national database called Quality Compass and are published each year. First Choice uses this to compare our results with other Medicaid plans.

We are committed to improving the quality of your healthcare! This commitment is a joint effort by First Choice and your doctor. ■



HEDIS Measure	First Choice HEDIS 2010 Results	HEDIS Medicaid National Average
<b>Comprehensive diabetes care</b>		
Hemoglobin (HbA1c) testing	80.78%	80.47%
Cholesterol (LDL) screening test	70.15%	74.10%
Diabetes – monitoring kidney function	76.87%	76.63%
Diabetes retinal eye exam	55.22%	52.77%
<b>Asthma (medicines used to control asthma)</b>		
Ages 5-11	93.13%	91.77%
Ages 12-50	91.38%	85.97%
<b>Prenatal/postpartum</b>		
Timeliness of prenatal care	90.04%	81.88%
Postpartum care visit between 21-56 days after delivery	69.03%	62.60%
<b>Well-child visits</b>		
First 15 months: 6 or more visits	56.62%	58.56%
Well-child visits (ages 3-6)	62.49%	69.60%
Well-child visits (ages 12-21)	36.24%	45.77%
<b>Breast cancer screening (mammogram)</b>		
Women ages 42-64	53.61%	50.7%
<b>Cervical cancer screening (Pap test)</b>		
Women ages 21-64	60.4%	65.91%
<b>Chlamydia screening</b>		
Women ages 16-24	49.95%	54.85%
<b>Childhood immunizations status</b>		
Completing required immunizations by age 2	61.81%	73.67%

## HEALTHY RECIPE

# 20-Minute Chicken Creole

This quick Southern dish contains no added fat and very little added salt in its spicy tomato sauce.

### Ingredients

4 medium chicken breast halves, skinless, boned and cut into 1-inch strips\*  
1 can (14 oz.) tomatoes, cut up\*\*  
1 cup low-sodium chili sauce  
1½ cups (1 large) green pepper, chopped  
1½ cups celery, chopped  
¼ cup onion, chopped  
2 cloves garlic, minced  
1 tbsp. fresh basil (or 1 tsp. dried)  
1 tbsp. fresh parsley (or 1 tsp. dried)  
¼ tsp. red pepper, crushed  
¼ tsp. salt  
Nonstick cooking spray, as needed

\* For convenience, you can use uncooked boneless, skinless chicken breast.

\*\* To cut back on sodium, use low-sodium canned tomatoes.

### Directions

1. Spray deep skillet with nonstick cooking spray. Preheat pan over high heat.
2. Cook chicken in hot skillet, stirring for three to five minutes or until no longer pink. Reduce heat.
3. Add tomatoes with juice, low-sodium chili sauce, green pepper, celery, onion, garlic, basil, parsley, crushed red pepper and salt. Bring to boil and reduce heat. Simmer covered for 10 minutes.
4. Serve over hot cooked rice or whole wheat pasta.

**Yield:** four servings

**Serving size:** 1½ cups

### Each serving provides

Calories: 274, Total fat: 5 g, Saturated fat: 1 g,  
Cholesterol: 73 mg, Sodium: 383 mg, Carbohydrates:  
30 g, Total fiber: 4 g, Protein: 30 g, Potassium: 944 mg



# HDL, LDL, Cholesterol

**Y**ou have heard the terms. Do you know what they mean? Do you know your numbers? It can be a matter of life and death!

Cholesterol is a fat that your body needs so it can work right. You need some cholesterol, but too much can be bad for you.

Cholesterol has to have a protein with it to travel in your blood. The fat and protein make a “lipoprotein.” There are two main types of lipoproteins: LDL and HDL.

LDL is called the “bad” cholesterol. LDL takes cholesterol to the parts of your body that need it. But if you have too much, LDL drops the extra cholesterol in your blood. This cholesterol builds up on the walls of your arteries—forming plaques. Over time, these plaques make the arteries narrow and hard. This can cause a heart attack or stroke.

HDL is called the “good” cholesterol. HDL picks up the extra cholesterol in your blood. The more HDL you have, the less cholesterol you have building up in your arteries. HDL can keep you from having a heart attack or stroke.

Are you on target with your cholesterol? Ask your doctor what your cholesterol target should be! ■



Common Targets	Your Targets (Ask your doctor)
Total cholesterol: Less than 200	Your target number: _____
HDL: 40 or higher for men, 50 or higher for women	Your target number: _____
LDL: Less than 100	Your target number: _____
Triglycerides: Less than 150	Your target number: _____

Para obtener una copia de este documento en español, por favor llame al Departamento de los Servicios para Miembros al **888.276.2020**.



© 2010. Articles in this newsletter are written by professional journalists or physicians who strive to present reliable, up-to-date health information. But no publication can replace the advice of medical professionals, and readers are cautioned to seek such help. Models used for illustrative purposes only. 5526M

## Using Your Benefits

### THE RIGHT WAY

**A**t **First Choice**, we work with you and your primary care provider to make sure your benefits are used the right and most cost-effective way. First Choice makes decisions based only on the appropriateness of care and services and existence of coverage.

We also do not give rewards or financial incentives to our staff who make decisions, or providers or anyone else for denying, limiting or delaying healthcare coverage or services. ■

Please call Member Services at **888.276.2020** to find out if First Choice covers specific services and benefits.

