

# WORKING FOR YOU!

## Health Plan of Michigan's Latest News in Health Care

April 2006

### RING - RING!!!

HPM started calling its members last year through an automated phone system. We are reminding members to go to their PCP for check-ups, shots and other health care services. There will be incentives given during the year, such as phone cards and gift cards, for getting your preventive care. When we call you, we will tell you about any incentives going on at the time.

Last year a raffle was held for members ages 0 to 21 years of age. All members that had a physical done before 12-21-05 (based on HPM receiving a claim) were put into a raffle. Fifty lucky members won a \$50 dollar gift card to Meijer's. Below are some of the members that won:

Ashley O'Bryan	Monroe county
Phillip Bowerman	Eaton county
Katelyn Corathers	Monroe county
Devon Antol	Muskegon county

So when you hear your phone ringing, please answer, it just may be HPM.

If you have moved or changed phone numbers, please call Member Services at 1-888-437-0606 with your new address and phone number.

### Mental Health Services

If you need help with counseling services, you can go to any in network psychologist, psychiatrist, or counselor for the first 20 visits without a referral. No matter where you live, there is a Catholic Social Services office near you. Just call 1-800-928-0488 and they will set up an appointment for you in your area.

**Don't forget to get your child tested for lead  
before their 3rd birthday.**



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### Free Phone Card

All members 12 to 17 years of age should have received a postcard reminding them to get their yearly check up. This can be a well child visit, physical, or sports physical. Once HPM receives the bill from you doctor, you will receive a **FREE** 100 minute phone card in the mail!

## IMPORTANT WEIGHT LOSS INFORMATION

Are you trying to lose weight, but not having much success? You're not alone. The Center for Disease Control and Prevention (CDC, 2004) reported that 61% of Michigan adults are overweight or obese. Overweight means a body mass index (BMI) of 25-29.9 and obesity is a BMI of 30 or greater. Morbidly obese means a BMI of 40 or greater. Michigan is one of the top five states with obesity rates higher than the rest of the U.S.

Being overweight is hard on your body. Overweight and obese people are at a higher risk for many diseases and health conditions, including the following:

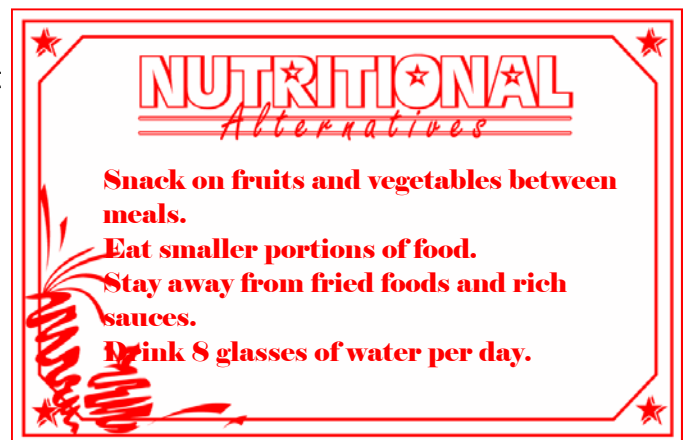
- > High blood pressure
- > High total cholesterol or high levels of triglycerides
- > Type 2 diabetes
- > Heart disease
- > Stroke
- > Gallbladder disease
- > Osteoarthritis
- > Sleep apnea and respiratory problems
- > Some cancers (endometrial, breast and colon)

More and more, people are turning to weight loss surgery (also called "bariatric surgery") as the answer to their weight loss. Health Plan of Michigan wants our members to make the best health choices. Here are things you need to know to help you lose weight:

1. There are no miracle weight loss cures. Any type of weight loss program requires your commitment to eat right and exercise.
2. Studies show that healthy eating and exercise are the key to success.
3. Start simple. Set a weight loss goal. Think about losing 5-15 pounds and being able to keep it off for a long time. Eat smaller meals.
4. Exercise at least 30 minutes, five times a week. What is exercise? Anything that increases your heart rate and causes you to break a light sweat. Walking, gardening, doing yard work, swimming, or cleaning house all count toward meeting this goal.
5. Weight loss surgery is for people who are morbidly obese that have failed at losing weight any other way. Morbidly obese people have many of the conditions listed above. That makes surgery a risky choice. Weight loss surgery has many dangerous and permanent side effects and is not right for everyone.

Even with weight loss surgery, you may gain the weight back. If you do not make the choice to change your eating habits and exercise program, you will limit the success of weight loss surgery.

If you want more information on getting to a healthy weight, please talk to your HPM doctor and they will help you.



## Aloha Chicken

### Ingredients:

- 2 1/2 pounds chicken pieces; skinned
- 2 low sodium chicken bouillon cubes
- 1 teaspoon light soy sauce
- 2 tablespoons cornstarch
- 1/4 cup water
- 1 tablespoon olive oil
- 1 cup chopped green pepper
- 1 cup thinly sliced radishes
- 1 (8-ounce) can pineapple chunks in juice, reserve 1/2 cup juice
- Freshly ground pepper to taste
- Hot cooked rice
- Chow mein noodles (optional)

### Instructions:

Place chicken in cooking pot and add enough water to just cover. Bring to a boil; add bouillon cubes and simmer chicken, covered, until tender, about 30 to 35 minutes. Remove meat from bones and cut into chunks. Reserve 1 cup chicken broth. Combine 1 cup reserved chicken broth with the reserved 1/2 cup pineapple juice and soy sauce; set aside.

In small bowl, mix cornstarch with 1/4 cup cold water; set aside.

Heat oil in large skillet over medium-high heat and saute the green peppers and radishes until crisp tender, about 2 to 3 minutes. Add pineapple and chicken.

Pour chicken broth mixture over chicken/vegetable mixture; heat to boiling and stir in the cornstarch mixture. Cook, stirring constantly, until mixture has thickened and is heated thoroughly. Season with pepper as desired.

Serve over hot cooked rice and sprinkle chow mein noodles on top, if desired.

### Nutrition Facts:

Amount Per Serving: Calories 320  
Fat 7 g, Cholesterol 58 mg,  
Sodium 314 mg

### Courtesy Of:

[www.cooksrecipes.com](http://www.cooksrecipes.com)



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Health Plan of Michigan  
17515 W. Nine Mile Rd  
Suite 500  
Southfield MI 48075

Phone: 1-888-437-0606  
Fax: 313-202-0007  
Member Service Department  
Email: mcotton@hpmich.com

Mailing Address Line 1  
Mailing Address Line 2  
Mailing Address Line 3  
Mailing Address Line 4  
Mailing Address Line 5

**Visit us on the Web!  
at  
[www.hpmich.com](http://www.hpmich.com)**

**All information found on  
the website is available in  
hardcopy by calling  
1-888-437-0606**

Have you had your child tested for lead yet? If not, call your Doctor and make the appointment now!

Find out how you can receive a free 100 minute phone card or gift card for having your child tested!

**Call 1-888-437-0606.**

## **Fraud and Abuse Reporting**

Fraud and abuse is a big problem in health care. The Medicaid program is paid for by state and federal tax dollars. We need to use these dollars wisely. If you know of any dishonest actions you should report them. They may be fraud or abuse. Some examples are:

- > Using another person's Medicaid card for services.
- > Lying about your address to get Medicaid coverage.
- > Abusing drugs or pain medications.
- > Attempting to fill an altered or false prescription.

To help prevent fraud and abuse, you need to protect your Medicaid ID number. Never tell your ID number to another person. Do not share your ID card with anyone.

HPM members can report fraud and abuse anonymously to the Michigan Department of Community Health (DCH) by calling toll free at 1-866-428-0005. Or, you can write to them at the following address:

DCH Program Investigations Section  
Capital Commons Center Building  
400 South Pine Street – 6<sup>th</sup> Floor  
Lansing, MI 48909

You may also report fraud and abuse to Health Plan of Michigan: call 1-888-437-0606 or write to us at:

Health Plan of Michigan  
777 Woodward Avenue, Suite 600  
Detroit MI 48226