

TouchBase

IMMUNIZATIONS:

Keep Your Family Safe and Sound

Whether for kids or adults, vaccines help keep the bugs away

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TouchBase is a biannual publication of SummaCare, Inc. We welcome your ideas and suggestions for future issues. Please contact our Marketing Department at (330) 996-8705 or (800) 509-2147.

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A Word from The President

A sure sign of fall in Northeast Ohio is the freshly painted blue line on the streets of Akron that marks the course for the Akron Marathon. The sixth-annual race takes place Sept. 27, 2008, and SummaCare is once again a proud sponsor of the event.

SummaCare's commitment to health and wellness is reflected in events like the Akron Marathon. The race provides first-time runners and top athletes alike the opportunity to set and meet their fitness goals. Whether you're an experienced runner or just starting an exercise program, I encourage you to set and achieve your own fitness goals this fall!

It continues to be my goal to provide information to improve your overall health through this newsletter. As you enjoy the changing season, take some time to read through this issue of *TouchBase*. You'll learn what needs done to "Batten the Hatches" (page 7), what to put on your (or your loved one's) "Checklist for a Healthy Pregnancy" (page 6) and how to cook with yogurt that's "Live, Active and Strong" (back cover).

In good health,

Marty Hauser
President, SummaCare

PREVENTION POINTER

TRICK OR TREAT Make sure your Halloween is filled with treats, not tricks, by examining your children's sugar stash before they dig in. Examine candy on a brightly lit table or counter and **toss anything that's not in a sealed wrapper, including popcorn balls or fruit, or whose wrapper looks loose or defective.**



EYE HEALTH

Vision Discounts For You

Did you know that as a SummaCare member, you are entitled to vision discounts? Through our EyeMed Vision Care discount program, all you need is your SummaCare ID card and a participating EyeMed provider to receive up to 40 percent off a complete pair of glasses.

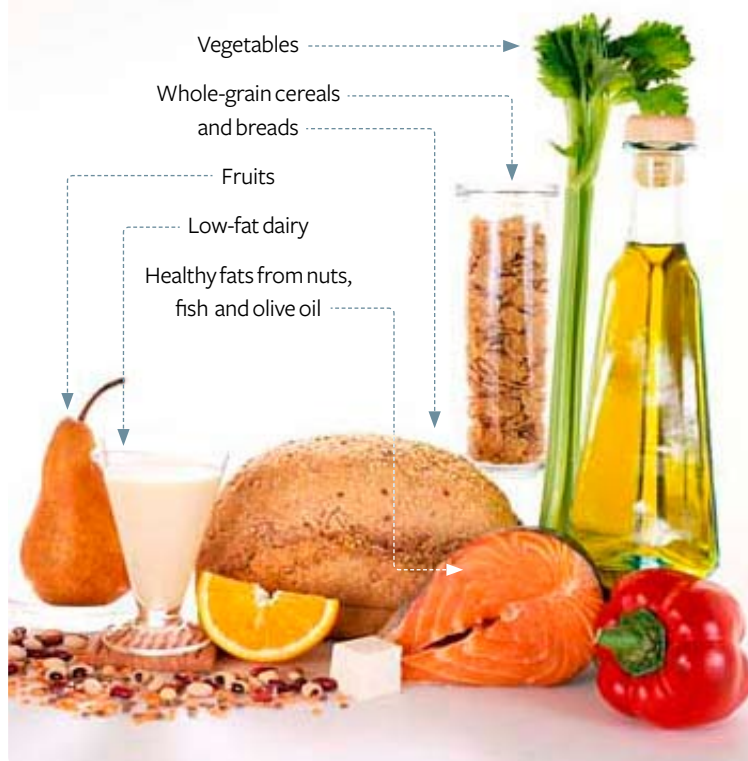
The EyeMed Vision Care discount program is not insurance and does not replace your current medical (vision) benefits through SummaCare. The discount program provides substantial discounts on frames and lenses with the convenience of no claim forms, no reimbursement procedures and no waiting periods.

To receive your discount, simply present your SummaCare ID card at participating locations. To locate a provider, visit www.eyemedvisioncare.com and select the Advantage Network or call (866) 688-4699.

Remember, this is an enhancement to your current SummaCare medical benefits provided at no cost to you. If you have any questions, please call (866) 688-4699.

Not That Kind of Med

A large, long-term study of women's eating habits supports previous research that a healthy, Mediterranean-style diet can prevent heart attacks and strokes, two leading causes of death among Americans. Scientists at Simmons University in Boston tracked the eating habits of more than 88,000 women for nearly 25 years and found that those whose diets followed basic Mediterranean patterns reduced their chance of heart attack 24 percent and stroke 18 percent. Among the foods consumed were:



ANCILLARY COVERAGE

IMPORTANT REMINDER: It's important to us that you are informed about your health coverage. When you utilize services at a network hospital or facility, please be sure to check your provider directory or call customer service (the number can be found on the back of your ID card) to ensure that ancillary providers such as anesthesiologists, radiologists, pathologists and emergency room physicians are also in network.

MENTAL HEALTH

EARLY WARNING

Alzheimer's disease, an increasingly common cause of death in the U.S., has long been linked to depression, but a new study sheds some light on the connection. Rather than being a symptom of Alzheimer's, as is often thought, depression can be a risk factor leading to Alzheimer's.

Dutch scientists at Rotterdam's Erasmus University Medical Center found that a history of early depression can double or even quadruple the chance Alzheimer's will develop. After tracking the health of 503 men and women, the researchers concluded that an episode of depression occurring before age 60 increased the chance of getting Alzheimer's fourfold. Depression after age 60 boosted the risk 2.5 times.

Until the connection is better understood, it's prudent to aggressively treat any episode of depression, whether through medication, psychotherapy, exercise or some other method.



PLAN EVENTS

Audiology and Hearing Aid Services Open House

Do you think you may have hearing loss? Do you avoid certain situations because you fear not being able to follow the conversation? Do you have difficulty understanding the speaker at meetings or social functions?

Hearing aids have been shown to improve the quality of life for people with hearing loss—both physically and emotionally. As a service to SummaCare members, Summa Audiology and Hearing Aid Services has invited Phonak Factory representative Theresa Kinney, M.A., CCC-A to join us at our upcoming open house events on Oct. 15 and 16.

At the open house, you will receive a free hearing screening by a licensed audiologist and experience the best hearing possible with the latest digital technology from Phonak Hearing Systems. You'll also receive a listening demonstration with hearing aids custom programmed for your hearing needs, a free supply of batteries with any digital hearing aid purchase and a 10 percent discount on the purchase of hearing aids.

Space is limited, so call (330) 873-1518 to reserve your personal appointment. Appointments are available on a first come, first served basis. There is no cost or obligation. Please note, free screenings available only at open house events.

Summa Audiology and Hearing Aid Services is located at One Park West Blvd., Suite 130, Akron, OH 44320. Parking is free with easy access to first level atrium.

Beyond the Mammogram

You've been screened, but your doctor wants to do a follow-up. Here's what to expect.

If you're age 40 or over, you already know that getting an annual mammogram is your best bet for catching breast cancer in its early stages. These detailed X-rays of your breasts, combined with clinical breast exams performed by your healthcare provider, provide a comprehensive baseline for diagnosis.

The Centers for Disease Control and Prevention says that mammograms are especially helpful for women over age 50, since the chance of getting breast cancer increases with age. And since breast cancer is second only to lung cancer as cause of cancer death for U.S. women, Breast Cancer Awareness Month is a good time to schedule a mammogram.

If your mammogram results are abnormal, your doctor will request a follow-up visit. The American Cancer Society says that while one in 10 women

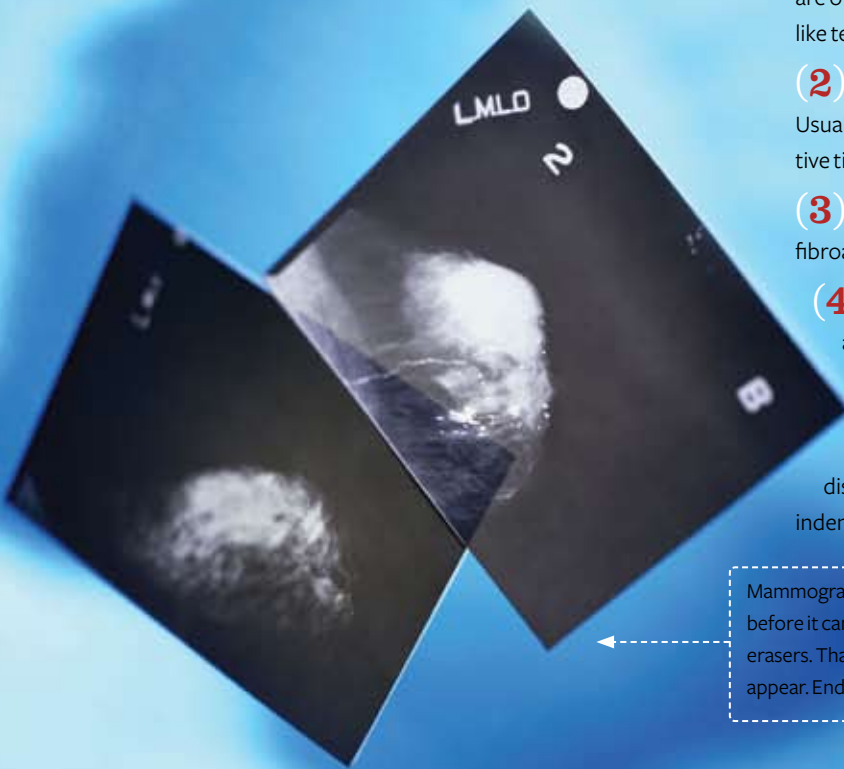
will need to have a second set of images taken from different angles and at greater magnification, only 8 to 10 percent of those women will end up needing a biopsy. And an overwhelming majority of those biopsies—80 percent—do not end up being cancer. Be aware that, to make sure your mammogram is interpreted correctly, the radiologist will compare the latest mammogram with all prior mammograms.

When a Lump Is Just a Lump

The National Cancer Institute says breast lumps can develop from many conditions, not all of them cancer. Biopsies in all the cases below can help determine which kind of mass is in the breast.

- 1) CYSTS** can be caused by fibrocystic changes as women get older. They are often caused by blocked ducts, which usually are not cancerous, and feel like tender areas that are lumpy and thickened.
- 2) FIBROADENOMAS** are rubbery growths that move when pressed. Usually painless, they are benign and stem from overactive glands and connective tissue.
- 3) PHYLLODES TUMORS**, which are typically benign, are similar to fibroadenomas, but grow more quickly.
- 4) MACROCALCIFICATIONS** are large calcium deposits caused by aging, and are usually not cancer. But depending on how they appear in the breast, microcalcifications (small deposits of calcium) could be a sign of cancer.
An immovable mass with an irregular shape, accompanied by discharge from the nipple and skin abnormalities such as redness, pitting or indentations, could indicate a cancerous mass.

Mammograms are not just useful—they're crucial. A breast lump is usually the size of a quarter before it can be felt, but mammograms detect lumps when they are smaller than pencil erasers. That means detecting 80 to 90 percent of breast cancers in women before symptoms appear. End result: Earlier diagnosis leads to earlier treatment and better chances of survival.



Prior Authorization List Updated

SummaCare's Prior Authorization List now includes genetic testing and provider-administered injectable and infused drugs.

SummaCare providers were notified of the change, which took

effect July 14, 2008. However, as a SummaCare member, it is your responsibility to request that providers obtain necessary authorizations to ensure you receive the level of benefit you are entitled to under your plan.



To view a complete list of services subject to prior authorization, please visit www.summacare.com.



If you have any questions regarding these updates please call Customer Service at (330) 996-8700 or (800) 996-8701. Persons with hearing impairments should call TTY at (800) 750-0750.



Vaccinations for The Whole Family

Whether you're a child or an adult, you'll stay well by keeping immunizations up-to-date.

It's hard to imagine, but there was a time when diseases like polio and smallpox were commonplace. That changed with the advent of vaccines, one of the 20th century's most successful, cost-effective public-health stories. The practice of widespread immunization has prevented disease and death across a broad spectrum of society, rendering at least 15 crippling or life-threatening illnesses virtually impotent.

Most people know that the practice of immunization begins at childhood, but adults can benefit from certain vaccinations, too. A few vaccinations require updates, or boosters, through adulthood.

Many vaccines have a minimum-age, maximum-age "window" when

they can be administered. Others are part of a series, and the series must be completed for the vaccine to be fully effective.

→ **INFANTS** Among the vaccinations given to children before their first birthday are several series and individual immunizations, including those against hepatitis B; diphtheria, tetanus and acellular pertussis; *Haemophilus influenzae* type b; inactivated poliovirus; pneumococcal conjugate; and rotavirus. New vaccines approved this year combine more protection and/or reduce the number of shots needed.

→ **TODDLERS** After the first birthday, some of the series above may be completed, while a few additional


vaccines are also introduced, offering protection against measles, mumps and rubella (German measles); varicella (chickenpox); and hepatitis A, for children at risk.

→ **SCHOOL CHILDREN** Again, some series are completed or updated during these years. In addition, at ages 11 or 12, most children require a tetanus, diphtheria and pertussis (whooping cough) booster. Some also need a meningitis immunization. And girls should be vaccinated against human papillomavirus to guard against the most severe strains of genital warts and cervical cancer. Early HPV vaccination provides the best protection later in life.

→ **COLLEGE FRESHMEN** When a teen is heading off to the dormitories, it's time for a specific meningitis vaccine to prevent a deadly strain of the disease that spreads quickly in crowded quarters.

→ **ADULTS** Be sure to discuss vaccinations for the flu, pneumonia and hepatitis B with your doctor. Also, make sure you and your doctor keep track of tetanus and diphtheria shots, which should be updated every 10 years. And if you plan to travel overseas, check with the Centers for Disease Control and Prevention to see whether the destination country hosts yellow fever or other diseases that require vaccinations.

→ **AGE 65 AND OVER** Seniors should be vaccinated against influenza and pneumococcal disease. Seniors should also receive a pneumonia vaccination at least once after the age of 65.

 **For charts detailing the Centers for Disease Control and Prevention's full schedule of recommended immunizations, go to www.cdc.gov/vaccines/recs/schedules. If you have any questions about your specific needs, ask your healthcare provider.**

Free Flu Shots for SummaCare Members

Left untreated, the flu can cause serious health conditions. At SummaCare, your health is important to us, so we recommend that all of our members receive an annual flu vaccination. You can receive your flu vaccination at no cost (no copay) from any SummaCare provider.

In fact, if your physician is not providing the flu vaccine, you can receive a flu shot at one of the public clinics held in conjunction with Maxim Health, at neighborhood pharmacies. Simply present your SummaCare member ID card and no copay will be required. To locate a Maxim Public Clinic near you, visit www.findaflushot.com or call (877) 962-9358.

Please be aware that you will be asked for a copay if you receive additional services during your office visit. Additionally, a visit to an urgent care center for your flu shot will result in an urgent care copay.

Disease Management

SummaCare's Health Services Management department provides disease management and care coordination programs for the specific needs of members with the following chronic diseases:

- Diabetes
- Asthma
- Heart failure
- Depression
- Hypertension
- Hyperlipidemia
- Coronary artery disease

The programs educate members about their condition and the need to follow-through with the treatment recommended by their physician. They are encouraged to take proper steps to self-manage their health. Education is based on SummaCare's Clinical Practice Guidelines for each condition and offers the members the opportunity to work directly with a SummaCare RN for support. Nurses answer patients' questions, assist them in accessing community resources and encourage them to follow up with their physicians. These programs are voluntary and members may opt out at any time.

To receive information about our disease management programs, please call SummaCare at (330) 996-8931.

Checklist for a Healthy Pregnancy

Preparing your body in advance is item No. 1.

Making the decision to have a baby is one of the biggest life choices facing women. But being a healthy mom doesn't start at conception. If you are thinking of becoming pregnant anytime in the next 12 to 24 months, you can take concrete steps to help ensure a safe pregnancy and healthy baby.

The first thing to do is to **quit smoking** and, if you are very overweight, **lose weight safely** through a reasonable diet and exercise plan—not a crash diet. Reduce your intake of trans and saturated fats, eat plenty of fruits and vegetables, low- or nonfat sources of calcium, and whole grains, nuts and beans. It is also safest to completely **eliminate caffeine and alcohol**.

An exercise program is more difficult to start when you are pregnant, so it's better to **get active beforehand** and maintain the same level of intensity (with your doctor's approval) during your pregnancy.

Take a multivitamin that contains folic acid. The National Institutes of Health has long advocated folic acid for women of childbearing age to significantly reduce the chance of neural tube defects, such as spina bifida. Aim to get 400mg daily of folic acid (also known as folate) either through a supplement or by eating plenty of foods rich in the nutrient, such as dark leafy greens, broccoli, lentils, whole grains, citrus, peas and kidney beans.

On the Medical Side

Let your doctor know that you plan to try to conceive. Mention any chronic conditions like diabetes or

high blood pressure, which require monitoring. The Mayo Clinic recommends telling your doctor if you are taking antidepressants since there is a chance your doctor will recommend stopping or switching medication until the baby is born.

Regular Pap smears help detect problems with your reproductive organs and catch sexually transmitted diseases. Any of these issues should be resolved or at least be known to your doctor before you get pregnant. If your partner has a disease like herpes, tell your doctor, since an outbreak during pregnancy can cause complications. Also **let your doctor know if you are taking any over-the-counter medicines or herbal remedies**, since these may not be safe to take while pregnant. **Make sure certain immunizations are up-to-date**, including German measles (rubella).

Investigate whether your or your partner's family has a **history of genetic diseases**. You can get tested for certain genetic problems before you get pregnant. (If you are 35 or over, your doctor will also recommend genetic testing be done once you are pregnant.)

Finally, **ask your partner to get healthy, too**. Quitting drugs and smoking, and limiting alcohol intake, can help improve sperm count and lead to easier conception.

All the work you put in is worth it when you bring home the healthy new member of your family.



SAFETY**BATTEN THE HATCHES**

With winter around the corner, it's time to start thinking about preparations for safe cold-weather living.

To keep out the cold, install storm windows and make sure you have adequate attic insulation (R-30, minimum). Consider caulking around windows, door-frames and electrical outlets if you notice a draft. Check that water pipes are insulated to prevent them from freezing.

Trim tree branches that are close to the house.

When heavy with snow, they can present a hazard. Also, be sure to clean out gutters, because if they are clogged with leaves or snow, the roof and walls can be damaged. Make sure you have rock salt or sand on hand to keep traction on icy walkways and driveways.

Most importantly, be sure to have your chimney cleaned and checked by a professional to reduce your risk of accidental fire. And be sure a licensed professional services your oil, gas or propane heating system before you use it for the first time this fall.

**SITE SEEING****Support from Afar**

If you're trying to lose weight, you don't have to do it alone. That's the premise behind Fatsecret.com, a free, community-based website that offers a place to share tips and recipes on diet strategies, and to store online food and exercise diaries along with a dieting journal.

Featured on the *Today Show* and *TIME.com*, Fatsecret.com does not advocate following any particular diet. Instead, its members rely on "the wisdom of the crowds" to help them reach their weight-loss goals. You can see which diets seem to help members the most through charts and graphs as well as personal testimonials.

TECHNOLOGY**Emergency E-Medicine**

Any medical emergency can be a scary situation, but now, healthcare professionals in some parts of the country are limiting the sense of uncertainty by making every second count. To save time, emergency medical service crews are transmitting critical patient information wirelessly to the destination hospital while the ambulance is en route.

This can be critical in many situations, not the least of which is an apparent heart attack, according to several studies reviewed by the National Institutes of Health. Using an ambulatory electrocardiogram and transmitting data to a hospital for instant analysis is a concrete way of cutting down the time it takes to confirm a diagnosis and get the appropriate treatment under way.

Emergency personnel can also use specially programmed personal digital assistants or laptops to send such basic vital statistics as the heartbeat, blood pressure and blood glucose levels, as well as injury assessments to emergency room personnel waiting at the hospital.



Know Your Rights! → You should know that you are entitled to go to any hospital in the SummaCare network, even if you're being transported by ambulance and the hospital is full. Be sure to tell the ambulance personnel that you'd like to be taken to a hospital within the SummaCare network. Unless there is a life-threatening emergency, your request should be honored and you will be taken to the quality area hospital of your choice.

Visit us online at www.summacare.com



Live, Active And Strong

This superfood may keep you healthy
in more than one way.

Yogurt has received a lot of attention lately because it contains two nutrients that are important for overall health: probiotics, a class of healthy bacteria that live in the bowel; and calcium, necessary for strong bones and teeth.

Probiotics such as *Lactobacillus* can help digestion and boost immunity. They can help people cope with the diarrhea associated with antibiotic treatments, prevent yeast infections, treat irritable bowel syndrome and fight eczema in children. A limited Swedish study in 2005 found that people given *L. reuteri* missed fewer days at work from gastrointestinal or respiratory illnesses than people in a control group.

Calcium's benefits extend beyond building healthy teeth and bones, and reducing the risk of osteoporosis. It helps the nervous system and muscles work properly, and helps blood clot effectively. It also protects against certain cancers (including those of the colon and breast), acts to reduce blood pressure and, according to a 2003 University of Tennessee study, may even help you lose weight.

It's easy to include probiotic- and calcium-rich yogurt in your diet. Make sure the yogurt has probiotics by checking the label for "live cultures." And if you favor flavored yogurts, read labels carefully to find brands that limit added sugar.



Tzatziki

This Greek-style, cucumber-yogurt dip is easy to make and can be enjoyed as an appetizer with pita chips or alongside spicy Indian foods.

INGREDIENTS

- 1 cucumber
- 1 c. plain yogurt
- 2 cloves garlic, finely chopped
- 1/4 tsp. salt
- 1 tsp. chopped fresh mint leaves

Peel cucumber, cut in half lengthwise. Remove seeds using a spoon, and grate cucumber into a small bowl. Stir in yogurt, garlic, salt and mint leaves. Chill for at least 30 minutes before serving to develop the flavor. Serves 4.

Nutritional information: 48 calories, 1g fat, 4mg cholesterol, 189mg sodium, 6.3g carbohydrates, 0.4g dietary fiber, 3.7g protein