



GEORGIA | 2010 | ISSUE II



# MEMBER Focus

## SCHEDULE YOUR PREVENTIVE HEALTH VISIT



We know our members have busy lives. Sometimes it's easy to forget about visits for preventive health care. You may not think you have time to go to the doctor unless you are hurt. But preventive care visits are important. In fact, they can help you keep from getting sick.

WellCare wants to remind you of these important preventive health tests:

- Mammograms
- Pap tests
- Cancer screenings
- Cholesterol screenings
- Diabetes screenings

Keeping up with your preventive health tests can lead to healthier lives. Most are covered under your insurance. We also offer transportation. Just call 1-866-231-1821 to find out more. Some doctors also allow for walk-in patients with no appointments needed.

The goal of preventive health care is to find problems early. Many health issues are easier to treat early on. That's why we recommend these screenings. Have you made an appointment to receive preventive health care? Be proactive and set up a time today.

**Keeping up with your  
preventive health tests can lead  
to healthier lives.**

## MEMBER MATERIALS UPDATE

Check the WellCare Web site often. It has new and updated information. Go to [georgia.wellcare.com](http://georgia.wellcare.com). Click on the "For Members" tab. You can find the following items.

- Member handbook
- Information about Georgia Families
- Fraud and abuse
- How to find a pharmacy
- How to find a dental provider
- Member resources:
  - Pregnancy health guidelines
  - Member educational materials
  - 2010 Personal Care Items
  - Member newsletters
  - Provider directory
  - Member portal user guide

Call us to ask for a handbook. You can call us at 1-866-231-1821 (TTY/TDD: 1-877-247-6272). We can help you Monday–Friday, 7am to 7pm Eastern. You can also leave a voice mail message for Customer Service after hours. You will get a call back within 24 business hours.

We offer oral and written services for all foreign languages. You can also call to ask for your member materials in a different format. This includes another language, large print and audio tapes. There is no charge for any of these services.

# ADULT PREVENTIVE HEALTH INFORMATION FOR WELLCARE MEMBERS

## FREQUENCY OF PHYSICAL EXAMINATION

All new members should get a checkup in the first 90 days of enrollment. Pregnant members should see a doctor in the first 14 days. After that, get regular checkups even if you don't feel sick. Regular checkups can help find issues early, when they're easier to treat. Here's a recommended schedule.

- **Age 19 to 39:** Every 1 to 3 years. (Women should get an annual Pap smear. If three normal smears in a row, then 1 every 3 years.)
- **Age 40 to 64:** Every 1 to 2 years based on risk factors.
- **Age 65 and older:** Every year.



AGE	SCREENING	FREQUENCY
18 years of age and older	Blood pressure, height, body mass index (BMI), alcohol use	Each year from age 18 to 21. Then, every 1 to 2 years or at PCP's recommendation
Men 35 to 65 years of age	Cholesterol (non-fasting TC/HDL)	Every 5 years (More often if elevated)
Women 45 to 65 years of age	Cholesterol (non-fasting TC/HDL)	Every 5 years (More often if elevated)
High risk men and women 20 years of age and older	Cholesterol (non-fasting TC/HDL)	Every 5 years (More often if elevated)
Women 18 years of age and older who are sexually active. (Consider at age 12 if sexually active.)	Chlamydia	Each year and at PCP's recommendation
Women 18 to 65 years of age (or 3 years after onset of sexual activity, whichever comes first)	Pap smear	Every 1 to 3 years
Women 40 years of age and older	Mammography	Every 1 to 2 years
50 years of age and older	Colorectal	Periodically depending upon test and risk (e.g., colonoscopy every 10 years in low risk, 2 years in high risk)
Women 65 years of age and older. (60 and older if at risk for fractures.)	Osteoporosis	Bone Mass Measurement every two years
65 years of age and older	Vision, hearing	Periodically

## IMMUNIZATION

Tetanus, Diphtheria, Pertussis (Td/Tdap)	19 years and older, Tdap: Substitute 1-time dose of Tdap for Td then boost with Td every 10 years
Varicella (VZV)	All adults without evidence of immunity to varicella should receive 2 doses of single-antigen varicella vaccine if not previously vaccinated or the second dose if they have received only 1 dose, unless they have a medical contradiction
Measles, Mumps, Rubella (MMR)	Adults born during or after 1957 should receive 1–2 doses unless they have a medical contradiction
Pneumococcal	65 years of age and older—1 dose
Seasonal Influenza	Every year, 19 years of age and older
Hepatitis A (HepA)	Unvaccinated people who are thinking about adopting a child from another country or those with certain high-risk behaviors
Hepatitis B (HepB)	Adults at risk, 19 years of age and older—3 doses
Meningococcal	College freshmen living in dormitories who have not already had a vaccination and other adults at risk, 19 years of age and older
Human Papillomavirus (HPV)	*For eligible members through 26 years of age (3-dose series)
Zoster	Age 60 and older 1 dose, unless a member has a medical condition that constitutes a contraindication
Haemophilus Influenza type b (Hib)	For eligible members who are at high risk and who have not previously received Hib vaccine (1 dose)

## PREVENTION AND COUNSELING

Your doctor may want to talk with you about ways to stay healthy. These include:

- Taking aspirin to prevent heart attacks (men 40 and older and women 50 and older)
- Preventive exams like mammograms and breast self-examination for women at high risk and who have family history
- Screens for prostate cancer
- Vitamin supplements
- Breastfeeding after giving birth
- Quitting tobacco; drug and alcohol use; STDs and HIV; nutrition; physical activity; sun exposure; oral health; injury prevention

### Sources:

- *Guide to Clinical Preventive Services, 2007: Recommendations of the U.S. Preventive Services Task Force, 2007.*
- *Press Release CDC's Advisory Committee Recommends Human Papillomavirus Virus Vaccination, June 29, 2006*
- *Recommended Adult Immunization Schedule—United States, 2010*
- *Third Report of the Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III) May 2001*
- *Bone Health and Osteoporosis: A Report of the Surgeon General (2004)*
- *Cleveland Clinic [www.cchs.net/health/health-info](http://www.cchs.net/health/health-info) Periodic Health Exams and Cancer Screening*
- *ACG Recommendations on Colorectal Cancer Screening for Average and Higher Risk Patients in Clinical Practice, April 2008.*

*Legal Disclaimer: Preventive health guidelines are based on information and recommendations of independent third parties available before printing. These guidelines are not a replacement for your doctor's medical advice. Your doctor may have more up-to-date information. Members should always talk with their doctor(s) about what care and treatment is right for them. The fact that a service or item is in these guidelines is not a guarantee of coverage or payment. Members should look at their own plan coverage papers to see what is or is not a covered benefit. WellCare does not offer medical advice or provide medical care, and does not guarantee any results or outcomes. WellCare does not warrant or guarantee, and shall not be liable for any information that is in these guidelines or that is not in these guidelines or for any recommendations made by independent third parties from whom any of the information was obtained.*

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\* Subject to individual state coverage.

## ARE YOU AT RISK FOR TUBERCULOSIS?

Tuberculosis (often called TB) is an infectious disease that usually attacks the lungs, but can attack almost any part of the body. The disease is spread from person to person through the air. When people with TB in their lungs or throat cough, laugh, sneeze, sing or even talk, the germs that cause TB may be spread into the air. If another person breathes in these germs, there is a chance that they will become infected. Repeated contact is usually required for infection.

### There is a difference between being infected with TB and having active TB.

- People who are infected with TB do not feel sick. They do not have any symptoms. They cannot spread TB. But they may develop TB disease at some time in the future.
- People with active TB will be sick and need to see a doctor for treatment. They can be cured if they get medical help.

### Who should get the tuberculosis (TB) test?

Anyone who has a high risk of TB should see their primary care provider (PCP) to get tested. You can be at high risk from coming into contact with people who:

- Have active TB
- Have been diagnosed with HIV or at risk for HIV infection
- Have or are being treated for a medical condition that suppresses the immune system
- Came from foreign countries with high TB rates
- Are of certain racial or ethnic minorities
- Work or live in long-term care facilities (nursing homes, prisons, hospitals)
- Have certain jobs, such as health care workers or prison guards
- Use illegal drugs
- Are homeless

## FDA SAYS OTC COUGH AND COLD PRODUCTS AREN'T FOR KIDS 2 AND UNDER

Did you know that some over-the-counter (OTC) medicines could hurt kids? There is a new warning about OTC cough and cold drugs. It says they could harm kids 2 and younger. The Food and Drug Administration (FDA) offers the following tips:

- Do not give kids medicines labeled only for adults
- Call a health care provider with questions about using cough or cold medicines in children 2 years of age and younger
- Choose medicines with child-resistant safety caps and close the cap tightly after each use
- Store medicine out of the sight and reach of kids
- Check the “active ingredients” section of the DRUG FACTS label of the medicines that you choose to find out what the medicine treats
- Be very careful if you are giving more than one medicine to a child and don't give kids medicines that have the same active ingredients
- Carefully follow the directions for using the medicine in the DRUG FACTS part of the label
- Only use measuring devices that come with the medicine or those specially made for measuring drugs
- Understand that using OTC cough and cold medicines does not cure the cold or cough—they only treat the child's symptoms
- Do not use OTC cough and cold products to make your child sleepy

Source: [www.fda.gov](http://www.fda.gov)

## UPDATED OTC BROCHURE NOW AVAILABLE

There's been a revision to our over-the-counter brochure description regarding children's acetaminophen.

The old description reads ...

GENERIC COMPARABLE	BRAND DESCRIPTION	QUANTITY SIZE
• Item 111 is Acetaminophen Children Elixir 30 ML	Tylenol Children Elixir	4oz
• Item 115 is Acetaminophen Children Elixir 30 ML	Tylenol Infant Drops	0.5oz

That's been updated to say ...

GENERIC COMPARABLE	BRAND DESCRIPTION	QUANTITY SIZE
• Item 111 is Acetaminophen Children Elixir 160mg/5ml	Tylenol Children Elixir	4oz
• Item 115 is Acetaminophen Infant Drops 160mg/0.8ml	Tylenol Infant Drops	1oz

If you would like a new OTC brochure, contact Customer Service. Call 1-866-231-1821 (TTY/TDD: 1-877-247-6272).

# GEORGIA MEMBER FORMULARY UPDATE

The following changes have been made to the WellCare of Georgia Medicaid Preferred Drug List:

## ADDITIONS

- Adcirca® 20mg tablets (PA)
- Anaplex DM syrup ( AL; ≤ 20 years old)
- Baraclude® 0.5mg, 1mg tablets
- Benzonatate 200mg capsules ( AL; ≤ 20 years old)
- Bromfed® DM syrup ( AL; ≤ 20 years old)
- Budesonide 0.25mg/2mL, 0.5mg/2mL suspension (AL; ≤ 8 years old, QL; 120mL/31 days)
- Buprenorphine 2mg, 8mg SL tablets (PA)
- Cefazolin 500mg, 1gm vials
- Ceron DM drops and syrup ( AL; ≤ 20 years old)
- Claravis™ 10mg, 20mg, 30mg, 40mg capsules (ST, AL; 12–20 years old ONLY, QL; 62 capsules/31 days)
- C-Phen DM drops and syrup ( AL; ≤ 20 years old)
- Ethambutol 100mg, 400mg tablets
- Exelon® 4.6mg/24 hour, 9.5mg/24 hour transdermal patches
- Histadec DM syrup ( AL; ≤ 20 years old)
- J-Tan D suspension ( AL; ≤ 20 years old)
- Naphcon® 0.012% eye drops (OTC—Covered w/Rx)
- Norvir® 100mg tablets
- Oxaliplatin 50mg, 100mg vials (PA)
- Oxcarbazepine 300mg/5mL suspension (QL; 1500mL/31 days)
- PD-Cof drops and syrup ( AL; ≤ 20 years old)
- Pegasys® 180mcg/0.5mL prefilled syringes for injection, 180mcg/mL solution for injection
- Pramipexole Dihydrochloride 0.125mg, 0.25mg, 0.5mg, 1mg, 1.5mg tablets
- P-V-Tussin® syrup ( AL; ≤ 20 years old)
- Rescon® GG liquid ( AL; ≤ 20 years old)
- Rondex™ DM drops and syrup ( AL; ≤ 20 years old)
- Ryna®-12X oral suspension
- Santyl® ointment (PA)
- Seroquel® 25mg, 50mg, 100mg, 200mg, 300mg, 400mg tablets (PA)
- Sildec-DM drops and syrup ( AL; ≤ 20 years old)
- Sildec PE-DM drops and syrup ( AL; ≤ 20 years old)
- Supartz® 10mg/mL syringe (PA)
- Tev-Tropin® 5mg vial (PA)
- Treximet® 85mg-500mg tablets (PA)
- Viracept® powder

- Vitamin D 50,000 units softgel
- Vortex® Holding Chamber/Masks; toddler, child & adult sizes (QL; 2 units/365 days)
- Vortex® Valved Holding Chamber (QL; 2 units/365 days)



## REMOVALS

- A-200® Lice Control spray
- Exelon® 2mg/mL oral solution
- Forteo™ 600mcg/2.4mL injection
- Hepsera® 10mg tablets
- Humatrope® 6mg, 12mg, 24mg cartridges
- Humatrope® 5mg vials
- Migranal® 4mg/mL nasal spray
- Mirapex® 0.125mg, 0.25mg, 0.5mg, 0.75mg, 1mg, 1.5mg tablets
- Nasalcrom® 4% spray
- Pantoprazole Sodium 20mg, 40mg tablets
- Pulmicort Respules® 0.25mg/2mL, 0.5mg/2mL
- Revatio® 20mg tablets
- Trileptal® 300mg/mL suspension

PA = Prior Authorization QL = Quantity Limit ST = Step Therapy

CHARTS CONTINUE ON THE NEXT PAGE.

## GEORGIA MEMBER FORMULARY UPDATE

We have changed the utilization management criteria for the following medication on the WellCare of Georgia Medicaid Preferred Drug List:

DRUG NAME	CHANGE
• Ciclopirox 8% topical solution	• Prior authorization requirement removed
• Namenda® 5mg, 10mg tablets; 10mg/5mL solution; titration pack	• Step therapy requirement removed
• Ondansetron 4mg/5mL solution	• Quantity limit of 300mL/31 days added
• Ondansetron 24mg tablet	• Quantity limit decreased from 62 tablets/31 days to 31 tablets/31 days
• Ondansetron ODT 4mg, 8mg tablets	• Quantity limit increased from 12 tablets/31 days to 62 tablets/31 days

### PLANNED MARKET DRUG WITHDRAWAL

COMPANY NAME	DRUG NAME	DATE OF REMOVAL	ADDITIONAL INFORMATION
Endo Pharmaceuticals Inc.	Moban® (molindone HCl) tablets	June 30, 2010	The current supplier of Moban® has notified Endo of their intent to discontinue manufacturing Moban® and Endo has been unable to obtain an alternate supplier; therefore, manufacturing of Moban® will end after June 30, 2010.

## HAVE YOUR CHILD CHECKED FOR LEAD

### WHAT IS LEAD?

Lead is a metal. It's found in lead-based paints, soil, dust, food, drinking water and air. Continued exposure to lead can be harmful, especially to babies and young children.

### DOES LEAD AFFECT YOUR HEALTH?

Lead can be harmful to anyone. But children under the age of 6 are at the greatest risk of being harmed. Their bodies easily absorb lead, which can be bad for their developing brains and other organs and systems. Certain childhood activities, such as chewing on or eating non-food items like paint chips or dirt, can lead to lead poisoning. This could lead to very serious illnesses, such as:

- Speech, language and behavioral problems
- Learning disabilities and attention deficit disorder (ADD)
- Mental retardation
- Possibly death

### THERE IS NO SAFE LEVEL OF LEAD!

Your child should be screened for lead risk if:

- You live in or often visit a house or apartment that may have been built before 1978

- You live in or often visit a house or apartment that is being remodeled or is having paint removed
- Your child has a sibling or playmate who has or has had lead poisoning
- You live with anyone who works at a job where lead may be found or has a hobby that uses lead
- You live near an active lead smelter, battery recycling plant or other industry likely to release lead
- You use home remedies such as greta, azarcon, pay-loo-ah or cosmetics with kohl in them
- You chew on or eat non-food items like paint chips or dirt
- You use ethnic or folk remedies, cosmetics or eat candies from Mexico
- Your child is a recent immigrant, refugee or a member of a minority group

### Your primary care provider (PCP) should:

- Do a lead blood test on children 12 and 24 months of age
- Screen children between the ages of 2 and 6
- Ask you questions about your child's risk for lead poisoning at each visit from age 3 to 6

# GET CARE EARLY AND OFTEN FOR A HEALTHIER BABY

SEE YOUR DOCTOR AS SOON AS YOU KNOW YOU ARE PREGNANT. YOUR DOCTORS CAN HELP YOU KNOW IF YOU MAY BE AT RISK OF HAVING THE BABY TOO EARLY.



The doctor may also be able to stop or slow down problems if he or she finds them early enough.<sup>1</sup> That's why seeing the doctor early and regularly can help you have a healthier baby.<sup>2</sup>

## THE DOCTOR SHOULD DO THE FOLLOWING:

### At each visit

- Take your weight and blood pressure.
- Ask for a urine sample.
- Measure your tummy to see how the baby is growing.
- Listen to your tummy to hear the baby's heart rate.
- Ask if you feel the baby moving.
- Ask if you are leaking any liquids.
- Ask if you are eating and taking your vitamins.
- Ask if you are walking, stretching and bending.
- Talk to you about not smoking, drinking alcohol or using drugs.
- Talk to you about what your body will do when the baby is coming.
- Ask you if anyone is hitting or hurting you.
- Ask how you and your family are feeling about the baby coming.
- Ask you about your safety.

### At the first visit

- Ask you about your other pregnancies or sicknesses.
- Ask you about your mom, dad and grandparent's health and sickness.
- Ask you if you have signed up for WIC.
- Look in your ears, nose and throat.
- Listen to your heart, lungs and tummy.

- Look at your ankles for swelling.
- Ask you to lie down and do an internal exam and Pap smear.
- Take blood to run some tests.
- Give you any shots that you did not get yet.
- Do an ultrasound to listen to the baby's heart rate and see how the baby is doing.
- Talk to you about further testing as needed.
- Teach you about what to eat, drink and do to have a healthy pregnancy.

### At the visit before the baby is born

- Talk to you about what your body will do when the baby is coming.
- Talk to you about what it feels like to have a baby.
- Talk to you about work and going on trips away from home.
- Ask how you and your family are feeling about the baby coming.

### At the first visit after the baby is born

- Take your weight and blood pressure.
- Look at where the baby came from and do a Pap smear to be sure you are healing.
- Press on and listen to your tummy to be sure everything is back to normal.
- Press on your breasts to be sure everything is back to normal.
- Ask if you are eating and taking your vitamins.
- Ask if you are walking, stretching and bending.
- Ask how you and your family are feeling about the baby.
- Talk to you about future babies and planning.

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Sources: *Guidelines for Perinatal Care, Sixth Edition, ©October 2007 by the American Academy of Pediatrics and The American College of Obstetricians and Gynecologists and supported in part by March of Dimes and the Health Plan Employer Data and Information Set (HEDIS) Standards for Access and Availability, ©2007 by the National Committee for Quality Assurance. Recommendations to Improve Preconception Health and Health Care—United States, MMWR, April 21, 2006/55(RR06); 1-23.*

Version 8/2008 (revised)

1 *Prenatal and Postpartum Care, The State of Health Care Quality 2005, National Committee for Quality Assurance*

2 *Guidelines for Perinatal Care, Sixth Edition, ©October 2007 by the American Academy of Pediatrics (AAP) and The American College of Obstetricians and Gynecologists (ACOG)*

Para solicitar este documento en español, llame al Servicio al Miembro al 1-866-231-1821 (TTY 1-877-247-6272).



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## THINK TWICE WHEN USING ACETAMINOPHEN

Acetaminophen is the generic name of Tylenol<sup>®</sup>. It can treat pain, reduce fever and treat headaches. It has other uses as well.

It's generally safe when taken as directed. But did you know that taking more than needed can harm your health? Too much can hurt your liver. People can take too much by mistake. That's because it's found in many over-the-counter (OTC) drugs.

These simple tips can help you avoid injury.

- Do not take more than the recommended dose or the amount your doctor decides is safe for you
  - Generally adults should not take more than 4 grams of acetaminophen daily
  - Generally children should not take more than 50–75 milligrams per kilogram daily
- Write down all doses of acetaminophen you take or give your child to avoid overuse/overdose
- Read the label of all OTC and prescription medications before you take them because they may contain acetaminophen
- Know the acetaminophen content of all prescription and OTC medications you are taking
- Be aware that acetaminophen is commonly abbreviated as “APAP” in many prescription medications
- Ensure the correct medication is selected based on your child's weight and age
- Always use the measuring device that comes with the product you are taking or giving to your child to avoid giving the wrong dose
- Understand how to calculate how many grams of acetaminophen you are taking, the dose and how often you should take each dose
- To avoid confusion, try not to take multiple products containing acetaminophen
- Talk to your doctor or pharmacist if you have any questions

Remember these tips to help avoid problems.



Source: [www.fda.gov/ForConsumers/ConsumerUpdates/ucm168830.htm](http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm168830.htm)