

Medicaid and You

South Carolina Department of Health and Human Services

Mark Sanford, Governor

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Robert Kerr, DHHS Director

This newsletter has important **Medicaid** information for you and your family. We are the South Carolina Department of Health and Human Services, the workers who manage the state **Medicaid** program. We are sending this newsletter to you to keep in touch, and to tell you about changes to **Medicaid**. This newsletter also has phone numbers that you may want to keep. **Please read all the information, and call us if you have any questions.**

We are at 1-888-549-0820. We're also at www.dhhs.state.sc.us on the Internet.

SILVERxCARD Changes – Medicare Drug Coverage

If you get your drugs through the state's SILVERxCARD program, you can expect some changes next year.



Medicare will begin covering prescription drugs for Medicare-eligible seniors starting Jan 1, 2006. At that time the SILVERxCARD benefit will change to a new program to help with your Medicare prescription drug benefit. The new coverage will help some of you by filling in coverage that Medicare does not offer.

If you have questions about SILVERxCARD or its changes, you can call (803) 898-2876, or call toll free 1-800-834-2680. If you have questions about the new Medicare prescription drug coverage, you should call Medicare at 1-800-633-4227 or visit www.medicare.gov, or you may contact the state's I-CARE program at 1-800-868-9095.

Child Screening Program

Medicaid offers a screening, diagnosis, and treatment program called EPSDT. EPSDT stands for Early Periodic Screening, Diagnosis, and Treatment.

Children should get checkups or screenings at the following ages:

- Birth to 1 month
- 1 month through 2 months
- 3 months through 4 months
- 5 months through 7 months
- 8 months through 11 months
- 12 months through 14 months
- 15 months through 17 months
- 18 months through 20 months
- 21 months through 24 months (*when your child passes age 2, another checkup is not due until age 3*)
- Three years through six years
 - one checkup each year
- 8 years and over – one every two years



The screening must include:

Health/developmental history
Physical exam
Shots
Lab test
Health education
Eye exam
Dental services
Hearing services

It is important for your child to have these screening so that medical problems may be found and treated. If you have a doctor who takes your Medicaid card, call and make an appointment for a screening. If you need help finding a doctor, please call your local health department, or check our website at www.dhhs.state.sc.us. If you do not know your local health department's phone number, call the Department of Health and Environmental Control (DHEC) at 1-800-868-0404.

Medicaid No Longer Pays for Erectile Dysfunction Drugs for Impotence

To make the best use of limited taxpayer dollars, South Carolina Medicaid will no longer pay for erectile dysfunction drugs like Viagra®, Cialis®, or Levitra®, when used to treat impotence for any Medicaid person. This change takes place September 1, 2005.

Adults Get 12 Doctor Visits a Year

This is a reminder that most adults on Medicaid receive 12 doctor office visits per year. Each July 1, the office visit count starts over. You should work with your doctor to be sure you use your office visits wisely, and not run out of visits. If you have questions about the number of doctor office visits you have, call us toll free at 1-888-549-0820.

Where Is Your Medical Home?

To keep yourself healthy, it's important to have a "medical home." A medical home is the doctor you go to



regularly, who gets to know you and can guide you with your health issues. It is important to have a medical home, and not just use the emergency room. By having a medical home, you can work with a doctor who knows you, and can help you take care of yourself. This doctor can help you stay healthy, and also help you decide when you need to go to the emergency room.

In some parts of the state, Medicaid allows you to choose a medical home. If you live in one of these areas, you already know how helpful it is to have a medical home – a place you can call and get advice, even late at night or on the weekends.

So pick a doctor you trust, and get to know that doctor. Work with the doctor to take care of health problems before they get worse. This doctor can help you by being your "medical home."

Report Fraud and Abuse

Medicaid fraud costs taxpayers millions of dollars, and weakens the program for all people who use Medicaid. If you know a person or medical provider who is abusing the Medicaid program, report them to us. You don't have to give your name, and you could help the state by reporting fraud. Call 1-888-364-3224 to report possible fraud cases.

How to Contact Us

General Information – 1-888-549-0820

To apply for Medicaid – 1-888-549-0820

To find a doctor who accepts Medicaid – 1-800-868-0404

Medicaid Pharmacy or SILVERxCARD Questions – 1-800-834-2680, *or* (803) 898-2876

Medicaid Fraud and Abuse Hotline – 1-888-364-3224

Medicaid Office of Public Information – (803) 898-2865

Si necesita este boletín informativo de Medicaid en español, por favor llame a la oficina de Medicaid al 1-888-549-0820. La llamada es gratuita.

(If you need this Medicaid newsletter in Spanish, please call the Medicaid office toll free at 1-888-549-0820.)



Health Tips from Governor Mark Sanford and First Lady Jenny Sanford

Recently, the Governor, Mrs. Sanford, and Senator Lindsey Graham kicked off a challenge to our state to take steps to improve our health. It's called the "Healthy South Carolina Challenge," and the idea is to help people eat right, exercise, and make smart choices that support good health. Jenny Sanford is sending weekly tips to help keep us healthy. Here are some of the tips:

Nutrition Tips

- Soda, fruit juice, fruit drinks and sport drinks have calories that come from sugar and can be very fattening. Make pure, clean water your drink of choice.
- Stay away from super sized menu items.
- Eat fruits and vegetables that have deep, rich color – they are the most nutritious.
- There are "good" and "bad" fats. Fats to avoid come in processed food, and can also be found in margarine and shortening. Fats that are better for you include the fats found in fish, walnuts and other nuts, wheat germ, olive oil, canola oil, seeds, and avocados.

Exercise Tips

- Park the car further away from the store, church, or your place of work, and walk more.
- Take the stairs instead of the elevator or escalator.
- Set a time to do exercise and make it a part of your regular schedule.
- Keep a record of your exercise and other physical activity, to see how you are improving.

Stop Smoking Tips

- Nicotine affects your brain, so quitting smoking may take some time as your brain adjusts. Give it time.
- Take it one step at a time – focus on quitting one day at a time.
- Remember that you are stronger than cigarettes or other tobacco products.
- Write down the reasons you want to quit and keep them with you, to remind you during difficult times why you are doing this.

Want more health tips? Go to the Sanfords' health website at www.healthysc.gov

Proposal To Give You Better Medicaid

As you may have heard, the state is working on some changes to the Medicaid program. These changes will allow you new ways to get a medical home doctor. You will be getting more information as we move forward, or you can review the proposal at www.dhhs.state.sc.us

Don't Lose Your Medicaid!

Each year you must renew your Medicaid. When it is time to renew your Medicaid, we will send you a form, called the Medicaid Review Form. The form will tell you what information you must return to us. We may need to know how much money you earn, what property you own, or if you have childcare expenses. You must answer all the questions on the form and sign it. It is important that you mail this back to the address listed on the form, and mail it back by the due date.

If you fail to turn in your Medicaid Review Form on time, your Medicaid will end. If you have questions about this process, call us at 1-888-549-0820.

Tell Us When You Move



It is important that you let us know your new address when you move. If we don't have your correct address, you may not get your Medicaid Review Form when it is time for you to renew Medicaid. This means you could lose your Medicaid. If you move, or change your name or phone number, please call your local Medicaid worker. If you don't know the number to your local Medicaid worker, call us toll free at 1-888-549-0820.

Tell Us When Your Income Changes

If you are on Medicaid, you must report any changes in income, or changes involving the money you receive from other sources. If your living arrangements change, or the members of your household change, you must also let us know. You must report these changes within 10 days of the date of the changes. If you do not notify us, you may lose your Medicaid. Report any changes to your local Medicaid worker. If you do not know how to contact your local Medicaid worker, call us toll-free at 1-888-549-0820.

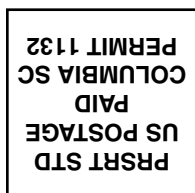
Do You Need to Have Your Kidneys Checked by Your Doctor?

You can have kidney disease and not even feel sick. Two of the reasons that people get kidney disease are because they have diabetes (high sugar) and/or high blood pressure. If you have high sugar or high blood pressure, or if someone in your family has kidney disease, you should ask your doctor to check your kidneys with these three simple tests:

- 1) A blood pressure check,
- 2) A urine test for protein, and
- 3) A blood test to check for kidney function.

The good news is that medical treatment can slow down kidney disease. Sometimes early treatment can prevent the need for costly treatment later. The state is working with the National Kidney Foundation of South Carolina to help inform doctors about the right tests and the best treatment for kidney disease. If your doctor tells you that you have kidney disease, it is important for you to follow all of your doctor's advice.

If you have questions about kidney disease, talk with your doctor, or call the National Kidney Foundation of South Carolina at 1-800-488-2277.



Partners for Health
P.O. Box 8206
Columbia, SC 29202-8206