

long term care
connection

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things to know
We protect your privacy

At Mercy Care Plan, we work hard to keep your health information private. We have created a Notice of Privacy Practices to tell you about your privacy rights.

It tells how Mercy Care Plan protects your privacy and how we use your information to improve your health care. It also explains your rights about your health record.

Would you like a copy?

At least every three years we must notify members covered by Mercy Care Plan about how to get this notice.

If you have any questions or wish to have a copy of the notice, please call **(602) 263-3000** or **(800) 624-3879**.

If you have trouble hearing, you can call our TDD/TTY number at **(602) 248-9273**.

You may also get a copy of the notice from our Web site, **www.mercycareplan.com**.

Or you can write to:
Mercy Care Plan
Attn: Privacy Coordinator
2800 N. Central Ave., Suite 400
Phoenix, AZ 85004



- Know what the medicine is and why you should take it.
- Know how much to take, when to take it and for how long.
- Find out if the medicine could make you feel sleepy or cause other possible problems (side effects).
- Ask what *not* to have while taking your medicine. Some foods and drinks can make medicine work too fast. Others may make it work too

Smart medicine advice

Medicine can help you get well. But if you use it the wrong way, it can hurt you.

Follow these medicine safety tips:

slow—or not at all. Smoking can change how your medicine works. And drinking alcohol can be very dangerous with some medicines.

- Never take someone else's medicine.
- Keep medicine away from children. A locked cabinet is best.
- If you think your medicine is making you feel worse, call your doctor.

Source: U.S. Food and Drug Administration

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Generic drugs

Q. I was given a generic drug. Is it the same as the brand-name one?

A. The generic drug has a different name and costs less.

But it is the same as the brand-name one in:

- Active ingredients
- Strength
- Safety
- Form (pill, liquid or shot)
- The way it works

If you have questions about any medicine, ask your doctor or pharmacist.

Lifesaving screenings

Every year, colon and rectal cancers take many lives. But it doesn't have to happen.

Tests can catch these cancers early. And early on, they're easiest to treat.

If you're 50 or older, ask your doctor about tests for these cancers. If anyone in your family has had colon or rectal cancer, you may need to be tested sooner.

Options include:

- A test that looks for blood in your stool
- Tests that look at the lining of your colon and rectum
- A special x-ray that shows the outline of your colon and rectum

Your doctor can help you decide which one is best.



Make mealtime a fun time

Eating-well advice for older adults

Even if you enjoy eating, making meals takes time and energy. For those of us who live alone, it can seem like too much of a hassle or we just don't have the appetites we once did.

But eating well is worth the effort, especially as we grow older.

Healthy food can boost your energy and improve your mental ability. It can also help you resist illness and recover if you do get sick.

Here are some ideas that can help you enjoy mealtimes more:

- Shop, cook and eat with friends as often as you can. Dining with others can improve your appetite. How about a monthly potluck supper? Everyone can bring a favorite dish.
- Plan meals ahead as much as possible. Make a list before

your shopping trip.

- Look for fruits and vegetables that are in season, when they cost less. Stock up on healthy canned or frozen foods so they'll always be handy.
- When fixing meals, choose foods with a variety of colors and textures.
- As you feel inspired, prepare meals for later in the week. Or freeze them as leftovers. You'll

Healthy food can boost your energy and improve mental ability.

thank yourself when you don't feel like cooking.

- Make eating a special event. Set a pretty flower on the table. Light a candle. Or adorn your plate with a parsley sprig or tomato slice.

Sources: American Dietetic Association; American Medical Association