



Avoid Holiday Hazards

Injuries and fires aren't at the top of anyone's holiday wish list. But every year experts say that's what thousands of families get. Here's a handy checklist for avoiding holiday hazards.

Holiday Lights

- Don't use electric lights on a metallic tree.
- Don't use indoor lights outside.
- Never run an electrical cord under a carpet.
- Turn off all lights at bedtime.

Keep Children Safe

Toddlers love to put small things in their mouths. But small things can cause choking. Keep items like small hard candies, nuts and popcorn away from tiny hands.

Keep Fire Cozy

- Avoid using candles.
- Don't burn wrapping paper in a fireplace.
- Use screens in front of fireplaces.
- Check your smoke alarms every month.

Sources: Safe Kids Worldwide; U.S. Consumer Product Safety Commission

MDwise has special programs to help Indiana Care Select members get healthy and stay healthy. The programs include:



INcontrol

Learn to manage your asthma, diabetes or other chronic illness



NURSE on-call

Speak with a nurse 24 hours a day



RIDEwise

Enjoy free rides to doctor's visits



TEENconnect

Get information just for teens



WELLNESSchats

Fun, educational community events where you can learn about good health



HELPlink

Work with a member advocate who knows about health, school and community services



WEIGHTwise

Reach and maintain a healthy weight



SMOKE-free

Get help kicking the tobacco habit



BLUEBELLE beginnings

Give your newborn a healthy start



MS.BLUEBELLE'S club for kids

Teach kids to make healthy choices

LOOK INSIDE!

- **Prior Authorization Guide**
- **Care Select Dental Care**
- **Avoid the Cold and Flu**

Prior Authorization Guide

Some services need to be approved as “medically necessary” by MDwise before your PMP or other health care provider can get these services for you. This process is called “prior authorization.”

Necessary Care

Care must be “medically necessary.” This means it is:

- Needed to diagnose or treat you
- Proper based on current medical standards
- Not more than what is needed

Prior Authorization Process

1. Your PMP or other health care provider must contact MDwise with information that shows the medical necessity for the service or medication.
2. If the authorization is approved, you and the health care provider will be notified of the approval.
3. If the authorization is not approved, a letter will be sent to you and the health care provider with the reason for the decision.
4. If you disagree with the decision, you may file an appeal.
5. You may contact MDwise Customer Service for help in filing an appeal.



As an Indiana *Care Select* member you are not responsible for payment of medically necessary, covered services.

A *Care Select* Member may be responsible for payment of services when:

- The provider told you before providing the services that the services are not covered.
- The provider told you before providing the service that the same service is free to you in the MDwise network.
- You agreed to pay for the service in writing.

If you have questions about this, please call MDwise Customer Service at 1-866-440-2449 or 317-829-8189 in the Indianapolis area.

Behavioral Health Self-Referral

Behavioral health care through MDwise *Care Select* is a self-referral service. This means your doctor can help you get behavioral health services, but you do not have to go through your doctor to get them. You can go to any provider that takes *Care Select* patients. **Remember to talk to your doctor before getting any kind of health care. That way your doctor can best take care of you.**



*Improving the Health of
Indiana Care Select Members*

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Information in CARE NEWS comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

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**Questions? Comments?
Complaints? If you need help
with anything about MDwise
or your doctor, we can always
help. Please call the MDwise
Customer Service Line at
1-866-440-2449.**

MDwise *Care Select* Dental Care

Dental care is a very important part of staying healthy. Your dentist will give you regular check-ups. Your dentist will take care of your regular dental care.

Any dentist who is a medicaid provider can provide dental care. You can find a dentist in your area by logging onto www.MDwise.org or by calling the Indiana *Care Select* enrollment broker at 1-866-963-7383.

You do not need an okay from your PMP (Primary Medical Provider) to see the dentist.

Covered Dental Services

- First oral exam
- Oral exams once every 6 months
- Emergency oral exams
- Dental x-rays (Complete set once every 3 years)
- Bite-wing x-rays once ever 12 months
- Teeth cleaning once every 6 months to age 21
- Fluoride treatment once every 6 months to age 19
- Silver fillings
- Tooth colored fillings for front teeth only
- Tooth removal
- Dentures

Members who are 21 years and older are allowed \$600 in dental services each year.

Dental Services Not Covered

Indiana *Care Select* covers most of your normal dental care needs. However, some care is not covered. Your dentist can tell you the full list of services covered by Indiana *Care Select*.



Do I Need a Referral?

You can go to any Indiana *Care Select* dentist. You do not need to get an okay from your doctor.

Emergency Dental Care

If you have dental pain, call your dentist right away. Your dentist will arrange to see you as soon as possible.

Dental Questions or Problems

If you have questions about dental benefits, talk to your dentist, call MDwise *Care Select* Customer Service at 1-866-440-2449 or 317-829-8189 in the Indianapolis area, or call 1-800-457-4584.

To find a dentist near you, call the *Care Select* Enrollment Broker at 1-866-963-7383. Have your Hoosier Health Card or Social Security Number ready when you call. You can also visit www.MDwise.org.



Ask Dr. Wise

Q. How can I avoid getting a cold or the flu this winter?

A. People in the U.S. get one billion colds a year. There are fewer cases of the flu, but it can be more serious. The flu can be especially hard on older people, or those with a disease, such as diabetes or heart disease.

Colds and the flu are caused by viruses. They are spread by touch or by a sneeze or cough.

You can help keep yourself and others well with these tips:

- Wash your hands often, especially if you've been around someone else who is sick. Use a disinfectant to clean surfaces, such as phones or toys, used by sick people.
- Cover your mouth and nose with a tissue when you cough or sneeze. Then throw the tissue away.
- Avoid touching your nose, mouth or eyes.
- Get a flu shot.



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