



# Jai Medical Systems HealthBeat

Spring 2019, Volume # 80

## Earn your Healthy Reward this Spring!



We are happy to announce that **Healthy Rewards 2019** is here! To earn your **Healthy Reward** this year, spring into action and visit your Primary Care Provider (PCP) for your annual physical. After you have received your physical, please check your mail. You will receive a **Healthy Rewards Redemption Certificate**. You will need to complete this certificate in order to redeem your reward. Please see your PCP as soon as possible. **Healthy Rewards** quantities are limited, so schedule your PCP visit today before rewards run out!\*

If you have questions about the **Healthy Rewards** program or need to schedule an appointment with your PCP, please call our Customer Service Department today at 1-888-JAI-1999 for assistance.

\*Jai Medical Systems Managed Care Organization, Inc. reserves the right to eliminate or reduce incentives/rewards and/or modify or cancel the Healthy Rewards Program at any time without notice. Rewards are not convertible to cash. Limitations and exclusions apply. Offer valid while supplies last. Eligibility to receive a reward is contingent on Jai Medical Systems Managed Care Organization, Inc.'s receipt of confirmation from your PCP that you had your annual visit in 2019.

## When should I go to the ER?

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The emergency room is not a place to go for everyday medical problems such as the common cold, medication refills, or chronic pain. You should go to the emergency room immediately only if you are having a medical emergency.

*An **emergency** is defined as a health problem that happens suddenly and has symptoms of enough severity, including extreme pain, that the absence of immediate medical attention could reasonably be expected to result in placing your health (or in respect to pregnant women, the health of the woman and her unborn child) in serious jeopardy or serious loss of function to some part of your body.*

If it is not a true emergency, you should call your primary care provider (PCP) for assistance with non-emergent medical matters. If it is during the day, your PCP may tell you to come into the office for a same day visit or suggest an Urgent Care visit with a participating Urgent Care Provider. If it is after regular business hours, you can still contact your PCP. You may also reach a nurse 24 hours a day, 7 days a week through our **Nurse Advice Line**. To speak directly with a nurse about health-related matters, please call **1-844-259-8613**.

## Tax Form 1095-B

If you or a member of your household received Medicaid or the Maryland Children's Health Program (MCHP) health coverage during the previous year, you will receive IRS Form 1095-B directly from the Maryland Health Connection.

This form serves as proof that you and members of your family met the requirement under the Affordable Care Act to have health insurance coverage. This form should have been mailed to you in February.

- ◇ Verify Information on Form 1095-B.  
Review the information on the form, such as names of household members enrolled and dates of coverage to ensure that it is correct.
- ◇ Save Form 1095-B.  
Keep this form with your other important tax documents.

If you think that the information shown on your Form 1095-B is wrong, or if you need another copy of the form, please call the Maryland Health Connection today at:

**Phone: 1-855-642-8572**  
**TTY: 1-855-642-8573**

## Renew your Health Insurance benefits today!

***Please do not lose your health insurance benefits.*** To ensure that you maintain your health insurance benefits with Jai Medical Systems, please renew your benefits before they run out. For assistance maintaining your eligibility, please contact our Customer Service Department at 1-888-JAI-1999.

To renew your benefits today, please visit the Maryland Health Connection at [www.marylandhealthconnection.gov](http://www.marylandhealthconnection.gov). You may also apply by walking in today to meet with a Certified Application Counselor at one of our independent participating medical centers, Monday through Friday, 9am to 6pm:

### **Jai Medical Center**

5010 York Road  
Baltimore, MD 21212  
Phone: 410-433-2200

### **Jai Medical Center**

4340 Park Heights Avenue  
Baltimore, MD 21215  
Phone: 410-542-8130

### **Jai Medical Center**

1235 East Monument St.  
Baltimore, MD 21202  
Phone: 410-327-5100

If you have any questions regarding this important issue, please contact our Customer Service Department at 1-888-524-1999.

## Colorectal Cancer Awareness

March is Colorectal Cancer Awareness Month. Colorectal cancer is cancer that begins in the colon or the rectum. It is the third most common cancer among both men and women in the United States and at more than 50,000 deaths per year in the United States, colorectal cancer is the second-deadliest type of cancer, after lung cancer.

### **Symptoms**

Colorectal cancer, commonly referred to as colon Cancer, is one type of cancer that may or may not have any signs or symptoms. Some symptoms may include abdominal bloating, blood in stool, fatigue, unintended weight loss, or a change in your bowel habits (such as constipation, diarrhea, or narrow stools).

### **Screening Guidelines**

The American Cancer Society has recently recommended that people of average risk for colorectal cancer begin their regular screening at age 45, as in 2019, they discovered an increase in colon and rectal cancer in younger adults. People ages 76 to 85 should speak to their doctor about whether or not they should be screened.

### **Take Action Today**

The best way to get in front of any cancer is to be screened for it. There are many screenings available for colon cancer. A colonoscopy has been considered the best colorectal cancer screening test, because it gives your doctor a view of the entire colon. During a colonoscopy, the doctor can both find and remove polyps during the procedure. A colonoscopy is also the only test recommended for individuals who have colorectal cancer risk factors such as family history of the disease.

If you have any of the symptoms outlined above, or fall into the recommended age range for a Colorectal Cancer screening, talk to your Primary Care Provider today about the importance of being screened for this disease.

*Source: American Cancer Society*

## Member Portal

As a member of Jai Medical Systems, you are able to sign up for access to our member portal, which features exclusive content only available for our members.

Look on our website for additional information about our:	Member Portal	General Website
Member Rights and Responsibilities		★
Notice of Privacy Practices		★
Fraud and Abuse Detection Program		★
Member Handbook	★	
Quality Assurance Programs	★	★
Disease Management Programs		★
Utilization Management Decision Process		★
Benefits and Services (Including Recent Updates)		★
Pharmacy Benefits and how to use		★
Co-Payment Information		★
Explanation of Benefits	★	
Temporary Membership Card	★	
Health Assessments		★
Self-Management Tools		★
Web-Based Physician Directory	★	★
Web-Based Hospital Directory	★	★

## Wellness Schedule for Children

It is important for your child to receive regular preventative healthcare also known as Well Child visits. During a well child visit, your child's pediatrician will review your child's health, all aspects of their development, and provide any necessary vaccines. Your pediatrician may also screen your child for health problems; either through blood work or by asking health-related questions.

Below, please see a chart that includes when a child may need a well child visit, vaccinations, and/or a blood lead test. It is important that you keep your scheduled appointments for well-child exams. If you are in need of an appointment or transportation assistance with getting your child to their appointment, please contact our Customer Service Department today at 1-888-JAI-1999.

Age	Well Child Exam	Vaccinations Required	Blood Lead test
Birth	✓	✓	
3-5 days	✓		
1 month	✓		
2 months	✓	✓	
4 months	✓	✓	
6 months	✓	✓	
9 months	✓		
12 months (1 year)	✓	✓	✓
15 months	✓	✓	
18 months (1.5 years)	✓	✓	
24 months (2 years)	✓		✓
30 months (2.5 years)	✓		
36 months (3 years)	✓		
4-20 years	✓ (yearly)	✓ (ages 4-6, 9-12 and 16)	

## Health Education

Spring into action and join us for a *Health Education class*. Please see below for a schedule of our upcoming Health Education classes.

Classes are hosted at participating provider, Jai Medical Center, located at 1235 East Monument Street in Baltimore, MD.

### March 21, 2019

10am - 11:15am  
Healthy Eating / Weight Management

11:30am - 12:30pm  
Asthma

2:00pm - 3:15pm  
Smoking Cessation

3:30pm - 4:30pm  
Primary Care /  
Emergency Department visits

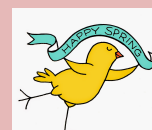
### March 28, 2019

10am - 11:15am  
Healthy Eating / Weight Management

11:30am - 12:30pm  
Diabetes

2:00pm - 3:15pm  
Stress Management

3:30pm - 4:30pm  
Hypertension



## Preventive Care Guidelines for Adults

It is important that adults receive routine preventative healthcare each year. The table below outlines services that are recommended for adults by age as well as how often you should have them done. Please note that if PCP is noted below, it stands for Primary Care Provider

<b>Service:</b>	<b>For Who:</b>	<b>How Often:</b>
Routine Check-Up	Everyone age 19 and older	Every year
Blood Pressure Test Source: 3	Everyone age 19 and older	During your annual check-up
Pap Smear Test Source: 3	Women age 21 and older	Every 3 years *evaluate risk every year with your PCP
Cholesterol Blood Test Source: 3	Everyone age 35 and older	Evaluate risk every year with your PCP
Breast Cancer Screen Source: 3	Women age 50 and older	Mammogram every 2 years *evaluate risk every year with your PCP
Colon Cancer Screen Source: 3	Everyone age 50 or older	Evaluate risk every year with your PCP
Prostate Cancer Screen Source: 2	Men age 40 and older	Evaluate risk every year with your PCP
Lung Cancer Screening Source: 3	Adults age 55 and older with a history of smoking	Yearly *evaluate risk every year with your PCP
Adult Immunizations: Flu Tdap  Tetanus  Shingles Pneumococcal (PPSV23)  HPV Source: 3,5	Adults 18 and older Adults 18 and older  Adults 18 and older  Adults 60 and older Anyone Ages 2- 64 Women Ages 11-26 Men Ages 11-21	Yearly Once (if didn't receive at age 11-12), during every pregnancy Every 10 years, more frequently depending on risk Two Shot Series Evaluate risk with your PCP Three Shot Series
Eye Exam for Diabetics (Dilated Fundoscopic) Foot Exam for Diabetes Source: 1	Everyone with Diabetes Everyone with Diabetes	Every 2 years or more frequently depending on risk Every year
STD Screening Source: 5	Everyone who is sexually active	Evaluate risk every year with your PCP
HIV Blood Test Source: 3,5	Adults 18 and older	Once or more frequently depending on risk
Hepatitis C Source: 3	Adults 18 and older	Once for adults born between 1945 and 1965. For others, more frequently depending on risk
Substance Use Screen Source: 3	Adults 18 and older	Yearly or more frequently depending on risk
Depression Screening Source: 3	Adults 18 and older	Yearly or more frequently depending on risk