



Office of the Governor
 Division of Medicaid
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Healthier Mississippi

Roads to Good Health Guide Book

Call Toll-Free for Information
 1-800-421-2408 (601-359-6050 in Jackson)



Eat Right ! Exercise! Be Tobacco Free!



Co-Payments

- A co-payment is when you have to pay a small cost for the service you get.
- Children under the age of 18, pregnant women, and persons in nursing homes do not have to pay a co-payment.
- You do not have to pay a co-payment if you are getting family planning services or emergency services in an emergency room.

What To Do If...

- Your healthcare provider is providing a service you think might not be necessary to treat you
- You think your healthcare provider may be billing for a service you did not receive
- You know people who are letting others use their Medicaid cards
- Your provider wants you to pay for a service you think Medicaid covers

If you experience any of these situations, please call the Bureau of Program Integrity Hotline at 1-800-880-5920.

Special Needs for Older Adults

People in the United States enjoy a relatively long life span compared to many other countries in the world. According to the Centers for Disease Control and Prevention, average life expectancy for an American child born in 2005 is around 77.2years.* Many people live healthy lives far beyond this.

As we age, our nutritional and physical activity needs change. It's a good idea to talk to your doctor about specific needs that are appropriate for your age and lifestyle.

Water & Liquids

Water and liquids are needed every day. As you get older you may have less sensitive sensations of thirst and may be more likely to become dehydrated. Vital organs like the kidneys, brain and heart can't function without a certain minimum of water and salt.**

- Drink eight, 8-ounce glasses of water or beverages such as fruit or vegetable juice, low-fat or non-fat or non-fat milk or reduced sodium soup each day.
- Alcoholic beverages should not count towards your water/liquid goal.

Vitamin D, Calcium and Vitamin B-12

As an older adult, you need to make sure you are getting enough calcium, vitamin D and vitamin B-12. You need higher levels of calcium and vitamin D to keep your bones strong.

Non-fat or low-fat milk is a food source of calcium and vitamin D.

Eat vitamin B-12 fortified foods such as breakfast cereals or supplements

Exposure to direct sun light for about 15 minutes each day will help your body produce the vitamin D you need.

*www.cdc.gov

**www.quickcare.org/gast/dehydrate.html

Key Recommendations for Specific Population Groups

- *Children and adolescents.* Consume whole-grain products often; at least half the grains should be whole grains. Children 2 to 8 years should consume 2 cups per day of fat-free or low-fat milk or equivalent milk products. Children 9 years of age and older should consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.

Discussion

Fruits, vegetables, whole grains, and milk products are all important to a healthful diet and can be good sources of the nutrients of concern. When increasing intake of fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products, it is important to decrease one's intake of less-nutrient-dense foods to control calorie intake. The 2,000-calorie level used in the discussion is a reference level only; it is not a recommended calorie intake because many Americans should be consuming fewer calories to maintain a healthy weight.



Services for Children Only (EPSDT (Early Periodic Screening, Diagnosis, and Treatment) Services)

- Additional Drug Prescriptions
- Additional Eyeglasses
- Additional Home Health Services
- Additional Inpatient Hospital Days
- Additional Outpatient Hospital Days
- All Standard Medical Benefits Can Be Expanded (Check with your doctor.)
- Dental Services
- Durable Medical Equipment
- Infusion Therapy
- Interperiodic Screens
- Hearing Aids
- Outpatient Psychiatric and Mental Health Care
- Personal Care Services
- Prosthetics and Orthotics
- Medical Supplies
- Nursing Services
- Screening Services



Other Services for Children

- Lead Screening
- Well Baby/Child Checkups
- Well Baby/Child Shots (Immunizations)
- WIC (Women, Infants, and Children nutrition and education programs)
- Services Not Listed, if Medically Necessary (Check with your doctor.)

Office Visits and Family Planning

The Medicaid pays for 12 office visits from July 1st to June 30th each year for adults and 24 office visits from July 1st to June 30th each year for children. (Children can get more visits if the doctor sends Medicaid a plan of care that says there is a medical need for the child to have more visits.)

Prescription Drugs

You may get five (5) prescriptions per month. No more than two (2) of the five prescription may be name brand including refills. Children under 21 years of age may get more than five (5) prescriptions if the doctor sends Medicaid a plan of care.

**Non-Emergency Transportation**

Medicaid will help eligible persons to travel to and from medical appointments when they have no other way to get there.

Call 601-576-5900 to find out how to get help with transportation to your appointment.

Covered Services Also Include

- Chiropractic Services
- Dental Extractions and Related Treatment
- Dialysis Services
- Durable Medical Equipment and Medical Supplies
- Emergency Ambulance Services
- Hospice Services
- Laboratory Services
- Mental Health Services
- Physician Services, Physician Assistant Services, Nurse Practitioner Services

Childhood Obesity

The prevalence of overweight among children aged 6 to 11 more than doubled in the past 20 years, going from 7% in 1980 to 16% in 2002. The rate among adolescents aged 12 to 19 more than tripled, increasing from 5% to 16%.¹ Overweight is the result of caloric imbalance (too few calories expended for the amount of calories consumed) and is mediated by genetics and health. An estimated 61% of overweight young people have at least one additional risk factor for heart disease, such as high cholesterol or high blood pressure.² In addition, children who are overweight are at greater risk for bone and joint problems, sleep apnea, and social and psychological problems such as stigmatization and poor self-esteem.³ Overweight young people are more likely than children of normal weight to become overweight or obese adults, and therefore more at risk for associated adult health problems, including heart disease, type 2 diabetes, stroke, several types of cancer, and osteoarthritis.³ Healthy lifestyle habits, including healthy eating and physical activity, can lower the risk of becoming overweight and developing related diseases.¹

References

1. Hedley AA, Ogden CL, Johnson CL, Carroll MD, Curtin LR, Flegal KM. Prevalence of overweight and obesity among U.S. children, adolescents, and adults, 1999-2002. *JAMA* 2004;291(23):2847-2850.
2. Freedman DS, Dietz WH, Srinivasan SR, Berenson GS. The relation of overweight to cardiovascular risk factors among children and adolescents: the Bogalusa Heart Study. *Journal of Pediatrics* 1999;103(6):1175-1182.
3. U.S. Surgeon General. [Overweight and Obesity: Health Consequences](#). Web site accessed June 30, 2005.

Energize Your Life!

Who ever said physical activity is all work and no play? In fact, it can be just the opposite! There is no need to think of strenuous workouts that are painful and boring. Instead, imagine doing fun physical activities you enjoy and look forward to. Do physical activity for enjoyment and watch the health benefits follow!

The United States is on the brink of a longevity revolution. By 2030, the number of older Americans will have more than doubled to 70 million, or one in every five Americans. The growing number and proportion of older adults places increasing demands on the public health system and on medical and social services.

Chronic diseases exact a particularly heavy health and economic burden on older adults due to associated long-term illness, diminished quality of life, and greatly increased health care costs. Although the risk of disease and disability clearly increases with advancing age, poor health is not an inevitable consequence of aging.

Much of the illness, disability, and death associated with chronic disease is avoidable through known prevention measures. Key measures include practicing a healthy lifestyle (e.g., regular physical activity, healthy eating, and avoiding tobacco use) and the use of early detection practices (e.g., screening for breast, cervical, and colorectal cancers, diabetes and its complications, and depression).

Critical knowledge gaps exist for responding to the health needs of older adults. For chronic diseases and conditions such as Alzheimer's disease, arthritis, depression, psychiatric disorders, osteoporosis, Parkinson's disease, and urinary incontinence, much remains to be learned about their distribution in the population, associated risk factors, and effective measures to prevent or delay their onset.

Source: Division of Adult and Community Health, National Center for Chronic Disease Prevention and Health Promotion

**Eyeglasses**

Adults can get one (1) pair of eyeglasses every five (5) years. Children may get one pair of eyeglasses per year. If a child needs more than one (1) pair of eyeglasses in a year, the doctor has to send Medicaid a plan of care which says there is a medical need for the child to have another pair of eyeglasses.

Home Health Services

Adults get 25 home health visits from July 1st to June 30th each year.

Hospital Care - Inpatient

Adults get 30 days of inpatient hospital services from July 1st to June 30th each year. Children can get more visits with a plan of care.

Hospital Care - Outpatient

Adults get 6 outpatient hospital visits from July 1st to June 30th each year. Children get 12 outpatient hospital visits from July 1st to June 30th each year. Children can get more visits with a plan of care. Emergency room visits count as outpatient visits.

Inpatient Psychiatric Care

This service is only available for persons under age 21 in a free-standing psychiatric hospital.

Long term Care Services

Medicaid pays for nursing facility care, intermediate care facility services for the mentally retarded, and psychiatric residential treatment facility care (under age 21).

EPSDT (Early Periodic Screening, Diagnosis, and Treatment)

The EPSDT Program provides free medical check-ups for all Medicaid-eligible children and youth under the age of 21. It also covers treatment for medical problems identified as a result of the medical check-up, including some services not normally covered by Medicaid. To learn more about this program, call the EPSDT Division of the Bureau of Maternal and Child Health at 1-800-421-2408.

Home and Community Based Service (HCBS)

HCBS programs offer in-home services to help people live at home instead of institutions. To qualify you must meet institutional level of care, along with other criteria. Services are available to qualifying elderly, disabled and/or mentally retarded/developmentally disabled Medicaid beneficiaries.

Mississippi Health Benefits for Children

Health benefits for children from birth to age 19 are provided through Medicaid. Some children may be eligible for Medicaid. Other children whose families make too much money to qualify for Medicaid may be eligible for Blue Cross Blue Shield health insurance, otherwise known as the Children's Health Insurance Program (CHIP). Families may earn up to 200% of the federal poverty level and be eligible for CHIP. To find out if your children are eligible for either program, you must fill out a Mississippi Health benefits application. The same application is used for Medicaid and CHIP. Applications and help filling them out are available at Medicaid Regional Offices. For more information call 1-877-KIDS-NOW (1-877-543-7669).

**Adolescent Tobacco Use**

Tobacco use, including cigarette smoking, cigar smoking, and smokeless tobacco use, is the single leading preventable cause of death in the United States. Each year smoking causes approximately 435,000 premature deaths and over 5 million years of potential life lost.¹ Every day, approximately 4,000 American youth aged 12-17 try their first cigarette.² If current patterns of smoking behavior continue, an estimated 6.4 million of today's children can be expected to die prematurely from a smoking-related disease.³ In 2003, 22% of high schools students reported current cigarette use and 15% reported current cigar use. In addition, 7% of high school students and 13% of white male high school students reported current smokeless tobacco use.⁴

References

1. Fellows JL, Trosclair A, Adams EK, Rivera CC. Annual smoking attributable mortality, years of potential life lost and economic costs: United States 1995-1999. *Morbidity and Mortality Weekly Report* 2002;51:300-303.
2. Substance Abuse and Mental Health Services Administration. *Summary of findings from the 2001 National Household Survey on Drug Abuse: Volume II*. Technical appendices and selected data tables. Rockville, MD: U.S. Department of Health and Human Services, 2002;NHSDA Series H-18;DHHS publication no. (SMA) 02-3759.
3. CDC. Office on Smoking and Health, 2002 calculations based upon: Smoking attributable mortality and years of potential life loss—United States, 1984. *Morbidity and Mortality Weekly Report* 1997;46:444-451.
4. Grunbaum JA, Kann L, Kinchen S, Ross J, Hawkins J, Lowry R, et al. Youth Risk Behavior Surveillance—United States, 2003. *Morbidity and Mortality Weekly Report* 2004;53(SS-2):1-95.

The Burden of Tobacco Use

An estimated 45.8 million adults in the United States smoke cigarettes even though this single behavior will result in death or disability for half of all regular smokers. Tobacco use is the leading preventable cause of death in the United States, resulting in approximately 440,000 deaths each year. More than 8.6 million people in the United States have at least one serious illness caused by smoking. If current patterns of smoking persist, 6.4 million people currently younger than 18 will die prematurely of a tobacco-related disease. Paralleling this enormous health toll is the economic burden of tobacco use: more than \$75 billion per year in medical expenditures and another \$80 billion per year resulting from lost productivity.

Since 1964, 28 Surgeon General's reports on smoking and health have concluded that tobacco use is the single most avoidable cause of disease, disability, and death in the United States. Over the past four decades, cigarette smoking has caused an estimated 12 million deaths, including 4.1 million deaths from cancer, 5.5 million deaths from cardiovascular diseases, 2.1 million deaths from respiratory diseases, and 94,000 infant deaths related to mothers smoking during pregnancy.

Smokeless tobacco, cigars, and pipes also have deadly consequences, including lung, larynx, esophageal, and oral cancers. Low-tar cigarettes and other tobacco products are not safe alternatives.



Fair Hearings

An eligibility hearing is a legal process that you may ask for if you do not agree with a decision that has been made about your Medicaid eligibility.

After you have been mailed a notice telling you of any action(s) taken on your Medicaid case, you will have 30 days in which to ask for a hearing. You may do this by either writing your Medicaid Regional Office, the Medicaid State office, or by completing the "Hearing Request" form, available in your Medicaid Regional Office.

If you are already getting Medicaid or CHIP and you ask for a hearing within 10 days after getting the notice, your Medicaid will not stop until your case has been decided. CHIP benefits will be continued for the next possible month. However, if the agency's action is upheld by the hearing decision, the Division of Medicaid has the right to initiate action for recovering benefits you receive during the hearing process.

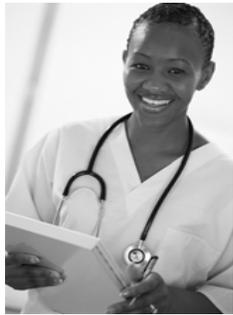
Medicaid Identification Card

Once Medicaid eligibility has been approved, each Medicaid-eligible member in a family will get a plastic Identification (ID) Card. The beneficiary name and ID number are printed on this card.

Things You Must Do To Get Health Care Services

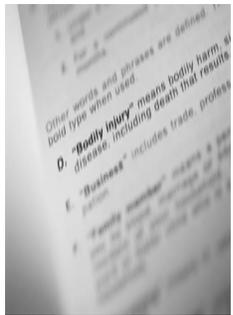
Always remember to take your Medicaid ID card every time you go to get health services. Remember not all doctors, dentists, and other providers accept Medicaid. You should always ask the provider if he accepts Medicaid **before you get services**.

NOTE: Please show your Medicaid ID card whenever you get medical services.



Freedom of Choice

Most Medicaid beneficiaries may choose the doctor or clinic they wish to use. The doctor or clinic must be willing to accept Medicaid payments.



Other Health Insurance

You must report to Medicaid any health insurance you may have. If you have health insurance and Medicaid, you must give your insurance information to your doctor when you get services. In order to be eligible for Medicaid, you must assign your rights to medical payments from any source to the Division of Medicaid.



Civil Rights

Participating providers of services in the Medicaid program must comply with the requirements of Title VI of the Civil Rights act of 1964, Section 504 of the Rehabilitation Act of 1973 and Section 504 of the Rehabilitation Act of 1973. Under the terms of those laws, a participating provider or vendor of services under any program using federal funds is prohibited from making a distinction in the provision of services to beneficiaries on the grounds of race, age, gender, color, national origin, or disability. This includes distinctions made on the basis of race or disability with respect to (a) waiting rooms, (b) hours for appointments, or © order of seeing patients.

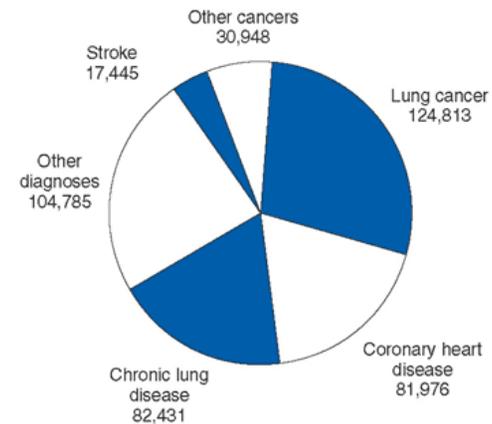
NOTE: The Office of the Governor, Division of Medicaid (DOM), is responsible for investigating complaints of non-compliance.

The harmful effects of smoking do not end with the smoker. Babies of women who smoke during pregnancy are more likely to have lower birth weights, an increased risk of death from sudden infant death syndrome, and respiratory distress. In addition, secondhand smoke has harmful effects on nonsmokers. Each year, primarily because of exposure to secondhand smoke, an estimated 3,000 nonsmoking Americans die of lung cancer, and more than 35,000 die of heart disease.

An estimated 150,000–300,000 children younger than 18 months of age have lower respiratory tract infections because of exposure to secondhand smoke.

Although smoking rates fell among high school students from 2000 to 2002, they did not decline significantly among middle school students. This lack of progress suggests the need for greater use of proven antismoking strategies and for new strategies to promote further declines in youth smoking.

442,398 U.S. Deaths Attributable Each Year to Cigarette Smoking*



*Average annual number of deaths, 1995–1999. Source: *MMWR* 2002;51(14):300–3.

What is Medicaid?

Medicaid

Medicaid is a health care program that pays for medical services for qualified people. Medical payments are made from both state and federal government monies.

Who Can Get Medicaid?

If you live in Mississippi, you may qualify for Medicaid. If you need medical assistance, you must fill out an application to find out if you qualify for this program. Anyone who meets the Medicaid standards - such as certain low income level persons; pregnant women: children: aged, blind, or disabled persons - can receive Medicaid.

Who Can Get Medicaid?

You may apply for Medicaid for low income families and children under 19 and pregnant women at your Medicaid Regional Office. You may call 1-800-421-2408 to locate your nearest Medicaid Regional Office.

If you are disabled, working disabled, or 65 or older and not receiving Social Security income, you may apply for benefits at the Medicaid Regional Offices listed on the next page.



**Regional
Offices**

Brandon 601-825-0477
Brookhaven 601-835-2020
Canton 601-859-3230
Clarksdale 662-627-1493
Cleveland 662-843-7753
Columbia 601-731-2271
Columbus 662-329-2190
Corinth 662-286-8091
Greenville 662-332-9370
Greenwood 662-455-1053
Grenada 662-226-4406
Gulfport 228-863-3328
Hattiesburg 601-264-5386
Holly Springs 662-252-3439
Jackson 601-961- 4361

Kosciusko 662-289-4477
Laurel 601-425-3175
McComb 601-249-2071
Meridian 601- 483-9944
Natchez 601-445-4971
New Albany 662-534-0441
Newton 601-683-2581
Pascagoula 228-762-9591
Philadelphia 601-656-3131
Picayune 601-798-0831
Senatobia 662-562-0147
Starkville 662-323-3688
Tupelo 662-844-5304
Vicksburg 601-638-6137
Yazoo City 662-746-2309

You may call any of the offices listed above to find out how to apply. You may also receive an application by mail. Call your local Medicaid Regional Office to find out more.