



ILLINOIS | 2010 | ISSUE IV

HARMONY

HAPPENINGS

EXCITING NEWS ABOUT YOUR 2011 BENEFITS AND SERVICES

As of January 1, 2011, Harmony has added more dental benefits for adults ages 21 and older! We have also added new OTC (over-the-counter) items you may choose to order each month.

NEW DENTAL BENEFITS

The new services will cover:

- Molar root canal
- Periodontal scaling
- Root planing (deep cleaning)

Harmony will continue to cover regular exams and cleaning with no need for prior approval. These services are unchanged:

- Periodic oral evaluation (1 per year)
- Adult prophylaxis (removing plaque and cleaning the teeth to prevent cavities and gum disease—1 per year)

Your dentist will need prior authorization (approval) for:

- Molar root canal (excluding final restoration, 1 per lifetime)
- Periodontal scaling and root planing (deep cleaning, 4+ teeth per quadrant, 1 per 24 months)

To receive these services, just call your dentist's office. Ask if they are a part of the DentaQuest network for Harmony Health Plan. For help finding a dentist, call DentaQuest at 1-888-684-2026. Follow the prompts for dental. TTY users, please call 1-877-650-0952.

Note that if you are receiving an ongoing course of treatment, you may be able to finish it with your current dentist. Talk to your dentist or call Harmony at 1-800-608-8158 about this right away. TTY users, please call 1-877-650-0952.

NEW OTC ITEMS AVAILABLE NOW

For your convenience, we have added these new items to our 2011 OTC list. Now you can choose to order the following, in addition to the other Harmony +10 items you may need each month.

Item	Generic Comparable	Brand Description	Qty./Size	Price
124	Feminine Hygiene Wipes	Feminine Hygiene Wipes	12	\$2.00
125	Premium Medium Baby Diapers	Premium Medium Baby Diapers	18	\$8.00
126	Premium Large Baby Diapers	Premium Large Baby Diapers	16	\$8.00
127	Premium Extra Large Baby Diapers	Premium Extra Large Baby Diapers	14	\$8.00
128	SPF 30 Sunblock	SPF 30 Sunblock	1	\$6.00
129	Preference Facial Tissue	Preference Facial Tissue	1	\$2.00
130	Pregnancy Test	Pregnancy Test	1	\$9.00
131	Fever Strip Thermometer	Fever Strip Thermometer	2.1 oz	\$3.00

We are happy to give you many extra benefits. For more information or to request a certificate of coverage or provider directory, visit www.harmonyhpi.com. Or call 1-800-608-8158 (TTY 1-877-650-0952). Hours are Monday–Friday, 8am to 5pm Central.

ORDER YOUR MONTHLY HARMONY +10 OTC ITEMS ONLINE!

If you're already a registered user on our Web site, you simply:

1. Log in
2. Select "Over-the-Counter (OTC) Items"

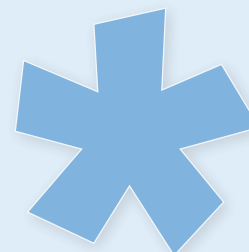
If you're not a registered user, it's easy to become one.

1. Go to www.harmonyhpi.com
2. Click on "Member sign up"
3. Follow the simple steps to register

You can use the site 24 hours a day to:

- View your previous orders
- Reorder items
- Check the status of your order
- And more

You can also place your order through our automated telephone system. Just call 1-800-608-8158 (TTY 1-877-650-0952). It's available 24 hours a day, and you can use it to check the status of your orders. Find out for yourself how we make OTC easy!





COVERED SERVICES TO TREAT BREAST CANCER

Harmony Health Plan covers removal of a breast to treat cancer (mastectomy). If a member has a breast removed, she may choose to have it reconstructed. The plan will cover these services if the member and her doctor agree they are needed:

- Reconstruction of the breast that was removed.
- Surgery on the other breast to make it look like the reconstructed breast.
- Other needed services after a breast has been removed.

If you have questions, please call us at 1-800-608-8158 (TTY 1-877-650-0952). Hours are Monday–Friday, 8am to 5pm Central.



Harmony Health Plan covers removal of a breast to treat cancer.



YOU CAN QUIT SMOKING IN 2011

Quitting smoking is hard. Many people try several times before they quit for good. But you can do it! Make a new year's resolution to break the cigarette habit. This information can help.

GOOD REASONS TO QUIT

More than 430,000 Americans die each year from smoking. It causes cancer, heart disease, stroke, problems with pregnancy and lung disease.

When you quit...

- Your chances of getting sick from smoking will decrease.
- You will have more energy and breathe easier.
- If you are pregnant, your baby will get more oxygen and be healthier.
- The people you live with, especially your children, will be healthier.
- You will have more money to spend on things other than cigarettes.

Follow an action plan to help yourself quit.

- Get ready
- Get medicine
- Get help
- Stay quit

GET READY TO QUIT

1. Set a quit date.
2. Change the things around you.
 - Get rid of all cigarettes and ashtrays in your home, car and place of work.
 - Do not let people smoke in your home.

GET MEDICINE TO HELP YOU QUIT

Talk to your doctor about medicine that can make it easier to quit. He/she can help you decide which one might work best for you.

GET HELP

- Tell your family, friends and people you work with that you are going to quit. Ask for their support.
- Talk to your doctor, nurse or other health care worker. They can help you quit.
- Get together with other people who are trying to quit or call a hotline.

To find out where to get help in your area, call the American Cancer Society toll-free at 1-877-44U-QUIT.

STAY QUIT FOR GOOD

- Avoid alcohol and being around smoking.
- Eat healthy food and get regular exercise.
- Keep a positive attitude—you can do it!

If you do “slip” and smoke, don't give up. Set a new date to get back on track.

For additional support, call Member Services at 1-800-608-8158 (TTY 1-877-650-0952).

Source: U.S. Department of Health and Human Services

APPOINTMENTS: YOURS TO KEEP

It's very important to keep your appointments for doctor visits. This includes lab tests and X-rays. Not showing up means you don't get the care you need. It also disrupts the doctor's schedule. And when you arrive late, your doctor can't give you all of the time you might want and deserve.

Please call your doctor at least one day ahead of time if you can't keep a scheduled appointment. If you have trouble making an appointment, call Member Services at 1-800-608-8158 (TTY 1-877-650-0952).

PROTECT YOURSELF FROM THE FLU

The flu is a highly contagious viral infection. In an average year, the flu causes 36,000 deaths and more than 200,000 hospitalizations in the U.S. *Take steps to protect yourself.* This means getting a flu vaccine as soon as it is available, usually in the fall, and for as long as the illness exists in your community.

The flu can occur any time from November through May. During this time, flu viruses are spreading.

Get vaccinated. An annual flu vaccine is the best way to reduce the chances that you will get the flu. It takes about two weeks after getting a flu shot to develop an immune response. *That is why it's important to get your flu shot as early as possible.*

Harmony offers FREE flu vaccines. All you have to do is present your member ID card at any one of our network providers. To locate a provider near you, call 1-800-608-8158 (TTY 1-877-650-0952). Or visit www.harmonyhpi.com.

Source: Centers for Disease Control and Prevention (CDC)



START YOUR OWN FAMILY FITNESS PLAN

You play an important role in shaping your children's attitudes toward exercise. Here are some tips to help your whole family be more active.

- Make physical activity part of your family's daily routine. Set aside time for family walks or for playing active games together.
- Give children active toys and equipment. Take them to places where they can be active, like a local park.
- Cheer children on when they participate in physical activities. Encourage them as they express interest in new ones.
- Make physical activity fun. It can be anything your child enjoys, from team sports to free-time play.
- Make sure activities are age-appropriate. And, to ensure safety, provide gear such as helmets, wrist pads and knee pads.
- Find a convenient place to be active regularly. A local park or rec center can be the perfect spot.
- Limit TV and video game time to no more than two hours a day. Encourage children to walk, play tag or dance instead!

Source: Centers for Disease Control and Prevention (CDC)



200 W. Adams St.
Suite 800
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Para solicitar este documento en español, llame al Servicios para Miembros al 1-800-608-8158 (TTY 1-877-650-0952).



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FEMALE MEMBERS MAY PICK A WOMAN'S HEALTH CARE PROVIDER

Illinois law lets female members select “a woman’s principal health care provider” in addition to a primary care physician (PCP). A woman’s principal health care provider may specialize in obstetrics or gynecology (OB/GYN) or in family practice. A woman’s principal health care provider may be seen for care without a referral from your PCP.

You may choose a woman’s principal health care provider if you haven’t already. However, you do not have to choose one. You may keep seeing your PCP and be referred to an OB/GYN if needed.

Your woman’s principal health care provider must be part of your plan. You may get the list of participating specialists by calling us. You can call 1-800-608-8158 (TTY 1-877-650-0952).

We will send the list within 10 days after you call. Your PCP’s name is on your member ID card. Please call us if you wish to choose a woman’s principal health care provider.



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