



Oklahoma
HealthCare
Authority

SoonerCare Companion
Fall 2015

Oklahoma Durable Medical Equipment Reuse Program



Oklahoma ABLE Tech partners with the Oklahoma Health Care Authority (OHCA) to provide the Oklahoma Durable Medical Equipment Reuse Program (OKDMERP). The program is designed to reuse durable medical equipment (DME) that is no longer needed and reassign it to Oklahoma residents who are in need at no cost.

OKDMERP retrieves donated equipment; sanitizes and refurbishes devices returning them to peak performance; works with DME vendors to repair equipment if needed to ensure quality; and reassigns DME to the eligible client.

Although priority is given to SoonerCare members, this program is open any Oklahoma resident who is in need of DME, regardless of income.

Remember, any individual can also donate gently used equipment to the program to help another Oklahoman in need. To view a list of available equipment and read more about OKDMERP, visit www.ok.gov/abletech/DME_Reuse/ or you can call 405.523.4810 with any questions.

What DME is offered?

- Bath benches
- Blood pressure monitors
- Commodes
- CPAPs
- Gait Trainers
- Hospital Beds (Electric & Semi-Electric)
- Knee walkers
- Nebulizers
- Patient Lifts
- Quad Canes
- Scooters
- Shower Chairs
- Standers
- Walkers
- Wheelchairs (Manual & Power)



SoonerCare Now Covers Incontinence Supplies for Children

Children ages 4 through 20 may be able to get diapers/briefs, wipes and underpads covered under their SoonerCare benefits. These items must be medically necessary for the child and do require prior authorization. To find out if your child could be covered for these items, talk to your medical home provider. If the prior authorization is approved, you will receive a call from the supplier, People First Industries. Their staff will work with you to confirm your address and answer any questions you may have. Products will be shipped to the address you provide. If you have any questions about this process, call the SoonerCare Helpline at 800.987.7767.

MySoonerCare Story: Latoya Marie



Being enrolled in SoonerCare while pregnant empowered me to have two healthy pregnancies and healthy kids, Jeremiah (age 12) and Kasharri (age 4). Truly, without SoonerCare, my family and I would not have access to quality health care and my pregnancies and deliveries may have not have turned out as well.

My kids are able to have yearly well-child checkups plus dental and vision checks. When they are sick, I know I can take them to the doctor without having to worry I can't afford to.

Without SoonerCare, I would not been able to afford braces and eye glasses for Jeremiah. Now Jeremiah has good oral health which has helped him become a more confident child. If SoonerCare did not pay for him to get glasses and eye care treatment, his vision would be poor, and he would probably struggle more in school due to lack of vision problems.

Kasharri is able to go to well-child checkups to monitor her growth, as compared to other children in her age bracket, to make sure she is growing up healthy.

SoonerCare has helped me develop healthy goals and outcomes for my family. Now I am more conscious of the health risks from obesity and now able to really focus on preparing healthy meals and creating a healthy lifestyle for my family.

Because of SoonerCare, my children have gained personal responsibility with their health through their interactions with their doctors. They look forward to going to their well-child checkups and being able to ask questions. We all have been able to form and maintain relationships with their doctors. It is not just up to the provider to provide quality health care for you, it is your personal responsibility to take charge of your health and get involved. I encourage you to ask questions and not just hold your provider accountable for your health.

Thank you SoonerCare for providing my children and me with outstanding health, vision, and dental services!

How has SoonerCare helped you and your family?

Share a few sentences or your full story on how SoonerCare has had a positive influence in your life!

Visit www.okhca.org/mysoonerCare

We know your kids are already back in school and ready to have a successful school year! Part of a successful school year is making sure your kids are healthy. SoonerCare is ready to team up with you to get your kids on track to a bright future!



Healthy Eyes

Did you know that more than 12 million school-aged children have some form of vision problem?

Last year SoonerCare paid for more than 130,000 children to get eye care treatment. If you notice your child squinting, sitting too close to the television, getting headaches or rubbing his/her eyes, it may be time for you to get your child in to see a SoonerCare eye doctor. Remember, it is important to get your child's eyes checked once a year.

Healthy Teeth

SoonerCare medical homes now have a new opportunity to help prevent tooth decay in children. SoonerCare covers fluoride varnish to be applied at your child's well-child visit. Fluoride helps prevent and slow down the decay process on teeth.

When do children need the varnish?

Infants and children with moderate or high risk of developing caries (cavities) may need varnish.

A child may need fluoride varnish if he/she:

- Breastfeeds on demand at night
- Has a developmental disability
- Chronically uses high-sugar oral medications
- Had cavities in the past, white spots on the teeth or stained teeth crevices
- Continues to use the bottle past one year of age or sleeps with a bottle containing liquid other than water

Fluoride varnish is available in different flavors and does not have bitter taste. It is quick and easy to apply (usually one minute per patient). It can be applied without using any dental equipment. This makes it a simple, non-scary process for children that can help keep their teeth healthy and their smile bright. Ask your SoonerCare doctor about this at your next visit!



SoonerRide
877-404-4500

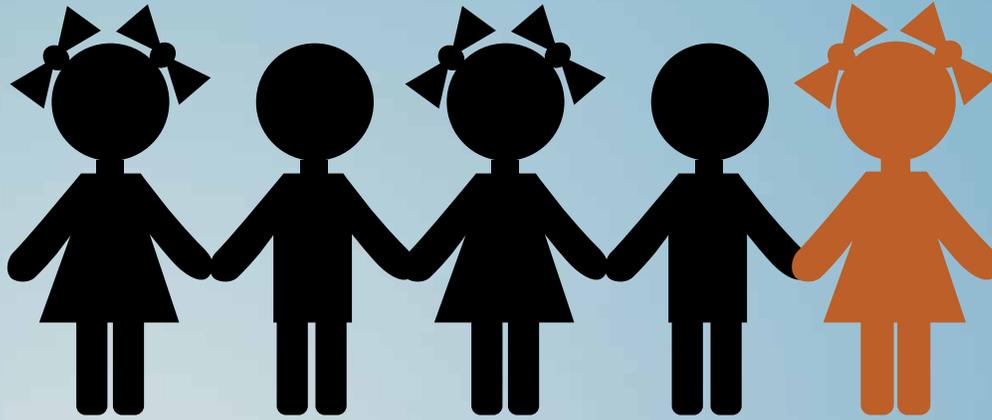


Online Enrollment/Renewal
www.mysoonercare.org



SoonerCare Helpline
800-987-7767

Don't Delay, Immunize Today!



1 in 5 children are still missing out on routine life-saving immunizations which could prevent 1.5 million deaths each year from preventable diseases.

**Oklahoma
Ranks
47th**

...in the nation for the percent of children (19-35 months) who are up-to-date with their immunizations.

Immunization Myth

Some people have had concerns that Autism Spectrum Disorder (ASD) might be caused by the vaccines children receive, but studies have shown that there is no link between receiving vaccines and developing ASD. In 2013, the Centers for Disease Control (CDC) released research showing that vaccines do not cause ASD.



Save your child's life

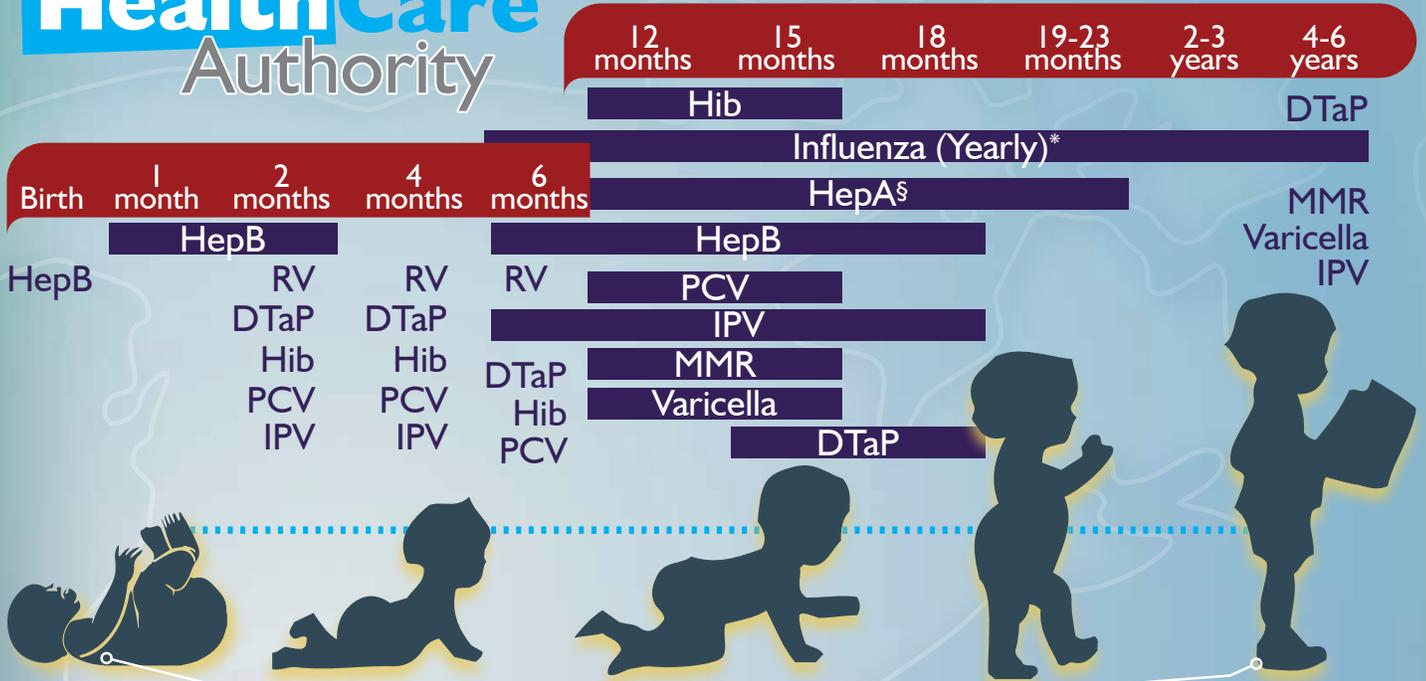
Fewer missed work days and school days

Protects your family, friends, and community

Serious, yet preventable diseases, are still out there

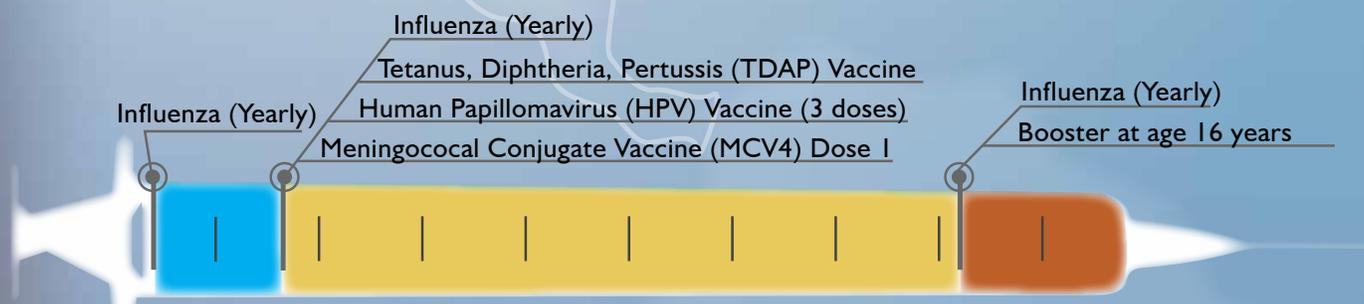
Vaccines are safe and effective

Oklahoma HealthCare Authority



Footnotes: *Two doses given at least four weeks apart are recommended for children aged 6 months through 8 years of age who are getting an influenza (flu) vaccine for the first time and for some other children in this age group.
 §Two doses of HepA vaccine are needed for lasting protection. The first dose of HepA vaccine should be given between 12 months and 23 months of age. The second dose should be given 6 to 18 months later. HepA vaccination may be given to any child 12 months and older to protect against HepA. Children and adolescents who did not receive the HepA vaccine and are at high-risk, should be vaccinated against HepA.

7-10 Years 11-12 Years 13-18 Years



Source: www.cdc.gov; Sept. 2015

SoonerCare FAQs

1. I got a bill from my doctor's office, and I have SoonerCare coverage, who do I call about this?

Call the SoonerCare Helpline at 800.987.7767. Please make sure to have the bill by you so you can answer any questions the representative may ask about the bill.

2. I got a letter from OHCA asking for my proof of income. What do I do?

In the letter, there are instructions on where to send the information that SoonerCare is asking from you. When sending proof of income, SoonerCare needs your most current (from the last 30 days) paystubs. You can upload the information to your online account page (www.mysooner.org) or mail the information to: PO Box 548804, Oklahoma City, OK 73154. If you have questions about what to send, call the SoonerCare Helpline at 800.987.7767.



Let's Get Up and Move!

Did you know by just adding a little movement in your everyday life can help your health? Taking time to stand up throughout the day, stretch and move around can help decrease your chances of getting diabetes and heart disease plus help you lose weight and feel great!

Join us in the September SoonerFit Challenge "Choose2Move" and together lets be committed to get up and move at least three minutes every hour!

To take old challenges and sign up for new challenges, visit www.SoonerFit.org!

Ideas for SoonerFit Challenge:

- **A short walk with a friend or co-worker**
- **A few stretches when on the phone**
- **A few chair or couch squats during commercials when watching TV**
- **Taking one flight of stairs more than you did yesterday**

www.SoonerFit.org

This newsletter is for SoonerCare Choice members. It will tell you about any changes or updates to your SoonerCare benefits. It will also give you other useful news to help keep you healthy. However, if you have specific questions about your health, please talk to your doctor.

Disclaimer: Clinical, legal and other comments are offered for general information only. Please talk to your doctor about specific health concerns.

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ok.soonercare

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Oklahoma Cares: Breast and Cervical Cancer Treatment Program

Did you know that breast cancer is the most common cancer among women in the United States (other than skin cancer)? Thanks to programs like Oklahoma Cares, millions of women are surviving the disease. Oklahoma Cares allows Oklahoma women to receive treatment for both breast and cervical cancer.



If you are a woman between the ages of 19 and 64, meet income guideline and uninsured, you may be eligible for Oklahoma Cares. Woman must have already been diagnosed with or received an abnormal screening for breast or cervical cancer to qualify. Woman who have a precancerous condition may also qualify.

Qualified women will receive precancer, breast and cervical cancer diagnosis and treatment, as well as SoonerCare coverage that includes the full range of services (not only cancer treatment). To find out if you qualify for Oklahoma Cares, visit www.okhca.org/oklahomacares or call 866.550.5585.

Pregnancy and Medications



Are you currently on over-the-counter or prescription medication from your doctor and are pregnant?

If so, please talk to your SoonerCare provider about any side effects that could affect your unborn baby. Your health care provider will be able to make recommendations on which medications are safe to take during your pregnancy. Pregnant women should not stop or start taking any type of medication without first talking with a doctor.

Women who are planning to become pregnant should also discuss any medications they are taking with their doctor before trying to become pregnant to ensure they are taking only medications that are necessary.

SoonerCare Helpful Tips

1. Did you know that SoonerCare needs your baby's Social Security number before he/she turns 1 year old? If you haven't provided SoonerCare with that information by the your baby's first birthday, your baby's SoonerCare coverage could end. Please call the SoonerCare Helpline with the information.

2. Did you know you can now receive your correspondence from SoonerCare by email? Log into your SoonerCare account, go to the Contact page and change the option to receive correspondence to "email" or call the SoonerCare Helpline at 800.987.7767.



SoonerFit.org Youth Art Contest

SoonerFit needs your help to show us “what healthy looks like” to you!

Calling all children under age 18 to draw a picture that answers “what healthy looks like.” Any materials may be used- paint, crayons, colored pencils, markers, charcoal or others. Paper size must be on an 8.5” x 11.” Please put “Healthy Looks Like..” on the upper left corner of the artwork.

Each entry must have the artist’s complete contact information (artist’s name, age, city and school), as well as the parent/legal guardian’s name, phone number and email address on the back of the artwork. If you submit your artwork by email, you can include the contact information in the body of the email with the artwork attached. If emailing your artwork, please save the original.

Send all mailed entries to: OHCA, Attn: HPCR, 4345 N. Lincoln Blvd., Oklahoma City, OK 73105. They must be postmarked by Oct. 16, 2015. Send email entries to: OHCAsoonerfit@okhca.org. **To view full rules, details and prize info, go to www.SoonerFit.org**