

healthy NOW

WINTER 2011

FirstChoice
by Select Health of South Carolina

Your Hometown Health Plan

South Carolina
HealthyConnections



Winterize YOUR HEALTH

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When it gets cold outside, it is time to “winterize” your health. Coughs, colds, runny noses and other lung illnesses are more common in the winter.

Get through this winter with fewer sniffles by:

- Getting a flu shot
- Washing your hands or using hand sanitizer often
- Eating a good diet with lean meat, whole grains, fruits and vegetables
- Drinking plenty of water
- Taking time to exercise
- Getting enough sleep

Many people think an antibiotic is the best way to treat a cold. But for a viral infection, like a cold, flu or bronchitis, an antibiotic will not work. The chart at right will help you understand if you might need an antibiotic.

What can you do if you get sick with a cold?

- Drink plenty of fluids.
- Use a cool mist vaporizer or saline nasal spray or rinse for the congestion.

If you have:	Caused by:		Do you need an antibiotic?
	Virus	Bacteria	
A cold	✓		No
Bronchitis (chest cold)	✓		No
Green or yellow nasal discharge	✓		No
Flu	✓		No
Sinus infection	✓	✓	Sometimes
Sore throat	✓	✓	Sometimes

- Suck on ice chips or lozenges (for older children and adults).

Cold symptoms can last 10 to 14 days. So it can seem like a long time before you feel better. If you have a fever or your symptoms get worse, call your doctor. The doctor may tell you some other ways to help you feel better. ■

10 Reasons YOU SHOULD GO TO THE EMERGENCY ROOM

If you or a family member has any of the following symptoms, you should go to the emergency room (ER).

1. Chest pain
2. Blood loss that will not stop
3. Poisoning
4. Drug overdose
5. Seizure
6. Slurred speech
7. Trouble breathing
8. You suddenly can't move a body part
9. Sudden confusion
10. Can't respond to those around you or you won't wake up

If you have any of the following problems, call your doctor. Your doctor will help you decide if and how quickly you may need medical care.

- Earaches
- Minor cuts when you can easily control the bleeding
- Sprains
- Sunburns or minor burns from cooking
- Skin rashes
- Fevers (for someone older than 6 months)
- Colds, sore throats or flulike symptoms
- Stomachaches

Going to the ER when your health problem is not an emergency can take a good bit of time out of your day. People with serious emergencies are seen first, and your ER wait time could be long. If you have any questions, please call Member Services at **1.888.276.2020** (toll-free) or **1.888.765.9586** (TTY for the hearing impaired).

As a First Choice member, you have access to a 24-hour Nurse Help Line. It is a free service that is available 7 days a week. A nurse will listen to your symptoms. The nurse will also:

- Help you decide if you should call your doctor or go the hospital
- Give you tips on how you can care for yourself at home
- Call you back just to see how you are feeling ■

Ask your doctor about emergencies if you have questions. To reach the Nurse Help Line, call **1.800.304.5436**.



Committed to Quality Care FOR OUR MEMBERS

First Choice is always looking for ways to serve you better. We have a quality program that works with you to help improve your health. We also use national surveys and reports to check how we are doing and how we can improve our services to you.

Each year, we survey our members about their satisfaction with the First Choice plan, their doctors and healthcare in general. The survey tool is called CAHPS (Consumer Assessment of Healthcare Providers and Systems), and is used by Medicaid plans across the country.

This year, most members said they were very happy with First Choice. The survey results show that most members were pleased with how quickly they are able to get care from their doctor. A majority of members were also pleased with how their doctors explained things and listened — respecting what members had to say.

The survey also showed some areas where we could improve. Two of these areas are: “getting needed care” and “rating of a specialist.”

- Getting needed care relates to members’ experiences trying to get care from doctors or specialists.
- Rating of a specialist refers to members’ overall assessment of the specialist they see most.

Please know that we are already working on these areas to make sure we improve and that you get the best medical care and services.

We also measure the healthcare services that our First Choice members get, like well visits, breast and cervical cancer tests, diabetes tests and prenatal visits.



We see if members are getting the right care and check-ups, and we do this through a tool called HEDIS® (Healthcare Effectiveness Data and Information Set).

The results from this year’s report show that more members are getting their recommended diabetes tests as well as screenings for cervical cancer. The report also shows us areas to work on. We will work on making sure:

- Members with asthma see their doctor to ensure they are on the right medicine.
- Members with high blood pressure see their doctor to make sure their blood pressure is under control.
- All children see their doctor for their annual well visit. ■

We have a lot more quality information on our website. To learn more about our program and see results from our member survey and healthcare report, visit www.selecthealthofsc.com.



HELP US Better Serve You!

At First Choice, we want to make sure you get the best care possible. The more we know about you, the better we can meet your healthcare needs.

One way we’re doing this is by asking questions about your family’s background and your language of choice. We want to know where your family comes from. Are they from another country? Or are you Native American? Do you have a mixed background? At home, do you speak English or another language?

First Choice will keep all information private and only use it to offer care and services that are best for you. When you call Member Services, we may ask if you’d like to share your background information with us. It’s just one more way that First Choice is your best choice for healthcare. ■



5 Healthy Tips FOR THE HOLIDAYS

Here are some simple tips for keeping off those extra pounds this season:

1 Don't skip meals. Don't arrive to the holiday dinner on an empty stomach. Although you may think skipping breakfast or lunch means you can eat as much turkey and pie as you want, don't! Starving yourself to eat more all at once is a bad idea. When you starve your body, it goes into survival mode and stores fat in your cells, just in case. A simple fix is to eat smaller portions throughout the day.

2 Eat slowly. Take time to enjoy the taste of your meal. Take small bites and chew slowly. It usually takes about 20 minutes for your brain to get the message from your stomach that you are full. Eat until you are full, not stuffed. Sit down, get comfortable and enjoy the family and friends you are with – not just the food.

3 Survey the food. Check out the buffet before filling your plate. Choose your favorite foods and skip your least favorite. Include vegetables and fruits to keep your plate balanced.

4 Don't forget to keep moving. Take a walk before or after dinner. A 20- to 30-minute walk a day can do wonders for maintaining your waistline. Staying active during the holidays will help keep those extra pounds away.

5 Bring your own healthy dish to a holiday gathering. Practice healthy holiday cooking. Try preparing one of the simple holiday recipes on the next page at your next gathering. For many people, holidays and family get-togethers are a time for celebration. These celebrations are usually centered around foods that are high in fat, sugar and calories and short on nutrition. With a few minor changes, however, special-occasion foods can be both delicious and nutritious. ■

**Happy holidays to you and your family
from First Choice by Select Health!**



Healthy Soul Food Dishes

FOR YOUR NEXT HOLIDAY DINNER

Cut out
and save

Smothered Greens

These healthy greens get their rich flavor from smoked turkey instead of fatback.

3 cups water	½ tsp. thyme
¼ lb. smoked turkey breast, skinless	1 scallion, chopped
1 tbsp. chopped fresh hot pepper	1 tsp. ground ginger
¼ tsp. cayenne pepper	¼ cup chopped onion
¼ tsp. ground cloves	2 lbs. greens (mustard, turnip, collard, kale or a mixture)
2 cloves garlic, crushed	

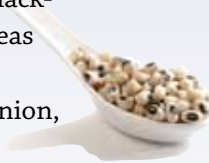
1. Place all ingredients except greens into a large saucepan and bring to a boil.
2. Prepare greens by washing thoroughly and removing stems.
3. Tear or slice leaves into bite-sized pieces.
4. Add greens to turkey stock. Cook 20–30 minutes until tender.



Yield: five servings | Serving size: 1 cup
Calories 80, Total fat 2 g (Saturated fat 0 g),
Cholesterol 16 mg, Sodium 378 mg, Total fiber 4 g,
Protein 9 g, Carbohydrates 9 g, Potassium 472 mg

Savory Hoppin' John

1 lb. dried black-eyed/field peas	1 lb. smoked turkey breast, chopped
2 qts. water	Red pepper flakes to taste (optional)
1 medium onion, chopped	1 cup cooked rice



1. Soak the black-eyed peas overnight in cold water or boil for 2 minutes and then soak for 1 hour. Drain.
2. Place the peas in a large stockpot and add the water, onion, smoked turkey and red pepper flakes. Simmer for 2 hours or until the peas are soft.
3. Stir in the rice or serve it on the side. (To reduce the sodium content of this recipe, use ground turkey breast instead of smoked turkey.)

Serves 6 | Serving size: 1 cup

Mock Southern Sweet Potato Pie

There's nothing fake about the flavor in this heart-healthy treat.

Crust	¼ tsp. nutmeg
1¼ cups flour	3 large eggs, beaten
¼ tsp. sugar	¼ cup fat-free evaporated milk
⅓ cup fat-free milk	1 tsp. vanilla extract
2 tbsp. vegetable oil	3 cups sweet potatoes (cooked and mashed)
Filling	
¼ cup white sugar	
¼ cup brown sugar	
½ tsp. salt	

To prepare crust:

1. Preheat oven to 350 degrees.
2. Combine flour and sugar in a bowl.
3. Add milk and oil to flour mixture.
4. Stir with fork until well-mixed. Form pastry into a smooth ball with your hands.
5. Roll ball between 2 12-inch squares of waxed paper, using short, brisk strokes, until pastry reaches edges of paper.
6. Peel off top paper and invert crust into pie plate.

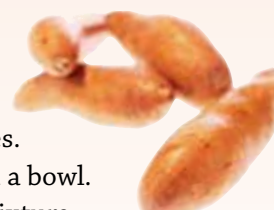
To prepare filling:

7. Combine sugars, salt, nutmeg and eggs.
8. Add milk and vanilla. Stir.
9. Add sweet potatoes and mix well.

Putting it together:

10. Pour mixture into pie shell.
11. Bake for 60 minutes or until crust is golden brown. Cool and cut into 16 slices.

Yield: 16 servings | Serving size: 1 slice
Calories 147, Total fat 3 g (Saturated fat 1 g),
Cholesterol 40 mg, Sodium 98 mg, Total fiber 2 g,
Protein 4 g, Carbohydrates 27 g, Potassium 293 mg



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Heart-Healthy Home Cooking, African-American Style
NIH Publication No. 08-3792

U.S. Department of Health and Human Services
National Institutes of Health

2012 Preferred DRUG LIST

The 2012 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 **1.888.276.2020** 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.

Analgesics

Opioid Analgesics

Acetaminophen/Codeine
Butorphanol Tartrate+
Codeine Phosphate
Codeine Sulfate
Darvon (Propoxyphene HCl)
Demerol (Meperidine HCl)
Dilaudid (Hydromorphone HCl)
Dolophine (Methadone HCl)*
Duragesic (Fentanyl)+
Endocet
Endodan
Fentanyl+
Hydrocodone/Acetaminophen
Hydromorphone HCl
Ketorolac
Lorcet (Hydrocodone/Acetaminophen)
Lortab (Hydrocodone/Acetaminophen)
Meperidine HCl
Methadone HCl*
Morphine Sulfate
Morphine Sulfate ER
MS Contin (Morphine Sulfate ER)
Opana ER (Oxymorphone)
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
Amoxicil (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)
Septra (Sulfamethoxazole/Trimethoprim)
Sulfadiazine
Tetracyclines
Dynacin (Minocycline HCl)
Minocin (Minocycline HCl)
Monodox (Doxycycline Monohydrate)
Periostat (Doxycycline Hydrate)
Tetracycline HCl
Vibramycin (Doxycycline Hydrate)
Vibratab (Doxycycline Hydrate)
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)
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
Aricept ODT
Exelon
Galantamine
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)
Pristiq
Savella
Zoloft (Sertraline HCl)
Tricyclics
Amitriptyline HCl
Amitriptyline/Chlordiazepoxide
Amoxapine
Anafanil (Clomipramine HCl)
Doxepin HCl
Maprotiline HCl
Norpramin (Desipramine HCl)
Pamelor (Nortriptyline HCl)
Perphenazine/Amitriptyline
Tofranil (Imipramine HCl)

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)
Fenoprofen
Flurbiprofen
Indocin (Indomethacin)
Indomethacin ER
Ketoprofen
Ketoprofen ER
Meclofenamate Sodium
Mobic (Meloxicam)
Motrin (Ibuprofen)
Nabumetone
Naprelan (Naproxen)
Naprosyn (Naproxen)
Tolmetin Sodium
Voltaren-XR (Diclofenac Sodium XR)

Salicylates

Choline Magnesium Trisalicylate
Salsalate

Anti-Migraine Agents

Abortive

Cafergot (Ergotamine Tartrate/Caffeine)
Ergomar
Esgic-Plus (Butalbital/APAP/Caffeine)
Floriset (Butalbital/APAP/Caffeine)
Floriset/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*
Phrenilin (Butalbital/APAP)

Anti-Myasthenic Agents

Parasympathomimetics

Mestinon (Pyridostigmine Bromide)
Mestinon Timespan
Prostigmin

Anti-Mycobacterials

Other Anti-Mycobacterials

Antituberculars

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

Antineoplastics

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

Cytoxan (Cyclophosphamide)
Aromatase Inhibitors, 3rd Generation-Females Only

Aromasin

Femara (Letrozole)

Antiparasitics

Anthelmintics

Biltricide
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

Symbyax

Zyprexa

Zyprexa Zydis

Conventional

Chlorpromazine HCl

Fluphenazine Decanoate

Fluphenazine HCl

Haldol (Haloperidol, Haloperidol Decanoate)

Loxixane (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*

Valtrex (Valacyclovir)

Zovirax*

Zovirax (Acyclovir)

Anti-HIV Agents, CCR5 Co-Receptor Antagonists

Selzentry

Anti-HIV Agents, Fusion Inhibitors

Fuzeon*

Anti-HIV Agents, Integrase Strand Transfer Inhibitors

ISENTRESS

Anti-HIV Agents, Non-Nucleoside Reverse Transcriptase Inhibitors

Intencele

Rescriptor

Sustiva

Viramune

Viramune XR

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

Bupirone 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)

Glyname (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 75/50 Pen

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 2

Ascensia Contour

Test Strips

Ascensia Autodisc+

Ascensia Breeze 2*

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*

Xarelto 10 mg*

Anti-Fibrinolytic Agents

Amicar (Aminocaproic Acid)

Platelet Aggregation Inhibitors

Aggrenox

Agrylin (Anagrelide)

Anagrelide

Cilostazol

Persantine (Dipyridamole)

Plavix

Pletal (Cilostazol)

Triclid (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)

Diovan ^

Diovan HCT ^

Exforge ^

Exforge HCT ^

Hyzaar (Losartan/Hydrochlorothiazide)

Tekturma^

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)

Tambacor (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)

Metoprolol Succinate

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)

Isopstin SR (Verapamil)

Norvasc (Amlodipine Besylate)

Plendil (Felodipine ER)

Procardia (Nifedipine)

Procardia XL (Nifedical XL, Nifedipine ER)

Tarka

Tiazac (Diltiazem, Taztia XT)

Direct Renin Inhibitors

Tekturna

Tekturna HCT

Diuretics

Acetazolamide

Aldactazide (Spironolactone/

Hydrochlorothiazide)

Aldactone (Spironolactone)

Amiloride

Amiloride/Hydrochlorothiazide

Bumex (Bumetanide)

Chlorothiazide

Chlorthalidone

Demadex (Torseamide)

Diamox (Acetazolamide)

Diuril

Dyazide (Triamterene/Hydrochlorothiazide)

Dyrenium

Indapamide

Lasix (Furosemide)

Maxzide (Triamterene/Hydrochlorothiazide)

Methazolamide

Methylothiazide

Microzide (Hydrochlorothiazide)

Zaroxolyn (Metolazone)

Dyslipidemias

Colestid (Colestipol HCl)

Lipitor - 40 mg and 80 mg

Lofibra (Fenofibrate)

Lopid (Gemfibrozil)

Mevacor (Lovastatin)

Niacin

Niacin ER

Niacor

Pravachol (Pravastatin Sodium)

Questran (Cholestyramine)

Questran Light (Cholestyramine Light,

Prevalite)

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 (Dexamethylphenidate HCl)

Focalin XR

Methylin

Methylin ER

Methylphenidate ER 10 mg

Ritalin (Methylphenidate HCl)

Ritalin SR (Methylphenidate HCl)

Vyvanse

Other Central Nervous System Agents

Cafcit (Citrated Caffeine)

Dental and Oral Agents

Dental and Oral Agents

Geldair

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 HCl)

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)

Psoriatec (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)

Peppcid (Famotidine)

Tagamet (Cimetidine)

Zantac (Ranitidine HCl)

Protectants

Carafate (Sucralfate)

Cyrotec (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)

Amiitza

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)

Toviaz (Fesoterodine)

Vesicare

Benign Prostatic Hypertrophy Agents

Cardura (Doxazosin Mesylate)

Flomax (Tamsulosin HCl)

Hytrin (Terazosin HCl)

Proscar (Finasteride)

Other Genitourinary Agents

Alfuzosin ER

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

Amcinonide

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 Absorbase

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

Androgel

Androderm

Testim

Fortesta

Axiron

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)

Estratest H.S. (Methyltestosterone/

Esterified Estrogens)

Progestins

Megace ES

Megace Oral (Megestrol Acetate)

Progestins-Female Patients Only

Aggestin (Norethindrone Acetate)

FemHrt

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 (**Tobramycin/Dexamethasone**)
Tobramycin/Dexamethasone
Ophthalmic Prostaglandin and Prostaglandin Analogs
 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 (**Carbopict**)
 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[^]
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 Allergy[^]
 Allegra (**Fexofenadine HCl**)[^]
 Allegra-D (**Fexofenadine/Pseudoephedrine**)[^]
 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
 Dallery
 Dallery-DM
 Dallery-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
Pediahist 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
 Rondec (**Ceron**)
 Rondec-Dm (**Ceron-Dm**)
 Rynatan (**R-Tanna**)
 Rynatan Pediatric (**R-Tanna Pediatric**)
Sildec DM
Tannate-12-5
Tannate-Dmp-Dex
Tannate-V-Dm
 Tessalon (**Benzonatate**)
 Tessalon Perles (**Benzonatate**)
Triple Tannate Pediatric
Inhaled Corticosteroids
 Advair Diskus
 Advair HFA
 Asmanex
 Azmacort
 Dulera[^]
 Flovent Diskus
 Flovent HFA
 Pulmicort⁺⁺
 Qvar
 Symbicort⁺
Intranasal Corticosteroids

Flonase (**Fluticasone Propionate**)
 Nasarel (**Flunisolide**)
 Nasonex[^]
Other Intranasal Agents
 Astelin
 Astepro
 Nasalcrom (**Cromolyn Sodium**)
 Neo-Synephrine (**Phenylephrine HCl**)
Anti-Leukotrienes
 Singulair[^]
Bronchodilators, Anticholinergic
 Atrovent (**Ipratropium Bromide**)
 Atrovent HFA
 Duoneb (**Albuterol Sulfate/Ipratropium Bromide**)
 Spiriva Handihaler
Bronchodilators, Phosphodiesterase Inhibitors (Xanthines)
Aminophylline
 Elixophyllin
 Theo-24
 Uniphyll (**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
Nutrinat
Poly Iron PN
Poly Iron PN Forte
Pr Natal 400
Pr Natal 400 EC
Prenaplus
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
Urocit-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: 1.888.276.2020
TTY: 1.888.765.9586
www.selecthealthofsc.com

WINTER Fire Safety Tips



From:
Jordan R. Vacchiano,
Fireman Engine Co.
2, City of Charleston,
S.C. Fire Department

There are more house fires in the winter than in any other season. This is due in part to the increase in cooking and heating. Also, winter storms and holiday decorations can interrupt electrical service and cause people to turn to alternative lighting and heating sources. These changes also contribute to the increased number of fires.

Winter fires can be prevented. Here are safety tips to help you and your family keep a fire-safe home this winter season.

- **Smoking:** If you or someone in your home smokes, smoke outside. Most home fires caused by smoking start inside the home.
- **Cooking:** Never leave the stove unattended. This is the leading cause of fires in the kitchen. If you use an outdoor grill, keep it away from siding, deck rails or any structure in the immediate area. Always keep children and pets away from the grill area. Do not use extension cords on any appliance. It may overload the circuit and cause a fire.
- **Decorations:** Make sure your tree is watered often. A dry and neglected tree can be a fire hazard. Inspect holiday lights each

year and never leave lights unattended. Do not use lit candles on your Christmas tree.

- **Heating:** Never leave space heaters unattended. Make sure they are kept away from any flammable materials and away from children. If you are using a wood-burning fireplace, make sure your chimney is maintained.
- **Carbon monoxide:** Each year, carbon monoxide poisoning sends a lot of people to the hospital. Carbon monoxide is an odorless, colorless, toxic gas. If you use gas fire appliances, charcoal grills, a wood-burning fireplace or motor vehicle, make sure you are in a well-ventilated area. Install at least one carbon monoxide alarm in your home. ■



Using Your Benefits THE RIGHT WAY

At First Choice, we work with you and your primary care doctor (PCP) 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 the existence of coverage. We also do not give rewards or financial incentives to our decision-making staff, providers or anyone else for denying, limiting or delaying healthcare coverage or services.

Please call Member Services at **1.888.276.2020** to find out if First Choice covers specific services and benefits. ■





Live Life to the Fullest WITH A WELL-WOMAN CHECKUP

Living life to the fullest! This includes preventive health screenings like a yearly well-woman exam. This simple but important visit consists of getting your basic health history and a physical. The physical often includes a breast and pelvic exam. Routine lab tests are done to check for cancer of the cervix and sexually transmitted diseases.

During your well-woman exam, you can talk about problems with your menstrual period, diet, exercise and weight control, menopause, family planning and birth control, domestic violence and ways to improve your health. Well-woman exams should begin when a woman becomes sexually active or reaches age 21.

Some women are embarrassed to have an exam because it is so personal. It is a good idea to bring a friend along for support. As with any healthcare visit, your privacy is protected.

Remember, part of the exam includes testing for breast and cervical cancer. The American Cancer Society predicts 4,290 women in the United States will die of cervical cancer in 2011. Thanks to yearly Pap tests, this number is not as high as it could be. The American Cancer Society also predicts that 39,520 women in the United States will die of breast cancer in 2011. Thanks to breast self-exams, breast exams by your doctor and mammograms, there are more than 2.5 million breast cancer survivors.

Remember that YOU are in control of your health. Live life to the fullest and get a well-woman checkup. Make an appointment today! ■

THE TRUTH ABOUT THE Flu Shot!

You can't catch the flu from a shot. The flu shot is made from a virus that has been killed. Also, each flu shot lasts for only one season. So, you need to have one each year.

The flu is very easy to catch. That's why everyone over 6 months of age should get a flu shot, especially if you are in close contact with someone at high risk. For many of us, the flu means 2 weeks of misery. But for high-risk children and adults with certain medical conditions, the flu can be a serious threat.

People at high risk include:

- Pregnant women
- All children ages 6 months to 4 years
- All adults over 50 years old
- Adults and children who have frequent health problems like:
 - Chronic lung problems
 - Asthma
 - Heart conditions
 - Kidney disease
 - Liver, blood or metabolic disorders
 - Sickle cell disease
 - Diabetes
- Adults and children who have weak immune systems caused by medicine or HIV
- Adults and children with conditions that could cause breathing problems
- People who live in nursing homes or other chronic-care facilities

Flu season is here. Now is the time to protect everyone in your family, especially those at high risk. If your family has not gotten flu shots, call your doctor. ■



Para obtener una copia de este documento en español, por favor llame al Departamento de los Servicios para Miembros al **1.888.276.2020**.



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Warm Thoughts FOR THE HOLIDAY SEASON

Winter means cooler weather and the hustle and bustle of the holidays. Winter holidays often bring happiness and fun. You may have family and friends in town, and there may be lots of cooking and shopping.

Holidays can also be hard and sad. Some people may have lost family or income or are sick. Here are some helpful tips for the season:

- Get out of the house and be with friends.
- Enjoy the weather and holiday decorations.
- Go for walks and take naps when tired.
- Make presents to avoid spending. Friends and family enjoy homemade gifts.
- If you are alone, offer to help others in need. It helps to take your mind off unhappy feelings.
- Accept the changes in your life and relearn the joys of simple things.
- Always talk with your doctor if you are unable to sleep, have changes in appetite or notice unusual pain.

Holidays and changes in weather can make us feel happy or sad. It is not uncommon to feel sad during winter months and holidays. Know that you are not alone. Many people go through these feelings at some point. Talk with others and see your doctor if you feel down. ■