

long term care
connection

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things to know
Do you have other health insurance?

Always give both your other health insurance information and your Mercy Care Plan information to doctors and pharmacies.

Your other health insurance pays for your health care *first*. After they pay, Mercy Care Plan will pay its part.

Do not pay copayments yourself. Ask your doctor or pharmacist to bill the copayments to Mercy Care Plan.

If your doctor writes a prescription for a drug that is not on Mercy Care Plan's list of covered drugs, do the following:

- Ask your doctor for a drug that is on Mercy Care Plan's list of covered drugs.
- If you can't take any other drug except the one prescribed, ask your doctor to ask for an exception from Mercy Care Plan.

If you are in Mercy Care Plan and a Medicare HMO, Mercy Care Plan will only pay copayments for a Medicare HMO drug if it is on Mercy Care Plan's drug list.



Advance directives

Make your wishes known


There may be a time when you are so ill that you cannot make decisions for yourself about your health care.

Advance directives, or living wills, are documents that protect your right to refuse health care you do not want or to request care you do want.

Have you done your advance directive yet? Have you told your spouse, children and doctor what your end-of-life wishes are?

Please take the time and do it now. Tell your loved ones what your wishes are and complete an advance directive.

You can now register it with the new Arizona registry at www.azsos.gov/adv_dir so it can be found easily by hospitals and doctors.

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Help for arthritis

If you have arthritis, you know that some days are better than others.

Arthritis makes your joints hurt. It can make it hard to walk or move your fingers. It can harm joints, organs and skin.

There is no cure for arthritis yet. But there are things that can help you have better days.

Medicine can help lessen pain. Ask your doctor what kinds would be best for you.

Rubs and creams can soothe painful areas. These can be used alone or with other arthritis medicines.

Take a warm shower every morning. Warm water can help ease pain.

Exercise is good for many reasons. It can help your joints move more easily. Exercise also

helps control weight, and too much weight is bad for joints. Exercising in water can be especially good. Check with your doctor before you begin an exercise program.

Rest. Staying well-rested may help. You may need extra rest when your arthritis flares up.

Work with your doctor. Your doctor can help you with a treatment plan. Be sure to tell your doctor about all the medicines you are taking.

If your arthritis doesn't get better or gets worse, go back for more help.



Learn more about arthritis. You can contact the Arthritis Foundation at 1-800-283-7800 or on the Web at www.arthritis.org.



New meters for testing your blood sugar

Testing blood glucose (sugar) levels is important for people with diabetes.

By finding out what your blood sugar level is before meals, you can see how your insulin, pills, and/or diet and exercise are working for you.

Also, by checking your blood sugar level after meals, you can see how the foods you eat

change your sugar levels.

Mercy Care Plan now has two new blood glucose meters available:

- Ascensia® CONTOUR™
- Ascensia® BREEZE™

These are the only blood glucose meters that do not need calibration before using.

Both can also be used for testing on other sites like your arm or leg, as well as your finger.

