Affirmative Statement

IMCare’s approval is needed for some services before you may get them or before we will pay for them. This is called service authorization. Many of these services are noted in your Evidence of Coverage. Your provider may request an authorization on your behalf.

IMCare nurses and physicians make decisions based only on medical necessity if you are eligible for the benefit.

IMCare does not reward physicians or other people for issuing denials of care.

IMCare decision makers do not receive incentives to promote decisions that result in under-use of these services.

Health Care Directives

It is often difficult for individuals of any age to think about the care and treatment they want in the event they are not able to make their own health care decisions. However, completing a Health Care Directive is important for individuals age 18 years or older. This allows you to choose which medical procedures you do or do not want performed.

A Health Care Directive allows individuals to appoint someone they trust to make treatment decisions on their behalf and give instructions about their health care wishes.

Clinics, hospitals, Elder Circle, Senior Linkage (1-800-333-2433), IMCare Care Coordinators, and others can help you in obtaining and completing the forms. Please call IMCare at 218-327-6199 for assistance.
Ways to Wellness

IMCare offers disease management/chronic care improvement program for members 5 years and older with asthma, 18 years and older with diabetes, heart failure, and high blood pressure. The Ways to Wellness program is an educational program for members with these diseases. The purpose of this program is to help members to self-manage their condition. When you enroll you get:

- Support from a registered nurse
- Education about your condition
- Information on covered services
- Self-management techniques
- Coordination of care

Why enroll in the Ways to Wellness program?

- It is available at no cost
- It is educational
- It builds on information you already have
- It is supportive
- It is done over the phone and through the mail. You don’t need to leave your home.

If you choose to enroll, your covered services will remain the same. This service is a benefit and there is no charge to you. More information about the Ways to Wellness program and other health programs can be found at www.imcare.org. If you do not have Internet access, you can call IMCare’s Disease Management Coordinator at 218-327-5533 or ask your doctor for more information. Your membership in the Disease Management program is voluntary. If at any time you wish to stop participating in the program call us at 218-327-5533 or 1-800-843-9536 extension 2533.

ZERO TO THREE is a national nonprofit organization that offers parents and professionals the knowledge and the tools to encourage early development.

Neuroscientists have documented that our earliest days, weeks and months of life are a period of unmatched growth when trillions of brain cell connections are made. Research also tells us that health and development are directly affected by the quality of care and experiences a child has with his parents and other adults.

We know that as babies, the way we are held, talked to and cared for teaches us about who we are and how we are valued. This greatly shapes who we will become.

Early experiences set a course for a lifelong discovery about ourselves and the world around us. IMCare encourages you to learn more about very young children and early development by visiting the ZERO TO THREE website at http://www.zerotothree.org/parenting-resources/
Don’t Be S.A.D

Some people experience a serious mood change during the winter months. This condition is called Seasonal Affective Disorder (or SAD). It is a type of depression that occurs at the same time every year.

Don’t brush off this yearly slump as a case of the “winter blues”. Take steps to keep your mood steady throughout the year.

LET THERE BE LIGHT...
Make your environment sunnier and brighter. Reduced sunlight in the winter can cause a drop in a brain chemical called “serotonin” that may trigger depression. Open your blinds and sit closer to bright windows at home or in the office. Get as much natural sunlight indoors as you can.

THE GREAT OUTDOORS...
Despite the Minnesota cold, you should try to go outside every day. Bundle up and take a walk. Even on cold, cloudy days, outdoor light can help.

GET MOVING...
Regular physical exercise helps relieve stress and anxiety, both of which can increase Seasonal Affective Disorder symptoms and boost your mood.

STILL DOWN?
It’s normal to have some days when you feel down, but if you can’t seem to get motivated to do activities you normally enjoy, see your doctor. You may receive treatment used for more serious cases of Seasonal Affective Disorder.

Fight the Chill

Though many people like to stay inside in the winter, kids still like to play outside despite the cold weather. Before sending your child out to the bus stop, dropping them off at school, or taking them to a nearby snow hill, take a few moments to make sure they are dressed appropriately for the weather.

WHAT'S UNDERNEATH?
Look at what your child is wearing even before the winter coat or boots go on. They should be wearing a long sleeved shirt, long pants, and socks. Usually when it gets cold outside, it also gets cold inside some schools. Appropriate winter clothing also adds an extra layer for when kids are outdoors too.

DON'T FORGET WINDCHILL
It’s important to pay attention to both the temperature and the wind chill. Sometimes the actual temperature may not seem that cold, but once the wind chill is factored in, the temperature is dangerously cold.

WINTER GEAR MUST-HAVES
Most people know that children should wear a winter coat during these cold months, but forget about the extras. Snow pants are important for protecting your child’s bottom half from the cold. Also, boots with plenty of insulation will help keep children’s feet warm and dry.

Keep fingers, ears and cheeks warm with mittens, hats and scarves. The goal is to have as little exposed skin as possible. Covering your child’s skin will help protect them from frostbite and keep their skin from becoming dry and cracked.

RESOURCES
Many stores like Salvation Army, Goodwill and local thrift shops sell inexpensive children’s winter gear. Check for coat, hat and mitten donation drives in your community as well.
Get Your Flu Vaccines

The Center for Disease Control suggests that all people age 6 months and over should be vaccinated every year for influenza (flu). The flu is a contagious respiratory disease that can be prevented by getting the flu vaccine. It is not the same as the "stomach flu." The flu is caused by a virus that attacks the nose, throat, and lungs. The flu vaccine is a covered service for Itasca Medical Care members.

There are many reasons to get vaccinated each year. The vaccination can keep you from getting sick, protecting yourself from the flu also protects the people around you who are at risk for severe flu illness. It can help protect people who are at greater risk of getting severely ill from the flu, like older adults, people with chronic health conditions and young children (especially infants younger than 6 months old who are too young to get the flu vaccine). It may also make your illness milder if you do get sick and can reduce the risk of more severe flu outcomes, like hospital stays and deaths.

Itasca Medical Care encourages our member’s to get the flu vaccine. It can be received at your provider clinic, Public Health Flu Shot Clinic or at any network pharmacy.

When you receive your flu vaccine at a Public Health Flu Shot Clinic, a pharmacy or another clinic, please tell your clinic so that it can be recorded.

**Call for an appointment**
(218) 327-2941

Vaccines available to those without health insurance coverage of vaccines, no health insurance, and Minnesota Health Care Program insurance types.

- Chickenpox Vaccine
- Diptheria, Tetanus, Pertussis (DtaP)
- Hepatitis A Vaccine
- Hepatitis B Vaccine
- Haemophilus Influenza type B (Hib)
- Human Papilloma Vaccine
- Polio Vaccine (IPV)
- Rotavirus Vaccine
- Tetanus, Diptheria, Pertussis Vaccine (Tdap)
- Seasonal Influenza Vaccine (Flu shot or nasal spray)
- Measles, Mumps, Rubella Vaccine (MMR)
- Meningococcal Vaccine
- Pneumococcal “Pneumonia shot” (PPSV)
- Pneumococcal Conjugate Vaccine (PCV-13)
- Tetanus/Diptheria Vaccine (Td)
- Zostavax Vaccine “Shingles Shot”
"Minnesota law requires written proof of certain vaccinations for children in child care, early childhood programs and school. However, if a child has a medical reason or if his/her parents are conscientiously opposed to any or all vaccinations, a legal exemption is available."

— Minnesota Department of Health

**Abbreviation Key:**
DTaP/Tdap: diphtheria, pertussis (whooping cough), tetanus | Hib: Haemophilus influenzae type b | MMR: measles, mumps, rubella

**For more information:** tinyurl.com/MNimmunizationLaws

Source: Minnesota Department of Health
Kid’s Coloring Page
Vaccine Preventable Diseases

- Diphtheria
- Hib
- Hepatitis B
- Influenza
- Measles
- Pertussis
- Mumps
- Pneumococcal
- Polio
- Rubella
- Tetanus
- Varicella
What is Stroke?

Stroke is a disease that affects the arteries leading to and within the brain. It is the number 5 cause of death and a leading cause of disability in the United States.

A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts (or ruptures). When that happens, part of the brain cannot get the blood (and oxygen) it needs, so it and brain cells die.

**What are the types of stroke?**
 Stroke can be caused either by a clot blocking the flow of blood to the brain (called an ischemic stroke) or by a blood vessel rupturing and preventing blood flow to the brain (called a hemorrhagic stroke). A TIA (transient ischemic attack), or "mini stroke", is caused by a temporary clot.

**What are the effects of stroke?**
The brain is an extremely complex organ that controls various body functions. If a stroke occurs and blood flow can't reach the region that controls a particular body function that part of the body won't work as it should.

IMCare Education Sessions

Do you have questions about your health care coverage with IMCare?

IMCare offers monthly education sessions designed to help you understand your coverage benefits. These sessions are **NOT** mandatory, but are very helpful.

The sessions are held on the third Wednesday of each month at 1:00 p.m. at the Itasca Resource Center (IRC). Please check with the IRC front desk to verify the room number. For more information, call Member Services at 218-327-6188 or toll free 1-800-843-9536.
IMPORTANT PLAN INFORMATION