



## One test can save your life

# Enrollee Newsletter

Volume 2, Issue 1

# February 2017

CCP: THE HEALTH PLAN WITH A HEART

IN THIS ISSUE: CERVICAL CANCER, MEMBER SURVEY, FOLIC ACID, BIRTH SPACING

## Love yourself this February

### A simple test every three years can prevent cancer!

According to the CDC, Cancer is a disease where cells in the body grow out of control. When cancer effects the cervix, it is called cervical cancer.

The cervix is the lower, narrow part of the uterus. The uterus is the organ in a woman's body where a baby grows. It is also known as the "womb". All women have this organ. Even if you have had a surgery to remove your uterus, it is possible that you still have your cervix.

Cervical cancer is easy to treat if it is found early. **Since finding it early is the key, women need this test once every 3 years** starting at age 21.

Two tests can help prevent cervical cancer:

1. The Pap test (Pap smear) looks for changes to cells on the cervix that may become cancer if not treated. You should start getting Pap tests at age 21
2. The Human Papillomavirus (HPV) test looks for the virus that can cause these cell changes

Almost all cervical cancers are caused by the human papillomavirus (HPV) according to the Centers for Disease Control and Prevention (CDC).

**The HPV vaccine is now being given to stop prevent cervical cancer.** Two HPV vaccines are given to protect females against the types of HPV that cause most cervical cancers. Both vaccines are recommended for 11 and 12-year-old girls. These shots are also recommended for females 13 to 26 years of age who did not get the shots when they were younger. HPV is a disease that you can catch during unprotected sex. This disease is so common that most people get it in their lifetime and do not even know they have it. HPV does not cause symptoms, which is why it is so important to get tested!

Here are some things that can raise your risk for getting cervical cancer:

- Smoking
- Having HIV/AIDS or another condition that makes it hard for your body to fight off health problems
- Using birth control pills for a long time (five or more years)
- Giving birth to three or more children
- Having more than one sexual partners
- Having unprotected sex

**Your Pap test is free with CCP! Schedule your annual "well women" visit with your OB/GYN doctor to have your Pap screening.**

*This information is available for free in other languages. Please contact our customer service number at 1-866-899-4828 /TTY/TDD 1-800-424-0328 Monday through Friday from 8:00am to 7:00pm ET. Esta información está disponible gratis en otras lenguas. Por favor contacte a nuestro departamento de servicio al cliente al 1-866-554-2673 TTY/TDD 1-800-424-0328 de Lunes a Viernes desde las 8:00am a 7:00pm.*



## We want to hear from you!

At CCP we want to be rated a 10! We want to be the Best Health Plan possible!

Worst health plan possible												Best health plan possible		
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This month you may receive a survey in the mail. We want to hear about the care you are receiving from our doctors and hospitals. And tell us what you think about the services that we provide to you as your health plan.

This survey is completely anonymous. Please use the stamped envelope to return the survey to us in the mail. Your feedback is very important to us.

## Free Health Phones coming soon!

Soon we will offer free smart phones to our members without reliable access to a telephone\*.

Health related calls and messages will not be subtracted from your monthly minutes.

\*For those who qualify. Subject to approval.

# Pregnancy Corner

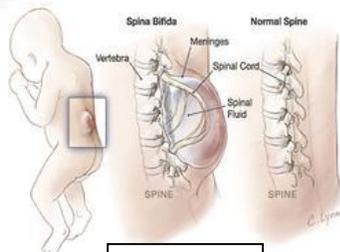
IN THIS ISSUE: FOLIC ACID, BIRTH SPACING, OB CASE MANAGEMENT



## Folic Acid

Prenatal vitamins contain nutrients you need to keep your baby healthy. As your baby grows, it needs certain vitamins to develop properly.

One vitamin called folic acid, is very important to protect your baby. Folic acid helps to prevent neural tube defects. Neural tube defects are problems in the spinal cord or brain. They are serious health problems related to underdevelopment. Two examples are spina bifida and anencephaly.



Spina Bifida



Anencephaly

The CDC says all women between ages 15 and 45 should take folic acid daily. This is because half of U.S. pregnancies are unplanned. These birth defects occur very early in the pregnancy (about 3 to 4 weeks after conception). This is so early that most women do not even know they are pregnant yet.

According to the CDC a woman should take between 0.4 mg and 4 mg daily. The amount you take depends on your health. Your doctor will tell you what amount is right for you.

*CCP offers FREE prenatal vitamins with folic acid. All you need is to get a prescription from your doctor and bring it to one of our participating pharmacies!*

Some conditions like sickle cell anemia and seizure disorders may require special attention before being started on prenatal vitamins and folic acid. \*Always talk to your doctor before starting or stopping any medication or vitamin supplement.

**DID YOU KNOW**



## Safe Spacing Between Pregnancies

Having children too close together can be dangerous. It is important after you give birth to talk to your doctor about family planning. Your doctor may recommend birth control or a more permanent solution. Getting pregnant again could put you and your baby in harm.

During a pregnancy, your body goes through a lot of changes. After you give birth, you need time to heal.

According to the Mayo Clinic, getting pregnant within 12 months of having a baby can greatly increase your risk for:

- The placenta partially or completely peeling away from the inner wall of the uterus (placental abruption)
- The placenta attaching to the lower part of the uterine wall, and covering the cervix (placenta previa)
- Autism in second born child

Pregnancy within 18 months of giving birth can increase your risk for:

- Low birth weight
- Small size for gestational age
- Preterm birth (baby being born before they are fully developed)

Also, women who are breastfeeding have less iron and folic acid in their system to give to the new pregnancies.

## **Pregnant?**

- If you are or think you may be pregnant, CCP has someone to help you. Please call **1-866-899-4828** to let us know you are pregnant.
- An **OB nurse case manager** can help you along the way.