

Getting smart about carbohydrates can help to manage diabetes

A good diet can help to manage diabetes. Carbohydrates are an important source of energy for the body. But too many can raise blood sugar levels quickly. Your diabetes health care team can tell you how many carbohydrates to include in your diet.

There are 3 main types of carbohydrates. These are starches, sugars and fiber. On a product's label, the term "total carbohydrates" includes all 3 together.

Foods high in starch include starchy vegetables like peas, corn, lima beans and potatoes. Dried beans like pintos, kidney beans and black-eyed peas are starches. Products made with grains are also starches, like oat, barley and rice.

Sugar is a carbohydrate and there are 2 main types. The first occurs naturally in foods like milk or fruit. The second is added during processing or cooking - like heavy syrup in canned fruit. On food labels, sugars are often listed by their chemical names which end in "ose". For example, table sugar is listed as sucrose.

Fiber is found in plant foods like fruits, vegetables, grains and nuts. Most adults need 25 to 30 grams of fiber a day. Fiber is good for digestion and can also help reduce cholesterol levels.

A balanced diet with the right amounts of all food groups can help diabetes patients manage blood sugar levels. Your doctor can help you develop a healthy eating plan.

Source: American Diabetes Association - www.diabetes.org



Adult Preventive Health Screenings - A plan to focus on wellness can start by talking to your health care provider about screening tests. Clip this chart to remind you of needed tests and to record results.

Health Checklist

General Screenings	Date	Result
Cholesterol		
Colorectal screening		
Diabetes - HbA1c		
Diabetes - Retinal Eye Exam		
Diabetes - Urine Microalbumin		
Hearing		
Vision		
BMI - Body Mass Index		
Female Screenings		
Bone Density (age 60 +)		
Mammogram (40+)		
Chlamydia (younger than 24)		
Pelvic/Pap Test		
Male Screenings		
Abdominal Aortic Aneurysm		
PSA (45+)		

Source: BlueCross BlueShield of Tennessee - www.bcbst.com



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Do you need help with this information? Is it because you have a health, mental health, or learning problem or a disability? Or, do you need help in another language? If so, you have a right to get help, and we can help you. Call Customer Service. BlueCare members call 1-800-468-9698. TennCareSelect members call 1-800-263-5479.

Do you have a mental illness and need help with this information? The TennCare Advocacy Program can help you. Call them for free at 1-800-758-1638.

If you have a hearing or speech problem you can call us on a TTY/TDD machine. Our TTY/TDD numbers are: BlueCare - 1-800-226-1958; TennCareSelect - 1-800-226-1958.

¿Hable español y necesita ayuda con esta carta? Los miembros de BlueCare pueden llamar al 1-800-468-9698. Los miembros de TennCareSelect, pueden llamar al 1-800-263-5479.

We do not allow unfair treatment in TennCare. No one is treated in a different way because of race, color, birthplace, religion, language, sex, age, or disability. Do you think you've been treated unfairly? Do you have more questions or need more help? If you think you've been treated unfairly, call the Family Assistance Service Center for free at 1-866-311-4287. In Nashville, call 743-2000.

Need help in another language? You can call TennCareSelect for assistance in any language at 1-800-263-5479 or the numbers below. Call BlueCare for language assistance at 1-800-468-9698 or the numbers below. Or you can get other help with TennCare by calling the numbers below. Interpretation and translation services are free to TennCare members.

Foreign Language Lines

Call if you need help and need to speak with someone in one of these languages:

العربية (Arabic)	1-800-758-1638
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To report fraud or abuse to the Office of Inspector General (OIG) you can call toll-free 1-800-433-3982 or go online to www.state.tn.us/tenncare and click on 'Report Fraud'. To report provider fraud or patient abuse to the Tennessee Bureau of Investigation's Medicaid Fraud Control Unit (MFCU), call toll-free 1-800-433-5454.



Helpful Numbers

Customer Service:
BlueCare members
call 1-800-468-9698;
TennCareSelect members
call 1-800-263-5479.

CareSmart® - call 1-888-416-3025
Call if you have any questions about the CareSmart Disease Management Program. Also call if you need to talk to your CareSmart nurse about your disease.

***Nurseline -
1-800-262-2873**

Have a health question? Registered nurses are available to talk to you any time, day or night.

***Health Information Library -
1-800-999-1658**

Some treatments or services mentioned in the library may not be covered by your health plan.

* 24/7 Nurseline offers health advice and support provided by Nurseline, an independent company that does not provide BlueCross BlueShield of Tennessee branded products and services.
** Health Information Library provides information on health topics and is provided by McKesson, an independent company that does not provide BlueCross BlueShield of Tennessee branded products and services.

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4th Quarter 2012



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Events for Teens

Volunteer State Health Plan (VSHP) holds many events for teens. To find events near you call **1-800-771-0217**. It is a free call.

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The information in this newsletter is not meant to take the place of your health care provider's advice.



A New Year and a New Healthier You

Two-thirds of Americans are over their recommended healthy weight. A healthy weight helps control cholesterol, blood pressure and blood sugar. This can help prevent heart disease, diabetes, arthritis, and some cancers.

Obesity means having too much body fat. It is different than being overweight. This means weighing too much. Weight comes from muscle, fat, bone and fluid.

Body Mass Index (BMI) helps determine overall health and fitness. It is a measurement based on height and weight. It indicates body fatness and shows weight levels that lead to health problems.

Because BMI uses a person's weight which includes muscle and fat, some people may have a higher BMI but not have much body fat. Trained athletes may have higher BMI because of

muscle development. Measuring fat in the waist area can also help predict obesity related diseases.

Eating too much or not being physically active can make you overweight or obese. A weight control plan your doctor might suggest could include:

- Choosing low fat, low calorie foods
- Eating smaller portions
- Drinking water instead of sugary drinks
- Being physically active

Losing just 5 to 10 percent of your weight can delay or prevent some weight related health problems. Your doctor can tell you what a healthy weight is for you, and help you develop a plan to maintain that healthy weight all through the year.

Sources:
National Institutes of Health - www.nlm.nih.gov/
Centers for Disease Control and Prevention - www.cdc.gov/



Simple tests and dietary changes can reduce risk of heart disease and heart failure

There are many ways to reduce the risk of heart disease and heart failure. This can start with simple tests and changes to your diet.

Most people consume more sodium than they need. Sodium is in processed foods and some fresh foods. Sodium is added in the form of salt to recipes and to food at the table.

The kidneys usually get rid of extra sodium from the body. In some people, sodium increases blood pressure because it keeps extra fluid in the body. This can increase the risk of Congestive Heart Failure (CHF).

Regular blood pressure checks can help to spot a problem early. If your blood pressure is high, your doctor may suggest a low sodium diet, exercise or medicine to control it.

Cholesterol is a fatty substance our body makes. It is also in meat and dairy foods. There are two types of cholesterol. Too much of one and not enough of the other put you at risk for coronary artery disease (CAD).

LDL is the cholesterol that can clog arteries. HDL is good cholesterol. It keeps LDL cholesterol from sticking to arteries.

A cholesterol screening is a blood test to measure both types of cholesterol. From this, your doctor can suggest changes to reduce fat in your diet, exercise to help balance cholesterol, or medication.

Ask your doctor about these screening tests and what you can do to reduce your risk of heart disease and heart failure.

Sources: American Heart Association - www.heart.org; Mayo Clinic - www.mayoclinic.com



Getting Help for the "winter blues"

Many people feel sad or blue at the same time each year. This is called Seasonal Affective Disorder or SAD. It is a form of depression. It usually starts in the fall and can last through the winter months. Some people can have symptoms in the spring and summer.

Symptoms can include feelings of hopelessness, anxiety, loss of energy, sleeping too much, and trouble concentrating. You may also lose interest in things you once enjoyed.

While all the causes of SAD are not known, having less sunlight each day in fall and winter may disrupt the body's internal clock. This can lead to feelings of depression. Less sunlight can also reduce certain chemicals in your body that affect mood and sleep.

If you have any symptoms of depression that come around each year at the same time, take them seriously and talk to your doctor. Like other types of depression, seasonal affective disorder can lead to other problems if it's not treated. Getting diagnosed and treating it early can prevent disruptions to other parts of your life.

Source: Mayo Clinic - www.mayoclinic.com

What you need to know about asthma and the flu

Anyone with a long term health condition is more likely to have serious complications from the flu (influenza). This includes those with asthma.

People with asthma are not more likely to get the flu. But the flu can be more serious with asthma, even if it is mild or well-controlled by medicine. The flu can cause airways to become inflamed in those with asthma. It can also trigger an asthma attack.

If you have asthma and get the flu, you are at greater risk of getting pneumonia. This could lead to being hospitalized. Anyone with asthma should take steps to prevent the flu and pneumonia.

The Centers for Disease Control and Prevention recommends a flu shot for anyone with asthma ages 6 months and older. People with asthma should not get the nasal flu mist vaccine.

Children, adults over age 54, and people with asthma should also get a pneumonia vaccine. You can get both vaccines at the same time.

If you get sick with flu symptoms, call your health care provider. He can provide antiviral medicine to make your symptoms milder and reduce risks of serious health problems.

Source: Centers for Disease Control and Prevention - www.cdc.gov



Understanding the link between COPD and smoking

Chronic obstructive pulmonary disease (COPD) is a serious medical condition. COPD is a group of diseases that damage airways and blocks airflow. This makes it very difficult to breathe.

Emphysema and chronic bronchitis are the main conditions of COPD. It is not curable, but it can be prevented. It can also be treated and managed if it is found early.

Most cases of COPD develop over many years. It is caused by continually breathing in fumes and chemicals that irritate the lungs. Cigarette smoking is the main cause of COPD. You can also get COPD from long term exposure to second hand smoke, air pollution or chemicals in a work environment.

You can take steps to prevent COPD. For those with COPD, you should take steps to stop more lung damage and to make breathing easier.



If you smoke, get help to quit. You should also reduce exposure to smoking. Stay away from people who smoke and places where there will be smoking.

Smokers and former smokers should talk to their doctor about tests that diagnose COPD. The earlier it is found, the better it can be managed.

Sources: American Lung Association - www.lung.org; National Institutes of Health - <http://nihseniorhealth.gov>



Taking care of you after baby is here

While pregnant, you focus on caring for yourself so your baby is healthy. After your baby is born, you should stay rested and well. Then, you are best able to care for your baby.

Your body is recovering physically and emotionally. All you may do is eat, sleep and care for your baby. That's normal. Getting back to a routine won't happen right away. This is the time to let others help.

Your body is healing. It is also preparing to nourish your baby. Ask your doctor how much activity you should have in the weeks after having your baby.

At the first postpartum visit with your doctor, you can ask about resuming normal activities and returning to a healthy weight. Most women lose about 10 pounds shortly after giving birth. Losing weight gradually is safest, especially when breastfeeding. Eat a well balanced diet that keeps your energy level up and provides good nutrition.

A new mom may feel sad, anxious and overwhelmed. These feelings are normal and usually go away quickly. If they last more than 2 weeks, you may have postpartum depression. It is a treatable condition that can happen anytime in the year after birth. See your doctor right away so you can feel better and enjoy your new baby.

Source: U.S. Department of Health and Human Services Office on Women's Health - www.womenshealth.gov

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• Text4baby:

Are you pregnant or have a new baby? Do you have a cell phone? Do you send and receive text messages? Get **FREE healthy pregnancy and healthy baby** information by text every week. Just **text the word "BABY"** (or "BEBE" for Spanish) **to the number "511411"** to get started. Or register online at text4baby.org.

Text4baby is an educational program of the National Healthy Mothers, Healthy Babies Coalition, provided by the Voxiva Corporation. Voxiva Corporation is an independent company that does not provide Volunteer State Health Plan branded products and services.

Getting To Know You

Transportation Coordination Unit (TCU)

The Transportation Coordination Unit manages transportation to medical appointments for BlueCare and TennCareSelect members. This is for non-emergency trips when members don't have transportation.

The unit consists of Rhonda Gray, Katrice Cox, Jennifer Sutton, Heather Williams, and Cristy Handley (pictured left to right). They review requests made by members. They determine if travel to the appointment is necessary.

The team then works with a transportation company to schedule the trips. They receive about 600 requests a month.

"We work to give members peace of mind," said Sutton. "We do that by helping them get to medical services they need."

