



## What Are the Signs of Worsening Asthma?

It is important to know the early signs of worsening asthma. By knowing the early warning signs, you can treat them early. Early treatment will help avoid an asthma attack. This will help avoid a trip to the emergency room. The main early warning signs of worsening asthma are:

- Having a wheeze, cough, chest tightness or discomfort during the day
- Feeling short of breath or “winded” during the day
- Waking up at night with a wheeze or cough
- Waking up at night with chest tightness or shortness of breath
- Having to use a breathing machine or inhaler of “quick-relief” medicine (albuterol) more than 2 times a week during the day
- Having to use a breathing machine or inhaler of “quick-relief” medicine (albuterol) more than 1 time a month during the night
- Having trouble doing the things you normally do (including exercise—running, jumping, playing, climbing stairs)
- Have a lower peak flow reading

If you have early signs of worsening asthma, follow your written asthma management plan. If you do not have a written plan, ask your doctor for one right away. Your asthma management plan should be used every day to control your asthma. It will tell you how to avoid asthma symptoms. It will also tell you how to treat an asthma attack. Your written asthma plan should be updated with your doctor at least every 6 months.

Source: National Heart, Lung, and Blood Institute (NHLBI). National Asthma Education and Prevention Program Expert Panel Report 3: Guidelines for the Diagnosis and Management of Asthma. Full Report 2007. Bethesda, MD: NHLBI; August 2007. NIH publication no. 07-4051.

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## Questions?

Go to our website at [MDwise.org](http://MDwise.org).

*Si quiere que le mandemos esta información en español, favor de llamar a nuestro departamento de Servicio al Cliente de MDwise al 1-800-356-1204 o 317-630-2831 en Indianápolis. También puede encontrar esta información en español en nuestra página web en MDwise.org. Gracias.*



## NURSEon-call

Speak with a nurse 24 hours a day

Need help deciding whether to see your doctor or go to the emergency room?

Call MDwise NURSEon-call at 1-800-356-1204 or 317-630-2831 in the Indianapolis area. Choose option #2 for Hoosier Healthwise or option #3 for HIP. Then press option #3 for NURSEon-call. NURSEon-call is available 24 hours a day.

# Don't Miss Out On MDwise Rewards



MDwise Rewards is a program that allows you to earn rewards for completing a variety of activities. You will earn points for doing the activities and the points can be redeemed for rewards. You don't have to do anything to keep track of your points. We will do that for you.

Here are different ways to earn points:

- Sign up for myMDwise Member Portal and give us your e-mail address.
- Sign up to get your HIP monthly statements through myMDwise Member Portal. (HIP members only)
- Make monthly contribution payments on time. (HIP members only)
- Complete a Health Risk Screening.
- Get your yearly physical exam or check-up.
- Get all required well child exams. (Hoosier Healthwise members only)
- Go to all of your prenatal appointments. (Hoosier Healthwise members only)
- Go to your postpartum exam. (Hoosier Healthwise members only)
- Get your annual mammogram.
- Complete LDL and HbA1c annual screening if you have diabetes.

You can log onto myMDwise Member Portal to check how many points you have. You can also redeem your rewards in the portal. Depending on how many points you've earned, you can redeem a \$10, \$30 or \$50 gift card.

To sign up for myMDwise Member Portal to view and redeem your rewards, go to MDwise.org and click on "myMDwise Login" at the top left of the page. Click on the second image called "myMDwise Member Portal." Then choose "Create a New Account" and follow the steps to sign up.

To learn more about MDwise Rewards, go to [MDwise.org/rewards](http://MDwise.org/rewards).



## Open Enrollment Reminder for Hoosier Healthwise Members

Hoosier Healthwise members will remain enrolled in their chosen health plan for a one year period. Once each year you will have a chance to enroll in a new health plan. All new members joining MDwise will have 90 days from the day that they start to decide to stay in MDwise or change to a different plan. You will get a letter to remind you. Members who have been with MDwise for longer than 90 days will need to stay in MDwise for a year. After a year, you can change to another plan if you choose. If you have questions, please call MDwise at 1-800-356-1204 or 317-630-2831 in the Indianapolis area. Choose option #2 for Hoosier Healthwise.

## Getting Your Flu Shot

The flu is a virus that can cause mild to severe illness, in some cases even death. Some people, such as older people, young children and people with certain health conditions, are at high risk for serious flu problems. The best way to prevent the flu is by getting a flu shot every year.

October or November is the best time to get a flu shot. Getting the flu shot in December or even later can still help because people get the flu mostly in January or later. Flu season can even last as late as May. Ask your doctor if you or your child should get a flu shot.

## Questions? Comments? Complaints?

**If you need help with anything about MDwise or your doctor, we can always help. Please call MDwise Customer Service at 1-800-356-1204 or 317-630-2831 in the Indianapolis area.**



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MDwise.org.

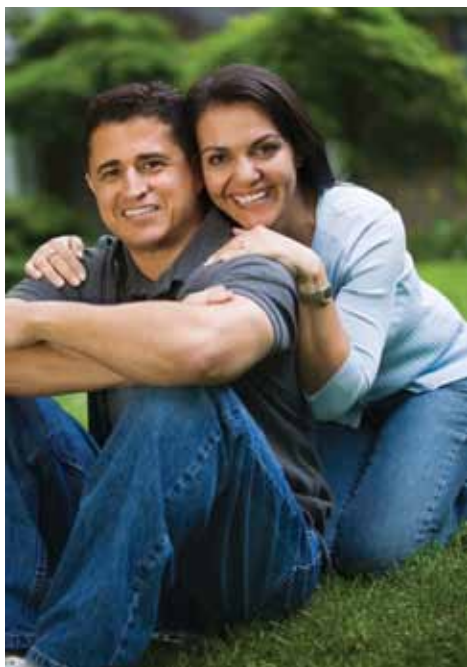
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# What You Need to Know About Fraud and Abuse

You can report fraud and abuse by calling MDwise Customer Service at 1-800-356-1204 or 317-630-2831 if you are in the Indianapolis area. You do not have to give your name. If you do, the doctor or member will not be told you called.



Examples of health care provider fraud and abuse are:

- Billing or charging you for services MDwise covers
- Billing you for services you did not receive
- Offering you gifts or money to receive treatment or services

## Be SMOKEfree

Know how to deal with cravings when they occur. Do something else. Drink water or breathe deeply. Cravings generally only last a few minutes.

For further advice and support, call Indiana's Tobacco Quitline at 1-800-QUIT-NOW (800-784-8669). You can also go to [www.in.gov/quitline](http://www.in.gov/quitline).



**SMOKE-free**

Get help kicking the tobacco habit

- Offering you free services, equipment or supplies in exchange for use of your Hoosier Health or MDwise card number
- Giving you treatment or services you do not need
- Physical, mental or sexual abuse by medical staff

Examples of member fraud and abuse are:

- Members selling or lending their identification cards to people not covered by Hoosier Healthwise or HIP
- Members abusing their benefits by seeking drugs or services that are not medically necessary

Help MDwise Stop Fraud and Abuse

- Do not give your Hoosier Health or MDwise card number to anyone. It is okay to give it to: your doctor; clinic; hospital; pharmacy; or Hoosier Healthwise, HIP or MDwise Customer Service.
- Do not let anyone borrow or use your Hoosier Health or MDwise card.
- Do not ask your doctor or any health care provider for medical care you do not need.
- Work with your primary doctor to get all of the care you need.
- Do not share your Hoosier Healthwise, HIP or other medical information with anyone except your doctor, clinic, hospital, or other health provider.

You can also find information about fraud and abuse in your member handbook. Go to [MDwise.org](http://MDwise.org) for the latest version.



## Protect Your Kids From Type 2 Diabetes

Being overweight can cause many health problems, even for kids. One of these problems is Type 2 diabetes. It is a disease that affects the way your body turns food into energy.

Helping your kids stay at a healthy weight may reduce their risk of diabetes. Here are some tips:

- Limit the time your children watch TV or are on computers or handheld devices. Encourage them to be active instead.
- Plan fun ways to exercise together. Go for a bike ride or a walk.
- Keep healthy snacks at home. Some good choices include low-fat cheese, fruits and vegetables, and whole grain crackers.
- Eat meals together. Set a good example with the foods you eat. If you're concerned about your child's weight, talk to his or her doctor.

# Importance of seeing your in-network doctor every year

It is important for you to visit your assigned MDwise in-network doctor every year. Your MDwise doctor is part of a MDwise team (also called a network or delivery system) of doctors. The name of your network/delivery system is located on your Medicaid ID card in the upper left corner under the PMP (doctor) name and phone number. Your team of doctors works together to care for you. It is important to get care only from your team of doctors so they can get to know you, your family and your health history. This helps them provide better care for you. There are many reasons to get preventive care check-ups. The information you will learn will help you take charge of your health.

## Preventive Care for Adults

Adults do not need as many check-ups as children. However, preventive care is still important to keep you healthy, especially as you get older.

All preventive care you get is covered by MDwise. For HIP members, this will not be taken out of your POWER Account. If you get preventive services every year, and you have money left over in your POWER Account, that money will be rolled over to your POWER Account for next year. If you

do not get the preventive care you need, any state contribution money left over at the end of the year will not roll over to the next year.

## Check-Ups for Children

Early and Periodic Screening, Diagnosis and Treatment (EPSDT) is a program for children and adolescents under the age of 21. The EPSDT program checks children for medical problems early and as they grow. These check-ups help to make sure your child is growing up healthy. If the doctor finds a problem, it is treated and watched. These benefits are available for your child through MDwise.



## Member Redetermination for Healthy Indiana Plan Members

Healthy Indiana Plan members must re-enroll every 12 months. 90 days before your coverage ends, you will get a letter from the Division of Family Resources with information on how to enroll for next year. 60 days before your coverage ends, you will get another letter from the Division of Family Resources with a re-enrollment form. It is very important you that you fill out the re-enrollment form right away and send it in! The Division of Family Resources must get this completed form 45 days before your coverage ends or you will be disenrolled from HIP. If that happens, you will not be able to re-enroll for 12 months.

Please mail the form to:

FSSA Document Center  
P.O. Box 1630  
Marion, IN 46952

You can also fax the completed form to 1-800-403-0864. If you have any questions, call MDwise Customer Service toll-free at 1-800-356-1204 or 317-630-2831 in the Indianapolis area. Choose option #3 for HIP.

## What is COPD?

COPD stands for chronic obstructive pulmonary disease. This is a group of diseases that can block the flow of air in your lungs and can make it hard for you to breathe.

COPD can include:

- Emphysema
- Chronic bronchitis

The main cause of COPD is tobacco use. Other causes can include air pollutants, genetics and asthma.

Signs of COPD include:

- Constant coughing
- Shortness of breath while doing normal activities
- Producing a lot of mucus
- Feeling like you can't breathe or take a deep breath
- Wheezing

If you show signs of COPD or are at risk, you should see your doctor. This is especially important if you are over age 45 and smoke or have smoked in the past. Your doctor will have you take a simple test for COPD and do a health exam. If you are diagnosed with COPD,

your doctor will help you come up with a treatment plan. There are many ways to protect yourself from getting COPD if you are at risk.

- If you smoke, stop smoking. Secondhand smoke can also cause COPD, so keep your home smoke free.
- Protect yourself from chemicals, dust and fumes at home and work.

Remember, early detection of COPD is very important. See your doctor if you show any symptoms.