

All about kids!

FirstChoice
by Select Health of South Carolina

Your Hometown Health Plan

Healthy Connections 

SPRING 2018

Healthy NOW

www.selecthealthofsc.com

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for children
of all ages

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First Choice by Select Health of South Carolina complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. First Choice does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

First Choice provides free aids and services to people with disabilities, such as qualified sign language interpreters and written information in other formats (large print, Braille, audio, accessible electronic formats, other formats). We provide free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages.

If you need these services, contact First Choice at **1-888-276-2020** (TTY **1-888-765-9586**). We are available Monday – Friday (8 a.m. – 9 p.m.) and Saturday – Sunday (8 a.m. – 6 p.m.).

If you believe that First Choice has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

- Grievance Supervisor First Choice Member Services
P.O. Box 40849, Charleston, SC 29423-0849
1-888-276-2020 (TDD/TTY **1-888-765-9586**)
Fax: **1-800-575-0419**
- You can file a grievance by mail, fax, or phone. If you need help filing a grievance, First Choice Member Services is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf> or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
1-800-368-1019 (TDD: **1-800-537-7697**)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.



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SH-162106

Language services

English: If your primary language is not English, language assistance services are available to you, free of charge. Call: **1-888-276-2020** (TTY: **1-888-765-9586**).

Spanish: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-888-276-2020** (TTY: **1-888-765-9586**).

Arabic:

إذا كنت تتحدث اللغة العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم **1-888-276-2020** (رقم هاتف الصم والبكم: **1-888-765-9586**) (TTY: **1-888-765-9586**).

Portuguese: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para **1-888-276-2020** (TTY: **1-888-765-9586**).

Russian: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните **1-888-276-2020** (TTY: **1-888-765-9586**).

Vietnamese: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số **1-888-276-2020** (TTY: **1-888-765-9586**).

Brazilian Portuguese: Se você fala português do Brasil, os serviços de assistência em sua língua estão disponíveis para você de forma gratuita. Chame **1-888-276-2020** (TTY : **1-888-765-9586**).

Chinese: 如果您說中文，您可以免費獲得語言援助服務。請致電 **1-888-276-2020** (TTY: **1-888-765-9586**)。

Falam: Falam tawng thiam tu na si le tawng let nak asi mi **1-888-276-2020** (TTY: **1-888-765-9586**) ah tang ka pek tul lo in na ko thei.

Hindi: यदि आप हिंदी बोलते हैं, तो आपके लिए मुफ्त भाषा सहायता सेवाएँ उपलब्ध हैं। काल करें: **1-888-276-2020** (TTY: **1-888-765-9586**)।

Korean: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. **1-888-276-2020** (TTY: **1-888-765-9586**)번으로 전화해 주십시오.

Chin: Hakha holh a hmangmi na si ahcun man lo in holh leh piaknak lei bawmchanh khawh na si. Auh khawhnak: **1-888-276-2020** (TTY: **1-888-765-9586**).

French: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le **1-888-276-2020** (ATS : **1-888-765-9586**).

Karen:

နမ့်ကတိံ ကညီ ကျိုင်အယိံ, နမန့် ကျိုင်အတိံမတလါ
တလါကတိံလါကတိံ နိတမံကတိံသုန့်လိံ. ကိံ:
1-888-276-2020 (TTY: **1-888-765-9586**).

Amharic: ማስታወሻ: የሚናገሩት ቋንቋ አማርኛ ከሆነ የትርጉም እርዳታ ድርጅቶች በነጻ ሊያግዝዎት ተዘጋጅተዋል። ወደ ሚከተለው ቁጥር ይደውሉ **1-888-276-2020** (መስማት ለተሳናቸው: **1-888-765-9586**)።

Burmese: အကယ်၍ သင်သည်မြန်မာစကား ကို ပြောပါက၊ ဘာသာစကား အကူအညီ၊ အခမဲ့၊ သင့် ငွေအတွက် စီစဉ်ဆောင်ရွက်ပေးပါမည်။ ဖုန်းနံပါတ် **1-888-276-2020** (TTY: **1-888-765-9586**) သို့ ခေါ်ဆိုပါ။

First Choice opens a new, larger center

First Choice opened its first Community Center in Columbia in 2009. In December, the Community Center moved to a new, larger location with more services.

The new First Choice Community Center is now at:
217 Park Terrace Drive, Suite 100
Columbia, SC 29212

The new location has computers for people to use and a kitchen for cooking demonstrations, as well as a play area for kids.

The Community Center gives information to plan members and others about programs and services

that can help them. It offers help all year, including access to SC Thrive's Benefit Bank. The Benefit Bank has simple forms for food assistance, student aid, tax filings, voter registration, and more.

The center is home to the yearly Jump-Start Back-to-School celebration for school-aged children and their families. The event has back-to-school information, health screenings, children's activities, and school supplies.

Please come see us at the new Community Center! We're open Monday through Friday, 8:30 a.m. - 5 p.m.

For more information, please go to www.selecthealthofsc.com and select **Community** at the top, then select **Community Center** on the left.



Uproot your couch potatoes

Get kids moving with bursts of activity

Sneak fitness into busy days with "bursts" of activity. Research shows that these kinds of short bursts of exercise add up to stronger hearts, healthier bodies, and all-around happier kids. Try these 5 simple ways to uproot your couch potatoes:

1 Turn TV time into active time.

When your kids watch TV, turn commercial breaks into activity breaks. They can do jumping jacks, squats, push-ups, or sit-ups—whatever gets them moving.

2 Rev up the cleanup.

Messy house? Have your kids pick up and put things away as fast as they can. Set a timer for 5 minutes and see how much everyone can get done during that time.

3 Ditch the car or bus.

If you live close enough, have your kids walk or bike to school at least one day a week. If you live too far, suggest they walk or bike to a friend's house and take the bus from there.

4 Create a new tradition.

In the evening, take a walk around the block as a family. You'll be modeling the behavior you want your kids to embrace—and it's a great way to catch up with your kids.

5 Use the phone.

Older kids who have phones can stretch or do lunges or squats each time they get a text or phone call.

Screenings for children of all ages

Infants/toddlers (birth through 2 years)

A baby needs 6 well visits by age 15 months. It's important for your newborn to have this many visits to check their health and growth. Before you leave the hospital, your newborn will have many screening tests. These tests make sure your baby is OK. But tests don't stop after the hospital. In the first year, your baby grows by leaps and bounds. Early screening tests make sure your little one grows at the right rate. The 6 well visits will also make sure your baby's shots are up to date. All children 6 months and older need a flu shot each year. Your child should have all childhood shots and a blood lead screening before age 2.



Early childhood (ages 3 through 6 years)

In the toddler and preschool years, your child's doctor will keep an eye on physical growth. Your child's social and emotional growth soars during this time. The screening tests during this time are important. If there is anything your child needs help with at this time, early therapies can lead to better results later. Your child needs a well visit and flu shot yearly.



School-age (ages 7 through 12 years)

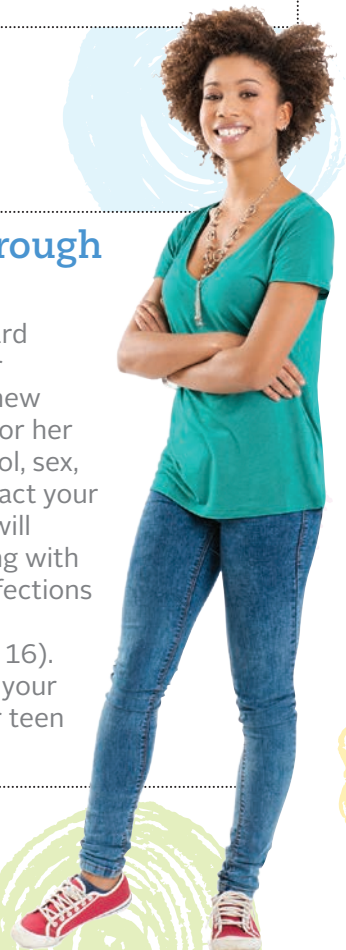
You may be surprised that your school-aged child could be at risk for health problems that are thought of as "adult" health issues. Kids at this age can show early signs of diabetes. They can also have high blood pressure and high cholesterol. Thankfully, screening tests can alert us to these risks. And teaching our kids how to change their health habits can help stop these problems in the future.

Immunizations are also important to prevent some very serious diseases. Your child should have all pre-teen immunizations before age 13 and a flu shot yearly.



Teens (ages 13 through 19 years)

The teen years can be a hard time for both you and your child. Your child will be in new situations that can put his or her health at risk. Drugs, alcohol, sex, and depression can all impact your child's health. The doctor will screen for these risks, along with universal screenings for infections that don't usually have any symptoms (starting at age 16). The doctor will also check your child's general health. Your teen needs a flu shot each year.



Common childhood screening tests

	INFANTS (birth – 2 years)	EARLY CHILDHOOD (ages 3 – 6 years)	SCHOOL-AGE/ PRE-TEEN (ages 7 – 12 years)	TEENS (Ages 13 – 19 years)
Height and weight	✓	✓	✓	✓
Head circumference	✓			
Developmental screening	✓	✓		
Congenital heart defect screening	✓			
Vision		✓	✓	✓
Hearing	✓	✓	✓	✓
Body mass index		✓	✓	✓
Autism screening		✓		
Blood pressure screening		✓	✓	✓
Cholesterol screening			✓	✓
Hemoglobin and hematocrit (iron deficiency) risk assessment	✓	✓	✓	✓
Blood lead test	✓			
Tuberculosis (TB) assessment	✓	✓	✓	✓
Alcohol/drug assessment				✓
Depression screening				✓
Universal screenings for an infection without any symptoms				✓
Immunizations	<ul style="list-style-type: none"> • 3 Hep B (Hepatitis B) • 4 DTaP (Diphtheria, Tetanus, Pertussis [whooping cough]) • 4 PCV (Pneumococcal disease) • 1 MMR (Measles, mumps, and Rubella) • 1 Hep A (Hepatitis A) • 3 IPV (Polio) • 3 or 4 RV (Rotavirus) • 4 Hib (Haemophilus influenzae type b) • 2 varicella (chicken pox) • 2 flu vaccines (influenza) 	<ul style="list-style-type: none"> • Flu vaccine (yearly) 	<ul style="list-style-type: none"> • HPV 2- or 3-dose series • Meningococcal conjugate • Tdap • Flu vaccine (yearly) 	<ul style="list-style-type: none"> • Flu vaccine (yearly)

Making doctor visits and getting medicines



Medical Services

A primary care provider (PCP) is the doctor who will help you with your health care needs. You should be scheduled for regular and well visits within 4 weeks of your request.

- Schedule well visits no later than 4 weeks before you need to have them, or sooner if you can.
- Make every effort to keep scheduled visits.
- Call your PCP's office if you must cancel a visit. Some PCP offices have "no show" policies that can stop you from being seen at that or any of its locations if you do not show up for a scheduled appointment without canceling.

You can get an appointment for urgent, non-emergency care within 48 hours of asking your PCP for it.

- Ask your PCP about walk-in and after-hours care.
- Check our online provider directory for an urgent care clinic near you. Go to www.selecthealthofsc.com, click **Members** at the top, then **Member Tools** on the left. Then click **Find a doctor** to go to the searchable provider directory.

Your wait time should not be 45 minutes beyond your appointment time.

- Come early. Your visit may be canceled if you are late.
- Bring your Healthy Connections and First Choice ID cards to each visit.
- Be ready to fill out paperwork.

A specialist is a doctor who practices a certain area of medicine. If you are making a specialist appointment, you should be seen within 12 weeks.

- You do not have to have a referral to see a First Choice specialist.
- Make every effort to keep scheduled appointments.

Some medical services require prior approval (permission) to make sure you get the necessary care. It is your doctor's responsibility to get prior approval.

Prescriptions

There are no prescription limits. You can now get more than 4 prescriptions a month.

- Some medicines will still have to have prior approval.
- Certain medicines still have limitations.

First Choice has an online preferred drug list (PDL).

- The PDL lets you see which medicines are covered.
- It tells you what medicines will need a prior approval.
- Ask your PCP to check the PDL before prescribing a medicine.

Some medicines must have prior approval to make sure they are being prescribed safely and appropriately.

- Some medicines are tier drugs. This means you must have tried and failed a lower-level medicine before a higher level can be approved.
- You may be able to get a 5-day supply while your prior approval is being reviewed.
- First Choice will make a decision about prior approval within 24 hours of getting the proper needed medical information.

Let us help you get the care you need!

- We can help you schedule a doctor visit if your appointment is not set within the appropriate time frame.
- Let us know if you have a long wait time at your doctor's office.
- We can also help you get your medicines filled. Call Member Services before you leave the pharmacy for assistance.
- It is important to keep your appointments! Member Services can help arrange transportation for you to get to doctor visits or to pick up your medicine from a pharmacy.

We are here to help you get care and stay well! Please call Member Services at **1-888-276-2020** (TTY **1-888-765-9586**).

Keep your child safe on the internet

For parents with young kids, the internet can be a confusing place. While there are benefits, such as being able to talk more often with friends and family, spending too much time online can be unsafe. And it can cause health issues such as sleep problems and obesity. Parents, here are some ideas to help keep your kids safe online.

Lay out rules. Parents and kids should talk about what the rules for being online are and what they mean. This is important so that both sides are clear about the rules and what will happen if they are broken.

1. Watch where your kids go online. There are apps out there that can help you

see what sites your children visit and how much time they spend online. A couple to try are **Limitly** and **Trackidz**.

2. Keep an eye on online activity. It's easier to watch what your children are up to online when the computer is in a room everyone uses, such as your kitchen or family room.

3. Get to know your kids' gadgets. Do your best to understand the technology your kids are using.

4. Tell your kids about the risks. Tell them about strangers and other dangers they may find on the internet. It's important to know who your kids are talking to online. Make sure their circle of friends online matches their friends from school.

5. Limit online use. Allow your kids to be online only at set times and only after homework is done. Children should not have more than 2 hours of screen time per day. Time in front of a screen includes the TV, cell phone, computer, and tablet. Don't allow devices at the dinner table. If kids are old enough to drive, make a rule that cell phones should never be used while driving.

6. Posts on social media don't go away. Tell your children that once something is posted online, it stays there. Teach them that what they post may be seen by a teacher or someone that may one day want to hire them for a job.



Should you have food rules for your *kids*?

Veggies before dessert. Only one snack between meals. Children might not like these types of rules, but recent research suggests they may help their health.

In one study, kids whose parents limited junk food drank less soda and more water. Keeping unhealthy choices out of reach of little hands meant children ate healthier overall. Other research found kids in homes with food rules ate more fruits and veggies.

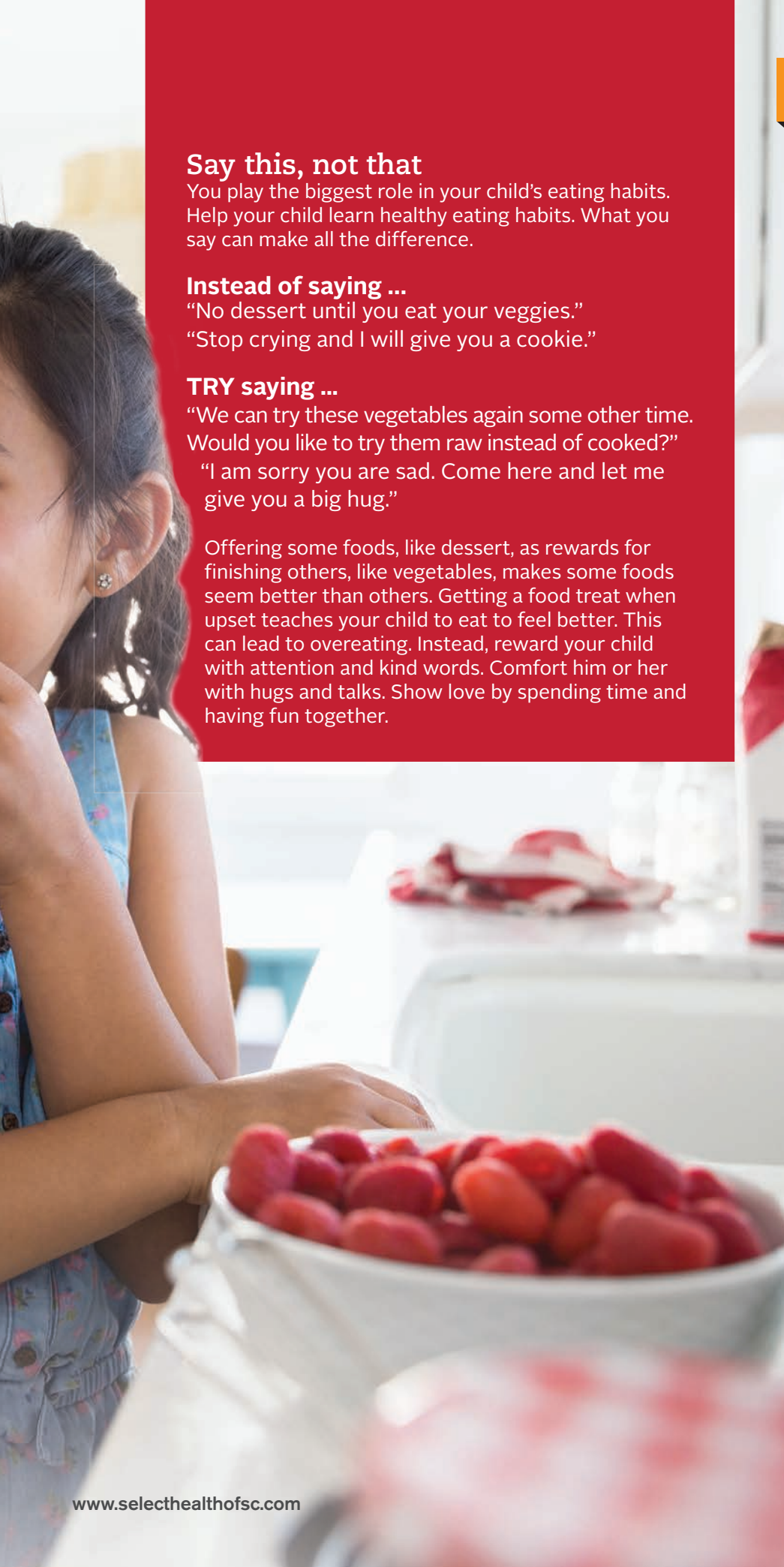
Plus, if kids see you eating fruits, veggies, and other healthy foods, they're likely to do the same. Aim to eat at least one healthy meal together as a family each day, and turn off the TV while you do it.

5 healthy-eating rules

So, you're all set to play food sheriff. Exactly what laws should you lay down? Experts suggest these:

- 1. Eat fruits and veggies at each meal.** Produce adds fiber and nutrients to kids' diets.
- 2. Drink water, not soda.** Sugary drinks are empty calories that lead to weight gain.
- 3. Take at least one bite.** No one likes every food—and some youngsters are pickier than others. But they should at least try each thing on their plates. Don't force kids to clean their plates. And try not to use food as a punishment or reward. Overly strict rules can cause more problems than they solve.
- 4. Stay out of the "yuck zone."** Ban comments such as "ew!" and "gross!"
- 5. No helping yourself.** Serve kids' snacks at set times: a few hours after one meal ends and 1 or 2 hours before the next meal. Make one spot in your kitchen the "snack zone"—kitchen counters work well—to keep tabs on how much they're eating.

Eat meals at the dinner table, not in front of the TV. Most children who watch TV during meals eat more junk food than those who don't.



Say this, not that

You play the biggest role in your child's eating habits. Help your child learn healthy eating habits. What you say can make all the difference.

Instead of saying ...

"No dessert until you eat your veggies."

"Stop crying and I will give you a cookie."

TRY saying ...

"We can try these vegetables again some other time. Would you like to try them raw instead of cooked?"

"I am sorry you are sad. Come here and let me give you a big hug."

Offering some foods, like dessert, as rewards for finishing others, like vegetables, makes some foods seem better than others. Getting a food treat when upset teaches your child to eat to feel better. This can lead to overeating. Instead, reward your child with attention and kind words. Comfort him or her with hugs and talks. Show love by spending time and having fun together.

Healthier dinner

Quick Beef Casserole

Ingredients

½ lb lean ground beef
1 cup onion, chopped
1 cup celery, rinsed and chopped
1 cup green bell pepper, rinsed, seeded, and cubed
3 ½ cups tomatoes, rinsed and diced
¼ tsp salt
½ tsp ground black pepper
¼ tsp paprika
1 cup frozen peas
2 small carrots, rinsed, peeled, and diced
1 cup uncooked rice
1 ½ cups water

Directions

In a sauté pan, brown the ground beef. Drain off the extra fat by tilting the sauté pan over a disposable cup in the sink to collect the fat. Use the lid to shield the meat from falling out. (After the fat has turned solid, discard the cup in the trash). Add the rest of the ingredients to the sauté pan and mix well. Cover sauté pan with lid and cook over medium heat until boiling. Reduce to low heat and simmer for 35 minutes. Serves 8.

PER SERVING: Calories—201, fat—5 g, saturated fat—2 g, cholesterol—16 mg, sodium—164 mg, carbohydrates—31 g, fiber—3 g, protein—9 g.

LOW CHOLESTEROL: Recipes with 20 mg of cholesterol or less and 2 g of saturated fat or less per serving.



Should your child take an ADHD medicine break?

Parents of children who take medicine for attention-deficit/hyperactivity disorder (ADHD) may wonder whether their kids should take a break from the medicine. The summer months, weekends, or holidays may seem like a good time.

Because ADHD affects how kids do in school and social situations, it might make it easier to keep taking the medicine without a break.

- Together, you and your child’s doctor can decide about the best treatment for your child.
- If you and your doctor do decide to take a break from ADHD medicine, it may take a while for the medicine to start working again. Your child’s ADHD symptoms may reappear or get worse.
- Talk to your doctor first about the right way and the right time to give your child a medicine break.

ADHD treatments: Consider all your options

Medicine helps many children with ADHD better deal with their symptoms. But it is not the answer in every situation. The best treatment will be based on the special needs of each child. For some children, talk therapy, occupational therapy, or other treatments may work as well as medicine. Parents or caregivers should always talk to the child’s doctor to learn what is right for the child.



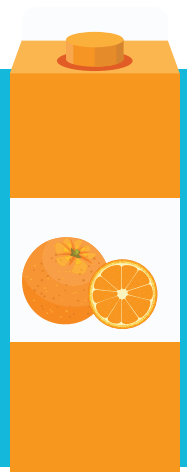
Nutrition tips for kids with diabetes

Diabetes can be hard for children and teens to manage. Eating a healthy and well-balanced diet is an important part of keeping diabetes under control. Here are some healthy mealtime tips:

- Drink more water and less sugary drinks.
- Make favorite foods healthier by adding fruits and veggies.
- Get kids involved in planning healthier meals by offering healthy ideas to change things up.
- Eat slowly—it takes at least 20 minutes to start feeling full.
- Shop for food together.
- Shop on a full stomach so you’re not tempted to buy unhealthy foods.
- Teach your kids to read food labels so they know which foods are healthiest.

- Have meals together as a family as often as you can.
- Don’t put serving dishes on the table.
- Serve small portions; let kids ask for seconds.

Avoid juice until babies are one year old. **Stick with breast milk, formula, or water** until then. And to protect your child’s teeth, fill sippy cups with water instead of sugary drinks.



Asthma tips

from a **First Choice** mom

As a working mom to 3 young First Choice members, Courtney Grayson of Walterboro is on the go. Cameron, 9, has asthma, and Caden, 5, has chronic bronchitis, so she stays on top of their health. She has these tips for other parents:

- “I keep my house dust-free because dust triggers any little thing with Caden. I dust once a week, including the blinds. I vacuum daily. I use mattress covers on their beds to help with dust mites.”
- “Stay up on their medicines. I always have them on hand and make sure I don’t run out. It’s important and something they really need. When their medicines get low, I call the pharmacy and make sure they have them ready.”
- “I make sure my kids take their vitamins and are bundled up in cold weather.”
- “I make sure they have their allergy nasal sprays.”
- “First Choice keeps us updated on triggers and how to help control symptoms, and we pay attention.”

Does your child have asthma?

Asthma medicines come in two forms: controller and rescue medicines. Controller medicines are your main treatment for asthma. They work over time to keep future asthma attacks from happening when used as your doctor tells you. These medicines reduce swelling and mucus in the airway. They should be taken daily or as your doctor tells you, even if you’re feeling good and breathing well. Rescue medicines, such as inhalers or nebulizers, are used during an asthma attack for fast relief. They relax the tight muscles around your airway so you can breathe more easily.

An asthma action plan can help

If you have asthma, it’s also important to have an **asthma action plan**.

An asthma action plan is written by your doctor and includes:

- A list of asthma triggers and symptoms.
- The medicines you take and how to take them.
- What should be done for an asthma attack.
- When to call your doctor or go to an emergency room.



Before you get pregnant

Give your baby the best chance for a healthy start in life



Good health before you get pregnant is a precious gift to babies. Preconception health is when a man and woman take steps to get healthy before pregnancy. It's the health care that increases your chances of having a healthy baby.

When you are healthy before pregnancy, your baby is less likely to be born early (preterm) or have a low birth weight. Your baby has a better chance of being born without birth defects or other disabling conditions. Preconception health gives babies the best gift of all—the greatest chance for a healthy start in life.



A closer look at sudden infant death syndrome (SIDS)

Sudden infant death syndrome, or SIDS, is the sudden death of a baby less than 1 year old that cannot be explained. About 1,600 infants died of SIDS in 2015. SIDS is the leading cause of death among infants 1 to 12 months old.

The sudden death of a baby less than 1 year of age can also happen because of the following reasons:

- **Suffocation by soft bedding**—for example, when a pillow or water bed covers an infant's nose and mouth.
- **Overlay**—when another person rolls on top of or against the baby while sleeping.

- **Wedging or entrapment**—when a baby is wedged between two objects, such as a mattress and wall, bed frame, or furniture.
- **Strangulation**—for example, when an infant's head and neck are caught between crib railings.

It can be hard to tell SIDS apart from other sleep-related infant deaths, such as overlay or suffocation by soft bedding. This is because these deaths often happen when no one is around and there are no tests to tell SIDS from suffocation.

Please call **1-888-276-2020** and ask to speak to a Bright Start® representative to learn more.

Get a well visit instead of a sports physical

Children should get well-child visits once a year from birth through age 21.

It's a good idea to get a well-child visit instead of a sports physical. During your child's well-child visit, your child's doctor will do a full body check and talk with you about your child's past health. The doctor will talk with you about immunizations and medicine refills. You and the doctor can also talk about your child's development, eating habits, and physical activity.

A well-child visit covers more than a sports physical. A sports physical is just a body exam and a brief talk about your child's medical past. A well-child visit covers everything that is needed for a sports physical, but a sports physical does not cover everything needed for a well-child visit. A well-child visit is free for First Choice members.

Stay healthy by keeping your **First Choice and Healthy Connections benefits!**

To keep getting Healthy Connections and First Choice benefits, members must fill out Healthy Connections eligibility forms yearly. When you get the Annual Review Form from Healthy Connections, you must fill it out and return it within 30 calendar days from the date on the form. If you have questions or need help with the form:

- Go to **www.SCDHHS.gov**.
- Call the South Carolina Department of Health and Human Services (SCDHHS) Help Center at **1-888-549-0820**.
- Visit an SCDHHS county eligibility office in your area.
- Call First Choice Member Services at **1-888-276-2020**.

Return the Annual Review Form to:
SCDHHS-Central Mail
P.O. Box 100101
Columbia, SC 29202-3101

If you have questions or need a form sent to you, call Healthy Connections at **1-888-549-0820** or First Choice Member Services at **1-888-276-2020**.

We are here to help

Do you have questions about a pending authorization or denial?

We are here to help with utilization management concerns during and after normal business hours. We also have free TDD/TTY and language services for members. Please call Member Services at **1-888-276-2020** (TTY **1-888-765-9586**).

How to sign up for a free Care Management program

We have Care Managers to help keep you healthy. Our Care Management programs help with long-term illnesses, injuries, pregnancy, and mental health. We have health programs for asthma, pregnancy, heart problems, and diabetes. There are many ways you can join one of these free programs. You can ask your PCP to do it, or you can refer yourself. Just call us at **1-888-276-2020**, ext. **55251**. Or, log in to the Member Portal and go to **Enroll in a Special Program**.

We can:

- Give you or your caregiver your health evaluation.
- Help you get medicines and medically needed equipment and supplies.
- Arrange for rides.
- Find specialists, and more.



For members with heart disease.



For members with asthma.



For members with diabetes.



For pregnant members.

What is fraud and abuse?

There are many types of fraud and abuse. These can include when doctors bill for services you didn't get, charge too much money, or bill the wrong way. It is also fraud and abuse when people use member ID cards that are not theirs or people are on their plan who are not supposed to get coverage.

How can you help?

State law says you must report Medicaid fraud and abuse if you think there has been a violation.

To help, you can:

- Check your Explanation of Benefits (EOB) if you've gotten one, to make sure all information is right.
- Protect your health plan card and private information at all times.
- Count your pills each time you pick up medicine.

Report it:

If you think someone is abusing the Medicaid system, you must report it:

1 Call any of these numbers:

Select Health's Fraud and Abuse Hotline: **1-866-833-9718**; Select Health Compliance Hotline (secure and confidential 24 hours a day, 7 days a week): **1-800-575-0417**; or South Carolina's Division of Program Integrity Fraud and Abuse Hotline: **1-888-364-3224**.

2 Email South Carolina's Division of Program Integrity at fraudres@scdhhs.gov.

3 Mail a letter to:

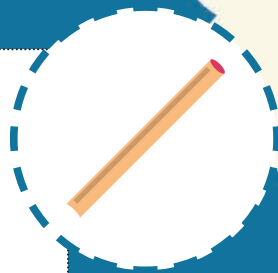
Special Investigation Unit
200 Stevens Drive
Mail Stop 13A
Philadelphia, PA 19113

Or
SC Fraud Hotline
Division of Program Integrity
P.O. Box 100210
Columbia, SC 29202-3210

The best birth control to stop pregnancy

First Choice covers long-acting reversible contraception methods, or LARC. This includes the intrauterine device and Nexplanon implant.

• **Nexplanon is a small rod about the size of a matchstick.** Your doctor places it into your upper arm. It gives you up to 3 years of birth control. The implant works 99 percent of the time. You should still use condoms to stop possible infection. When you are ready to get pregnant, your doctor can remove the rod.

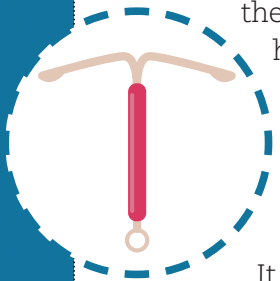


• **An intrauterine device, or IUD, is a small device placed in the uterus by a doctor.** It helps stop pregnancy because it changes the lining of the womb and damages or kills sperm. An IUD works 99 percent of the time. It can be easier than taking

the pill because once you have it, you don't have to do anything. Condoms should still be used to prevent infection. You can get an IUD right after you have your baby in the hospital.

It lasts a long time, but your doctor can remove it at any time.

You can have an IUD for 3 to 10 years, based on the type of IUD. If you decide you are ready to get pregnant, your doctor will remove it.



These are covered benefits for First Choice members. Both of these birth controls are better at preventing pregnancy than the pill or condoms. Talk with your doctor to find out if one of these is right for you.



Spanish translation availability

First Choice is here for you! If you need this newsletter or any other of our materials translated into Spanish, call Member Services at **1-888-276-2020**.

Disponibilidad de traducción al español

¡First Choice está aquí para usted! Si necesita traducir al español este boletín informativo o cualquier otro material nuestro llame a Servicios al Miembro al **1-888-276-2020**.

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First Choice football camps with **Marcus Lattimore**

Our **First Choice Fit program** teaches South Carolina kids to eat right, be active, and see their doctor for well visits.

Since 2013, Select Health and First Choice Fit have worked together with Marcus Lattimore, a former University of South Carolina star running back and San Francisco 49er, to help members stay healthy.

First Choice Fit football camps are for kids in kindergarten (age 5) through 7th grade (age 12). At these camps Marcus teaches football, fun, and wellness to kids. The camps include community health fairs with free health screenings.

This year's camps will be at:

- Charleston, Saturday, May 5
- Fort Mill, Saturday, May 19
- Spartanburg, Saturday, June 16
- Columbia, Saturday, date to be announced

For more information, as well as to inquire about scholarships available to eligible First Choice plan members to attend camp free of charge, please call Reid at **843-569-4803**.



First Choice Member Services
P.O. Box 40849
Charleston, SC 29423



www.selecthealthofsc.com



Member Services:
1-888-276-2020
TTY for the hearing impaired:
1-888-765-9586

FirstChoice
by Select Health of South Carolina
 Your Hometown Health Plan

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