



## **SOUTH COUNTRY HEALTH ALLIANCE SPONSORS ASTHMA CAMPER**

Every year since 2007, the South Country Health Alliance Disease Management Department has provided scholarships to members in the Disease Management program to attend an asthma camp.

South Country has given out scholarships to 22 young people between the ages of 6–13 to help pay their camp registration fee. The scholarships can cover up to 100% of the camp registration fee.

This year Calli, one of the scholarship recipients, wrote this about her camp experience:

*Hi, my name is Calli. I live in Mora, Minnesota, and I have asthma.*

*I was lucky enough to go to this wonderful camp called "Camp We-No-Wheeze." My first year I went to "Camp Courage" and this year I found out that I was going to "Camp Friendship." When I got there, I thought I was in the wrong camp, but then they showed me that this is the perfect camp by the end of the weekend, and in my opinion, Camp Friendship is ten times better.*

*I am very happy I got to go to this camp. I had an enjoyable time, I got to see my friends from last year, and I made new ones this year too.*

*Here are some things I got to be a part of: canoeing, swimming, tie dying and air hockey and more. I got to trash the boy's cabin, which was a lot of fun.*

*They taught me to rinse my mouth after using my Advair®.*

*I would recommend this camp to anyone with asthma.*

Scholarship information is sent out each year in March. If your child has asthma, contact our Disease Management



**Callie, 2011 Asthma Camp Scholarship winner**

nurses (1-866-722-7770) and ask for Susan or DeeAnn, to learn about the asthma camp scholarship. Next year's summer camp will be here before you know it!

### LINKS

Turning Disability into Ability	2
Check Cholesterol	2
What's with all the Lead	3
The Same Drugs	4
MAC Election Ballot	5
Children with Asthma	7
We have a Winner	7





## Turning Disability **INTO ABILITY**

AbilityCare by South Country Health Alliance, is a Special Needs BasicCare (SNBC) program for people with disabilities as certified by a State Medical Review Team, by a developmental disability waiver, or by the Social Security Administration. SNBC was created by the State of Minnesota in 2008 to better meet the needs of individuals with disabilities.

For people with Medicare, AbilityCare integrates Medicare and Medical Assistance services to provide more comprehensive, coordinated care. People in AbilityCare can receive care coordination service. The care coordination service provides a registered nurse or social worker to help you with many of your health care needs.

Under AbilityCare even a Part D Prescription plan can be included. For those without Medicare, AbilityCare provides Medical Assistance.

The program is available to anyone who qualifies for Medical Assistance, has a disability as described above, is under age 65 at the time of enrollment, and lives in the South Country service area.

## **HAVE YOU CHECKED** Your Cholesterol?

You should ask your doctor about cholesterol if you:

- often eat fatty foods like red meats, cheeses, desserts, etc.
- are inactive most or all of the day
- are overweight or obese
- smoke
- consume alcohol regularly

A Lipid Profile not only shows an overall cholesterol level, but also splits up the level by LDL (bad cholesterol) and HDL (good cholesterol). This is important for everyone to know. It is even more important if you have had a recent heart problem, a diagnosis of high blood pressure, or diabetes.

See your doctor and ask if you need to be tested.

### **SOUTH COUNTRY SENIOR MANAGEMENT**

Leota Lind

*Acting Chief Executive Officer*

Brian V. Hicks

*Chief Financial Officer*

John Whittington

*Chief Information Officer*

Alice Laine

*Director of Quality Improvement*

Cea Grass

*Director of County Integration*

Linda Chapeau

*Director of Health Services*

Mark Ward

*Director of Provider Network  
Management*

Dr. Patrick Irvine

*Medical Director*

### **SOUTH COUNTRY JOINT POWERS BOARD**

Bill Stearns, Wadena County  
*Chair*

Kathi Ellis, Kanabec County  
*Vice Chair*

Andrew Lochner, Brown County

David Erickson, Dodge County

Dan Rehtzigel, Goodhue County

Don Meyer, Morrison County

Harold Pettis, Sibley County

James Ebeling, Steele County

Gary Kniesel, Todd County

Merl Norman, Wabasha County

Jim Peterson, Waseca County

## REPORTING Fraud, Waste and Abuse

South Country believes it is the responsibility of everyone to report suspected fraud, waste or abuse. You can report anonymously through our REPORT-IT hot line by calling 1-877-778-5463. You can also make a report at [www.reportit.net](http://www.reportit.net). Username: SCHA, Password: Owatonna

*General health information in the Member Connection is not intended to be a substitute for professional medical advice, diagnosis or treatment. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.*

South Country Health Alliance (SCHA) is a county-based purchasing health plan providing coverage for Minnesota Health Care programs in these counties: Brown, Dodge, Freeborn, Goodhue, Kanabec, Morrison, Sibley, Steele, Todd, Wabasha, Wadena & Waseca.

SCHA is a Coordinated Care plan with a Medicare contract and a contract with the Minnesota Medical Assistance program.

Copyright ©2011 by South Country Health Alliance. Member Connection is a quarterly publication of South Country Health Alliance. For submission information, or reprint permission, contact:

- SCHA, 110 West Fremont St., Owatonna, MN 55060, USA
- E-mail: [marketing@mnscha.org](mailto:marketing@mnscha.org)
- Web site: [www.mnscha.org](http://www.mnscha.org)



## What's with all the lead testing talk ANYWAY?

The Minnesota Department of Health (MDH) recommends that children be tested for blood lead poisoning at one and two years of age. For children on state public programs, this includes a capillary blood lead test – not just a risk factor screening.

Lead is commonly found in paint made before 1978. It can also be found in soil, dust, food, drinking water (due to lead pipes), toys, and on the clothing of an adult exposed to lead-based metals in a job or hobby.

High levels of lead in a child's blood can cause serious health problems, such as lowered intelligence, decreased physical coordination, shortened attention span, aggressive behavior, and learning disabilities. There are no symptoms of lead poisoning until the child is very sick. Until then, the only way to know if a child has been exposed to lead is to have a simple lead test done.

South Country works to ensure children 9–30 months of age are tested for blood lead poisoning. This test involves a simple finger prick and is often done during 12 and 24-month well-child exams at a primary care clinic, at a WIC appointment, or another visit to the public health department. Last year 73.55% of eligible South Country children were tested for blood lead poisoning. That equates to 4040 children ages 9–30 months.

If your child is due for a blood lead test, make the appointment today! Simply call your doctor's office or your local public health department and request the test. In return, you may be eligible for a \$25 gift card from South Country. Call our Member Services line for information.

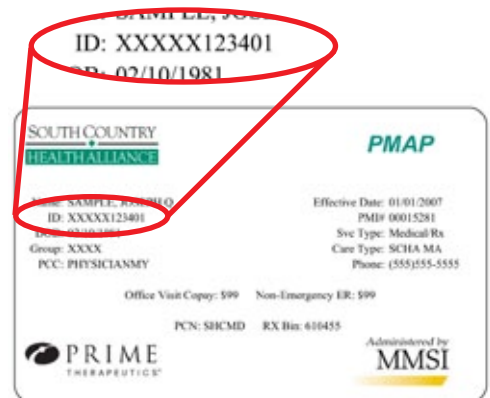
## ELECTION BALLOT INSTRUCTIONS

The Member Advisory Committee ballot is on pages 5 and 6. If you are a South Country member, and are 18 years of age or older, you may cast a vote for the listed candidates, or write in a candidate. Elected candidates will represent you and other South Country members from your county on our Advisory Committee. Ballots must be postmarked no later than December 31, 2011, and received no later than January 13, 2012. You may also vote by telephone by calling Member Services at 1-866-567-7242 (TTY 711 for hearing impaired).

You will need your member ID number to vote.

### Finding your Member ID number on your ID card

Your Member ID number appears on your Member ID card in the location shown below, no matter which type of South Country program you are in. The number will start with a "G."



For voting questions and help  
**CALL**

**South Country Member Services**

**1-866-567-7242**

**from 8 a.m. to 8 p.m.**

**Monday through Friday**

## THE SAME BY ANY OTHER NAME?

In some people's minds, there is no substitute for brand name drugs. They argue there is no way the "cheaper" generic version of the drugs have the same quality or effectiveness as their brand name counterparts. However, the reality is generic drugs are nearly identical to the brand name versions in almost every way.

Generic drugs become available after the patent (a legal document that grants a drug company exclusive rights to sell their brand name drug) expires. Other manufacturers can then apply to make and sell generic versions. Because these manufacturers have not incurred the cost of developing the drug, they can sell it more cheaply than the brand name. As more manufacturers sell the same generic drug, the competition drives prices down even further. The Food and Drug Administration (FDA) estimates that 50% of generic drugs are manufactured by the brand name companies.

The FDA requires that generic versions of a drug be as safe and effective as their brand name counterparts. They have exactly the same dosage of active ingredients, intended use, effects and side effects, risk, safety, and strength as the original drug. But due to trademark restrictions, the generic version cannot "look" like the brand name version. So generic versions often have different colors, shapes, flavors, or combinations of inactive ingredients.

The South Country formulary (list of covered drugs) contains both generic and brand name drugs. Generally, generic drugs will be used to fill prescriptions unless no generic version exists for a drug, or your doctor requires you take the brand name version. When your doctor requires this, he will write special instructions on the prescription that instruct the pharmacy to dispense the brand name drug.

If the drug you need is not on the formulary, you or your doctor may need to ask South Country for a "formulary exception." Your doctor may need to furnish a statement that explains why the non-formulary drug is medically necessary.

A list of covered drugs can be found on the South Country website, [www.mnscha.org](http://www.mnscha.org). Click on "Programs," select the South Country program you are in, and then click on "Check the Drug List" on the right side of the page. This will take you to our drug search tool, where you can look up specific drugs to see if they are covered or not. As always, if you have any questions about your prescription benefits, or have trouble getting your prescriptions, call Member Services toll free at 1-866-567-7242 (TTY 711 for hearing impaired).

# MEMBER ADVISORY COMMITTEE ELECTION BALLOT

**PLEASE FOLLOW STEPS 1, 2, and 3. Read instructions carefully.**

To vote in this election, you must be a current South Country Health Alliance member and be 18 years of age or older.

**1** Please write your South Country Member ID # here \_\_\_\_\_ (required)  
 (Ballots without a Member ID # won't be counted - your ID will only be used to determine the ballot is valid.)  
 The location of your Member ID number is shown at the bottom of the instructions on page 4.

**2** In Column 1 below, put a check in the box next to your county in which you live.  
 In Column 2, check the box next to the nominated candidates you select. Select up to two candidates.  
 Vote only for the candidates in YOUR county. You may also choose a write-in candidate.

<b>COLUMN 1</b> Check the box next to the county where you live, then go to Column 2	<b>COLUMN 2</b> Check the box next to the candidates you choose. Choose <u>up to two (2)</u> representatives from your county for the committee. If you select Write-In, please continue to <b>Step 3</b> .
<input type="checkbox"/> BROWN →	Open Seats <input type="checkbox"/> Write-In
<input type="checkbox"/> DODGE →	Open Seats <input type="checkbox"/> Write-In
<input type="checkbox"/> FREEBORN →	Open Seats-SrCare Complete/ MSC+/AbilityCare Only <input type="checkbox"/> Write-In
<input type="checkbox"/> GOODHUE →	<input type="checkbox"/> Gale Blakstad <input type="checkbox"/> Write-In
<input type="checkbox"/> KANABEC →	Open Seats <input type="checkbox"/> Write-In
<input type="checkbox"/> MORRISON →	<input type="checkbox"/> Claudette Moran <input type="checkbox"/> Write-In
<input type="checkbox"/> SIBLEY →	<input type="checkbox"/> Timothy Schultz <input type="checkbox"/> Write-In
<input type="checkbox"/> STEELE →	<input type="checkbox"/> Brad Hartle <input type="checkbox"/> Write-In <input type="checkbox"/> Stacey Schultz
<input type="checkbox"/> TODD →	Open Seats <input type="checkbox"/> Write-In
<input type="checkbox"/> WABASHA →	<input type="checkbox"/> Hope Kujath <input type="checkbox"/> Write-In
<input type="checkbox"/> WADENA →	Open Seats <input type="checkbox"/> Write-In
<input type="checkbox"/> WASECA →	<input type="checkbox"/> Judith De La Fosse <input type="checkbox"/> Write-In <input type="checkbox"/> Scott Smith

Indicates a 2 year term,  indicates a 3 year term.

**Deadline: Ballots must be postmarked no later than December 31, 2011 and received by January 13, 2012.**

Additional ballots are available upon request. Please call Member Services to get additional ballots.

For more information about this election, the ballot, or to vote via telephone, call **Member Services: 1-866-567-7242**. Hearing impaired members should call **711**.

Voters: Please complete this ballot in its entirety, fold as instructed on the other side, tape shut, and put in the mail.

### Valid Vote Examples

- WASECA
- Ima Person
- John Doe

**3** Write-in candidates are only accepted if they meet the requirements as shown below, and they are willing and able to serve on this voluntary committee. If you wish to add write-in candidates, select your county of residence in Column 1, check "Write-In" in Column 2, then write your candidate's full name (first name, middle initial, last name) in the spaces provided below. The candidate's contact phone number is required.

**Write-in candidates must be 18 years of age or older and; either a South Country Health Alliance health plan member, a relative of a South Country member, or an advocate of a South Country member.**

#### Write-In Candidate #1

Full Name - First, Middle, Last

Contact phone number (required)

#### Write-In Candidate #2

Full Name - First, Middle, Last

Contact phone number (required)







## More than Meets YOUR EYES

Eye exams are not only for getting glasses and contacts. Eye exams help detect serious eye problems like glaucoma, diabetic eye problems, cataracts, and other eye diseases that can lead to loss of sight. If detected early, eye problems can be treated and controlled.

Eye exams can be done by Optometrists or Ophthalmologists. These are doctors that provide eye care including vision testing and diagnosis and treatment of eye diseases.

Having a regular eye exam is important, no matter your age.

Eye exams are a covered health care benefit for South Country Health Alliance members. Call your eye care professional today and schedule an eye exam before the end of the year.

Commit to the 36th annual Great American Smokeout this year — *break free, once and for all!* Contact Mayo Clinic Tobacco Quitline toll-free today at 1-800-504-3451.

## CHILDREN WITH ASTHMA

Millions of children have asthma. With good information and a good treatment plan, children can lead a healthy, active life. Knowing the symptoms of an asthma attack, triggers that cause asthma attacks, importance of taking medication regularly, and keeping your doctor appointments is vital to a good action/management plan.

A written asthma action/management plan is discussed with the child's parent/guardian and filled out by the child's health care provider. It includes instructions for everyday asthma care and steps to take when symptoms worsen. It is important to share a child's asthma action/management plan with family members, caregivers, and their school.

Asthma action/management plans are available through the Asthma Disease Management Program. For more information about the Asthma Disease Management Program contact, the Disease Management Coordinators toll free at 1-866-722-7770, or Susan Branstad, RN at 507-431-6065 or Dee Ann Frodl, RN at 507-431-6063.

## ANOTHER SCHA WINNER!!!

South Country Health Alliance has a new reward program this year to win an iPod and iTunes gift card for women who complete a Chlamydia test and return a signed voucher from their doctor. Women must be in the Medical Assistance or MinnesotaCare programs, ages 18-24 years of age, and enrolled with South Country at the time of the test.

See [www.mnscha.org](http://www.mnscha.org) for further details.

Our recent winner of an iPod and iTunes gift card is a member in Goodhue County. Congratulations!

The next drawing will be at the end of the year.



\*Apple is not a participating partner or sponsor of this program.



Bringing Wellness Home  
110 West Fremont Street  
Owatonna, MN 55060

Health or Wellness or  
Prevention Information

## SOUTH COUNTRY 2011 EVENTS Calendar

LOOK FOR US AT AN EVENT NEAR YOU

- 10/15 American Diabetes Assn. EXPO, Minneapolis Convention Center
- 10/20 Kanabec County Operation Community Connect, Mora
- 10/20 Annual Health Fair, Community Center Gymnasium, Shepherd's Center, Cannon Falls
- 10/24 Senior and Care Giver Expo, Springfield

### WE ARE HERE FOR YOU!

When it comes to helping our members, South Country Health Alliance Member Services staff are available to answer your phone calls from 8 a.m. to 8 p.m. Monday through Friday. The toll free number to reach Member Services is 1-866-567-7242 or, for the hearing impaired, dial 711.

Member Services can answer questions regarding covered benefits, understanding your prescription drug coverage, changing your primary care clinic, wellness programs, interpreter needs, and more! If you are having problems getting services they are here to help you.

### South Country Health Alliance Member Services

1-866-567-7242 • 711 (TTY for the hearing impaired)  
8:00 a.m. - 8:00 p.m., M-F • All calls are toll free

Attention. If you want free help translating this information, call the above number.

ملاحظة: إذا أردت مساعدة مجانية في ترجمة هذه المعلومات، فاتصل على الرقم الموجود أعلاه.

កំណត់សំគាល់ បើអ្នកចង់បានជំនួយកម្រិតព័ត៌មាននេះដោយមិនគិតថ្លៃ សូមទូរស័ព្ទ ទៅលេខនៅខាងលើ។

Pažnja. Ako vam je potrebna besplatna pomoć za prevod ove informacije, nazovite gornji broj.

Ceeb toom. Yog koj xav tau kev pab txhais cov xov no dawb, thov hu rau tus xov tooj saud.

ໂປຼດຊາບ. ຖ້າທ່ານກຳລັງຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປຂໍ້ຄວາມດັ່ງກ່າວນີ້ພຣີ, ຈົ່ງໂທຕາມເລກໂທທີ່ຢູ່ຂ້າງເທິງນີ້.

Hubaddhu. Yoo akka odeeffannoon kun sii hiikamu gargaarsa tolaa feeta ta'e, lakkoofsa armaa olii bilbili.

Внимание. Если вам нужна бесплатная помощь в переводе этой информации, позвоните по указанному выше телефону.

Ogow. Haddii aad dooneyso in lagaa kaalmeeyo tarjama dda macluumaadkani oo lacag la'aan ah, wac lambarka kore.

Atención. Si desea recibir asistencia gratuita para traducir esta información, llame al número que aparece más arriba.

Chú Ý. Nếu quý vị cần dịch thông tin này miễn phí, xin gọi số nêu trên.

This information is available in other forms to people with disabilities by calling **1-866-567-7242** (toll free) or **711** for the hearing impaired, or through the Minnesota Relay at 1-800-627-3529 (TTY, Voice, ASCII, Hearing Carry Over), or 1-877-627-3848 (speech to speech relay service).

LS-0013 (10-09)