

HEALTH IS WEALTH WITH EASY CHOICE HEALTH PLAN...

You don't need to be sick to see a doctor.

ECHP wants to help you stay healthy.
Ask your doctor about:

Cholesterol Management
Colorectal Cancer Screening
Eye (retinal) exams
Mammograms
Immunizations

SURVIVE OUTDOORS THIS SUMMER

Summer is around the corner and so are "Bee Stings" Do you know what to do in case you are stung by a Bee or Wasp???

- *Pull the stinger out*
- *Apply cool compresses or ice*
- *Take over the counter
Diphenhydramine (Benadryl)
according to the instructions*
- *Consult your doctor immediately if you
have difficulty breathing, swelling or
pain*

IT'S GOOD TO KNOW AND RECOGNIZE SIGNS OF HEART ATTACK!!!



Sometimes, it's gradual, coming and going over several hours with symptoms of:

Arm pain or numbness
Shortness of breath
Unexplained sweating
Nausea and vomiting
Light-headedness or dizziness
Feeling tired and weak
Abnormal heart rates

Once you notice or feel any of these symptoms, contact your doctor or go to an Emergency Room.

MEMORIAL DAY is Monday, May 26

- This is a day to honor and remember Americans who have died in the military forces of our country.
- Memorial Day was first observed on May 30, 1868, when flowers were placed on the graves of Union Confederate soldiers at Arlington National Cemetery.

Do you need to go to a Dentist or have your eyes checked?

Easy Choice Health Plan does not currently provide routine dental or vision services. This care is provided as a part of your MediCal benefit program. If you need these services, the Medical Management department at Easy Choice Health Plan can help you.

1. Call the Medical Management department at 1-866-999-3945.
2. Request a Letter of Denial to be faxed to you or your doctor.
3. Take the letter to your Dentist or Eye Doctor and it will instruct them to bill MediCal directly for your care.

If you have any questions, contact Customer Services at 1-866-999-3945.

DEPRESSION QUIZ

For each statement below, check the column that best describes how you felt have during the past 2 weeks.	Score 1 for each check	Score 2 for each check	Score 3 for each check	Score 4 for each check
	Not at All	Some of the time	More than half of the time	Most or all of the time
I feel down, depressed and sad				
I have crying spells or feel like crying				
I have a poor appetite or overeat				
I feel tired and have no energy				
I am more irritable than usual				
I have little interest or pleasure in doing things				
I feel that others would be better off if I am not around				
Total each column and multiply by the number at the top				
Add the total of each column				

If your total score is between 0 and 16 ----- You are in the Normal Range
 between 17 and 24 ----- You are mildly to moderately depressed – discuss with
 your doctor
 25 or greater ----- You are severely depressed – Make an appointment
 with your doctor as soon as possible.

Easy Choice Health Plan offers you the following Value Added Services

- *Self Referral for Acupuncture Services*
- *Non Skilled Home Maker Services*
- *24 Hour, 7 day, Nurse Advice Line*
- *Transportation to and from your Doctor's Office.*

For more information – Call Customer Services at

1-866-999-3945

TTY users should call 1-800-735-2929

Summer Travel

If you are traveling out of the area this summer – Remember the following

1. *Your medical insurance covers Urgent or Emergent services only.*
2. *If you are admitted to the Hospital, call Customer Services as soon as possible.*

1-866-999-3945

24 - Hour Nurse Helpline

It's late at night and you wake up feeling sick, Is it serious?

Do you have a doctor you can wake up?
Should you go to the emergency room?
Your mind is racing what should you do?

Your doctor just told you your cholesterol level is too high

You are at risk for a heart attack.
Now you're thinking of all the questions you forgot to ask
Who can you talk to?

**Call Easy Choice Health Plan
Nurse Helpline
1-866-540-6686**