



### **SoonerCare After-Hours Locator**

There's a new tool to help members access the care they need outside of regular medical office hours.

The Oklahoma Health Care Authority (OHCA) has created a web-based after-hours care locator created to use on any mobile device or computer. The locator allows SoonerCare (SC) members to enter any Oklahoma zip code and search for SC providers offering after-hours care for minor injuries or illness near their location. They can also enter the age of the patient needing care, which will help locate the appropriate and closest provider.

After entering your information in the locator, a list of providers will appear. It will include the facility names, addresses, phone numbers and hours of operation. Members are instructed to call the facility first to let them know they are on their way.

The locator will help find alternatives to the emergency room for SoonerCare members in cases of minor injuries or illness. OHCA wants to ensure timely and appropriate health care services. Remember to always call your medical home first before seeking health care services from somewhere else.

The locator is available at [www.afterhoursok.com](http://www.afterhoursok.com).

### **Does SoonerCare Cover Sports Physicals?**

SoonerCare does not cover sports physicals; however they do cover well-child checkups.

Although a well-child checkup does include the exam required for a sports physical, it also includes a more in-depth examination.

These checkups will include: health history, growth measurements, a developmental and behavioral check, blood pressure, lab tests (if needed) and much more.

The best part of a well-child checkup and a sports physical is that they can be done in one visit. Just bring your required sports medical forms to your doctor's appointment.

Call your medical home today to schedule your child's checkup.





# Breastfeeding and SoonerCare Benefits

By Wanda Felty

Kerrie was in college working toward a degree in political science, with the hopes of becoming a police officer, when she found herself pregnant. She had to put the college on hold but knew she would return after the baby was born with no problem.

During the months of pregnancy, Kerrie never wavered on what or how she planned to feed her son. She would breastfeed - that was the only option she wanted. In fact, she actually dreamed as a little girl growing up, that she would nurse her baby, like her mom nursed her and her sister.

Kerrie was a champ during labor and delivery of her 9lb. 6oz. baby boy, Layne. Things were great. She started nursing like you would any newborn. They went home from the hospital when he was three days old.

Layne was borderline hypoglycemic (low blood sugar) which caused him to have low energy. Due to this, Layne wasn't able to hold a hard suck to help his mom's milk come in on a normal schedule. By the time he was five days old, he had lost 15 percent of his birth weight, which caused the pediatrician to put him in the hospital.

Wanda (left), Kerrie (right) and Layne (center)

Once in the hospital, the medical professionals wanted to put him on bottle, while lactation consultants wanted to give Kerrie all the options available to her to support and promote nursing.

Kerrie tried several different types of feeding techniques, but none allowed her newborn to eat enough to start regaining weight. It was on day four in the hospital that Kerrie decided that she may never be able to nurse her baby boy like she had dreamed so she allowed him to be fed completely by bottle. The following day, he was discharged from the hospital as his weight had improved slightly.

Between the postpartum hormones and the fact she wasn't able to nurse as she wanted, Kerrie called and made an appointment with a lactation specialist. The receptionist told Kerrie the fee would be \$60 for her first visit. She was determined to make this visit but just had no means to cover the cost. So disappointed, she called the office and canceled the appointment because she didn't have the money. It was then she realized she was still covered by SoonerCare for six weeks after her baby was born; it had only been about three weeks. So, she called the SoonerCare Helpline and asked if the program covered this kind of visit, and they did.

Kerrie started making visits to the lactation specialist and met four times before her SoonerCare coverage ended. Within two visits her baby boy was back to nursing 100 percent of the time and hasn't had any problems since. Kerrie is grateful for the the six weeks of postpartum SoonerCare coverage for and that fact that lactation consultations are included. It has made a world of different to her and her son.

# SoonerFit.org

The Oklahoma Health Care Authority provides helpful resources to keep Oklahomans SoonerFit!



In Oklahoma one in three kids between the ages of 10 and 17 are overweight or obese. Oklahoma is predicted to have the highest obesity rate in the country by 2018. Adult obesity remains high at 32.2 percent, or 875,000.



OHCA promotes SoonerFit statewide through various communication channels via community outreach, print materials and social media.

Find links to local farmers' markets that take SNAP (Supplemental Nutrition Assistance Program) benefits



The website also includes links to healthy recipes, low cost gyms, cooking demos, motivational videos, exercise routines, Tell Us Your Story videos, quarterly challenges, and lots more!

Tobacco Cessation   Healthy Recipes   Exercise Demos



SoonerFit offers regular wellness challenges statewide. Everyone who enters will be eligible to win a prize.



February SoonerFit Challenge winner with FitBit



## Fiesta Chicken

Put frozen chicken breasts in the crockpot (usually 2 large ones), a jar of salsa, a can of corn (rinsed & drained) and a can of black beans (rinsed & drained)... put on low

for 6-8 hours. Shred chicken with fork. Serve with warm corn tortillas, over rice or alone.

Note: If you do not have a crock pot, you can use canned chicken (white breast meat) and cook on stove top on medium for 20-25 minutes.



## SoonerFit



## Health Tip

**Remember, it's so important to drink water especially as the outside temperatures get hotter!**

**DRINK AT LEAST 32 OUNCES OF WATER PER DAY, 5 DAYS A WEEK**

- Water enhances your energy level
- Water flushes toxins out of vital organs
- Water is critical for digestion
- Without water, cells cannot grow



## HOW CAN I STAY SAFE WITH PAIN MEDS?

Oklahoma  
**HealthCare**  
Authority

# NO MORE THAN FOUR

For chronic pain, OHCA recommends a maximum of four pills a day.

Oklahoma currently ranks fifth in the nation in overdose deaths. The most common prescription drugs involved are pain killers. What can be done to help keep all Oklahomans safe?

IN 2012, THERE WERE  
**259 MILLION**  
PRESCRIPTIONS FOR PAINKILLERS IN  
2012, ENOUGH FOR EVERY  
AMERICAN ADULT TO HAVE A  
BOTTLE OF PILLS

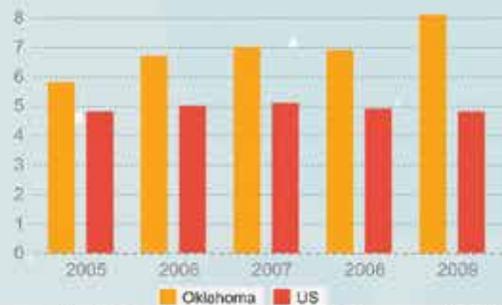
DRUG ABUSE IS THE  
**LEADING CAUSE**  
OF ACCIDENTAL DEATH IN THE  
UNITED STATES



## PRESCRIPTION DRUG ABUSE IS OKLAHOMA'S

# FASTEST GROWING DRUG PROBLEM

Oklahoma leads the nation in non-medical use of painkillers, with more than 8% of the population aged 12 and older abusing or misusing painkillers.



Nonmedical Pain Reliever Use, 12 Years and Older

Sources:  
[www.takeasprescribed.org](http://www.takeasprescribed.org)  
<http://ok.gov/odmhsas/documents/PR%20RxAbuse-FactSheet.pdf>  
<http://www.cdc.gov/homeandrecreationalafety/overdose/facts.html>

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## Spring is here...bring on the allergies!

Oklahomans know that when Spring brings on the blooms and the beautiful weather, along comes the allergies-the tree pollen, weeds, mold spores, and so many more.

SoonerCare is here to help you fight off the sneezes so you can enjoy the Spring fun!

SoonerCare covers over-the-counter (OTC) allergy, cold and fever products for members younger than 21 years of age with a prescription from your doctor. To find out the products that are covered, contact the SoonerCare Pharmacy Help Desk at 1-800-522-0114, option 4, and speak with one of our pharmacy help desk agents who will be happy to assist you with your questions. You can also find more information at <http://www.okhca.org/otcmeds>.

## Get Your Diabetic Supplies from Your Pharmacy

Starting June 1, SoonerCare members who get their diabetic supplies from a mail-order company or Durable Medical (DME) supplier will need to start getting your supplies from a contracted pharmacy.

After June 1, only contracted pharmacies will be able to give you these supplies.

We encourage members to contact their local pharmacy and ask them to get the needed prescription from your doctor.

SoonerCare will pay for One Touch, Precision and FreeStyle strips and meters. Your doctor and pharmacy will help you get a new meter and strips. Lancets, syringes and other supplies will be available from the pharmacy as well. There is no copay for these supplies for SoonerCare members, and they will not count against your monthly prescription limit.

Please contact the SoonerCare Helpline at 800-987-7767 or 711 (TDD) if you have any questions or for more information.



## #MySoonerCare

Share a few sentences on how SoonerCare has had a positive influence in your life!

Visit [www.okhca.org/mysoonerCare](http://www.okhca.org/mysoonerCare) or message us on Facebook or Twitter using "#mySoonerCare."





Dr. Leon Bragg (left) and Dr. Courtney Barrett (right)

## Take Care of Your Child's Teeth- Starting when They're Babies

SoonerCare provides over 540,000 Oklahoma kids with dental benefits.

“Tooth decay is the most common chronic disease in children in the United States,” said Dr. Bragg, OHCA chief dental officer.

“However”, according to Dr. Barrett, “although all children are at risk, tooth decay is also preventable.”

Here are some simple steps you can take to help prevent tooth decay later in your baby’s life:

- Put only water, milk or formula in bottles or sippy cups- don’t put babies to bed with a bottle.
- Teething usually starts when the child is between 3 to 7 months-old. Symptoms include a low-grade fever, drooling and an urge to chew on something hard.
- If your child's gums are swollen and tender, gently rub them with a clean finger, and give your child a cool teething ring or a clean, wet, cool washcloth to chew on for relief.
- Be sure to chill the teething ring or washcloth in the refrigerator for only a short time. It should be cool but not cold like an ice cube, which can actually hurt the gums and your little one.

Never leave your baby alone with a teething ring or wash cloth. We urge you to always supervise your child to prevent accidental choking.

As your dentists, Dr.’s Bragg and Barrett want to remind you that teething is a normal part of childhood which can be treated without prescriptions or over-the-counter medications.

In fact, the FDA warns against using these products for teething pain in infants and children, as they have been shown to cause serious health complications and even death due to overdose or accidental swallowing.

“At SoonerCare, the dental health of our kids is a priority,” said Bragg.

Dr. Barrett encourages members to brush up on the facts and get more information at [www.okhca.org/dental](http://www.okhca.org/dental).

## Healthy dental habits

### Healthy diet

A balanced diet of essential proteins, carbohydrates, minerals and vitamins keeps the mouth healthier. Reduction of sweet and sticky food, and eating more fruits and vegetables help prevent tooth decay.

### Dental hygiene

SoonerCare contracted dentists can teach proper tooth brushing and flossing by demonstrating the correct methods once every 12 months.

### Dental check-ups

SoonerCare encourages and pays for routine preventive and diagnostic dental services such as oral examinations, topical fluoride applications, sealants and x-rays. A child should have a first dental checkup no later than the second birthday.

### Dental emergencies

SoonerCare wants children to be free of pain and have happy, beautiful smiles. We cover emergency examinations and emergency extractions for the relief of pain or treatment of acute infection.

This newsletter is for SoonerCare Choice members. It will tell you about any changes or updates to your SoonerCare benefits. It will also give you other useful news to help keep you healthy. However, if you have specific questions about your health, please talk to your doctor.

Disclaimer: Clinical, legal and other comments are offered for general information only. Please talk to your doctor about specific health concerns.

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Download additional copies on the OHCA website <http://www.okhca.org/sooner-care-companion> SNWENG-COMPAN -Spring 2015

# SoonerCare Tobacco Cessation Benefits

SoonerCare covers all FDA-approved medications to help you quit tobacco. SoonerCare members can receive up to 180 days of medication each year. These do not count against the six-prescription limit per month.

Talk with your SoonerCare provider about which options are best for you:

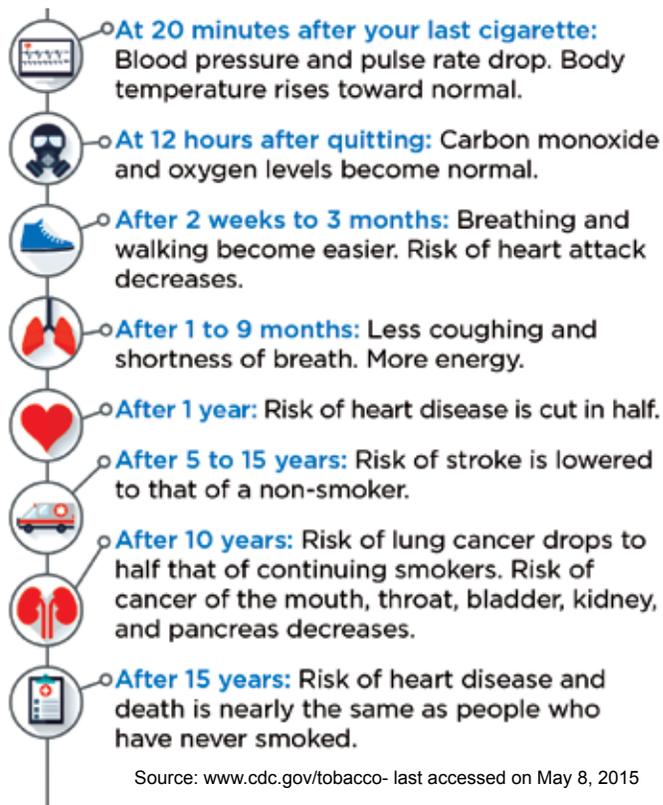
- + Nicotine Patches
- + Nicotine Gum
- + Nicotine Lozenges
- + Nicotine Inhaler
- + Nicotine Nasal Spray
- + Bupropion SR (Zyban/Wellbutrin)
- + Varenicline (Chantix)

Free counseling and patches, gum, or lozenges are available through the Oklahoma Tobacco Helpline.

**SoonerCare**  
Oklahoma Health Care Authority



## Quitting Benefits



Source: [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)- last accessed on May 8, 2015

## Who Is a SoonerCare Authorized Representative?

An authorized representative is a family member, attorney, hospital social worker, DHS social worker or any other individual (18 years of age or older) whom you are giving OHCA permission to speak to about your SoonerCare account and/or make decisions for you. Your spouse does not need to be listed as your authorized representative because he/she already has permission to access your account information.

The authorized representative can have permission to sign the SoonerCare application for the applicant or act on behalf of the applicant in the application process.

After a year, you must renew your authorized representative or he/she will not be able to act on your behalf.

## SoonerCare Helpful Tips

1. Did you know when you have private insurance and SoonerCare, it's important that the doctor, hospital, or provider takes both? Before you see your medical home for services, ask them if they take your private insurance and SoonerCare. This may save you from getting a bill later.

2. If you have received a letter from SoonerCare asking for proof of income, please send OHCA your last paystub from your employer. Please follow the instructions in the letter on how to send it to OHCA.

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Oklahoma Health Care Authority  
4345 N. Lincoln Blvd.  
Oklahoma City, OK 73105  
www.okhca.org

SoonerCare Companion



**Would you like help and support  
throughout your pregnancy?**

**Contact a SoonerCare health coach today!**

**Call 1-877-252-6002.**



**Small steps can make a big difference.**