



SUMMER 2009
3RD QUARTER

Atlantis Health Plan Member Newsletter

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Atlantis Health Plan is proud to announce that we have partnered with **Healthwarehouse.com**. Atlantis Members who visit any AMG location can now have a three month supply of their generic prescriptions filled free of charge and mailed to their home. Please visit the AMG website for locations and more information.
www.atlantismedicalgroup.com

For additional information please contact the Sales and Support Department at salesupport@atlantishp.com

Summer Tips:

For many, summer means taking some time off work and adopting a more laid back attitude. With more time on your hands maybe you can start to focus on you. Experts suggest simple changes this season to boost personal health.

1. Give Your Diet a Berry Boost

Have a cup of mixed fresh berries every day. They'll help you load up on antioxidants, which may help prevent damage to tissues and reduce the risks of age-related illnesses.

2. Get Dirty - and Stress Less

To improve your stress level, plant a small garden, or plant a few flower pots - indoors or out. Being mentally grounded can help relieve physical and mental stress.

3. Floss Daily

Flossing every day reduces oral bacteria, which improves overall body health. Floss daily and you're doing better than at least 85% of people.

4. Get Outside to Exercise

Pick one outdoor activity - going on a hike, taking a nature walk, or swimming, etc - to shed that cooped-up feeling of gym workouts.

5. Be Good to Your Eyes

To protect your vision at work and at play, wear protective eyewear. When outdoors, wear sunglasses that block at least 99% of ultraviolet A and B rays.

6. Vacation Time!

Improve your heart health: take advantage of summer's slower schedule by using your vacation time to unwind and destress.

7. Sleep Well

Try keeping the same bedtime and wake-up schedule and not drinking alcohol within three hours of bedtime.

There they are! Try one or try them all. They're so easy you won't even know they're -- shhhh -- good for you.

<http://www.free-articles-zone.com/article/24170/8> Summer Steps for Healthy Living



ATLANTIS HEALTH PLAN IS PROUD TO ANNOUNCE THAT WE HAVE MOVED TO A NEW LOCATION. PLEASE UPDATE YOUR RECORDS AND BE SURE TO DIRECT ALL CORRESPONDENCE TO THE NEW ADDRESS:

Atlantis Health Plan
45 Broadway
Suite 300
New York, NY 10006



What's my Next Step?

STEP ONE:

VISITING YOUR PRIMARY CARE PHYSICIAN (PCP) / REFERRAL

Q: How do I choose or change my primary care physician?

A: Please visit our website at www.atlantishp.com and click on the new PCP link to submit your request electronically or call our customer service line toll free at 866-747-8422.

Q: What if I want to see a doctor who is out of network?

A: Classic Plus Members may see providers outside of the network; however members are subject to a deductible and co-insurance. If Classic or HNY members see providers outside of the network they will be subject to 100% of the charges incurred.

Q: If I need to see a specialist, will I need a referral?

A: Atlantis does not require referrals for specialists.

STEP TWO:

FILLING MY PRESCRIPTION

Q: Are prescription drugs covered?

A: Atlantis offers various prescription drug benefit programs. Please refer to your Summary of Benefits or contact your Benefit Administrator for details about your prescription plan.

STEP THREE:

PAYMENT

Q: Do I have to pay a deductible or co-insurance?

A: Deductible and co-insurance apply only to members with a POS product who see out-of-network physicians.

STEP FOUR:

HOW DO I SUBMIT A CLAIM?

Q: Do I need to submit claim forms?

A: With the Classic Plan, your provider will submit your claims. With the Classic Plus Plan if you go to an out-of-network provider, it is your responsibility to submit the claim form to Atlantis.



Swine Flu and You

PROTECT YOURSELF FROM GETTING SICK

- Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious foods.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water (for at least 25-20 seconds), especially after you cough or sneeze. Alcohol-based sanitizers are also effective. If using gel, rub your hands until the gel is dry. The gel doesn't need water to work; the alcohol in it kills the germs on your hands.
- Avoid touching your eyes, nose or mouth. Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth. Some viruses and bacteria can live two hours or longer on surfaces like cafeteria tables, doorknobs and desks.
- Try to avoid close contact with sick people. Don't travel to places where outbreaks have been confirmed unless absolutely necessary.
- Swine influenza viruses are not spread by food. You cannot contract swine influenza from eating pork or pork products. Eating properly handled and cooked pork products is safe.

To learn more about the swine flu, please visit: <http://www.cdc.gov/>.





MEMBER RIGHTS AND RESPONSIBILITIES:

1. To obtain complete, current information concerning a diagnosis, treatment and prognosis from a physician or other provider in terms that you can be reasonably expected to understand. When it is not advisable to give such information to the Member, the information will be made available to an appropriate person on the Member's behalf.
2. To receive information from a physician or other provider necessary to give informed consent prior to the start of any procedure or treatment; and to refuse treatment to the extent permitted by law and to be informed of the medical consequences of that action.
3. To participate in decisions relating to your healthcare. Working with your doctor, you can decide whether to accept or reject proposed medical treatments. That right extends to situations where, because of your medical condition, you are unable to communicate with your doctor or the hospital. This is done by the creation of an Advance Directive.

24-7 MEDICAL HOTLINE

Save your sick time for when you really need it!

Atlantis Health Plan offers our valued members a FREE 24-7 Local Medical Hotline answered by physicians.

Our 24-7 Medical Hotline provides our members with **FREE MEDICAL ADVICE** by physicians over the telephone. In addition to preventing unnecessary emergency room visits, members will receive quick, sound medical information from practicing physicians.

Benefits to utilizing the 24-7 Medical Hotline

- A practicing physician available to speak ANYTIME
- No cost to Atlantis Members
- General information on all types of health concerns
- Save money by avoiding co-pays associated with provider visits
- Expert Medical Advice
- Answers about medical usage and interaction

IMPORTANT: In life threatening emergencies, call 911 or go directly to the nearest hospital emergency room for treatment.

Physicians at your fingertips **347.537.8789**

HEALTH: SUN SAFETY 101



The good weather's finally here, and we're all eager to get out in the sun and fresh air. Spending time outdoors is part of a healthy, active life. But whether you enjoy tennis, hiking, gardening, or running, take some precautions when you're out in the sun.

More than 1 million skin cancers are diagnosed each year in the United States. That's more than cancers of the prostate, breast, lung, colon, uterus, ovaries, and pancreas combined.

Most skin cancers are caused by too much exposure to ultraviolet (UV) rays. Much of this exposure comes from the sun, but some may come from manmade sources, such as tanning beds.

Are you sun-safe every day? Check your knowledge with this Q&A.

What's Your Sun Safety IQ?

What are the two most common (and painful!) sunscreen mistakes?

Using too little and waiting too long to reapply. To be sun-safe, use a palmful of sunscreen and reapply at least every 2 hours, and even more often if you are swimming or sweating.

If I'm wearing sunscreen, I can stay in the sun as long as I want. True or false?

False. Sunscreen doesn't provide total protection from ultraviolet (UV) rays, so it's not smart to broil in the sun for hours. Seek shade and limit your time in the sun at midday. Cover up with a shirt or wear a wide-brimmed hat. And don't forget sunglasses to protect your eyes.

Getting a "base tan" at an indoor tanning salon is as good way to prevent sunburn when I go to the beach later this summer. True or False?

False. There is no such thing as a "safe tan." A "base tan" may, in fact, increase the chance you'll get a burn, because you're likely to stay out longer without properly protecting your skin. Also, tanning itself injures the skin. You don't see the UV damage to deeper layers, but it builds up from every tan and burn you've ever had.

I can't get skin cancer, because my routine doesn't include any outdoor activities. True or false?

False. Brief sun exposures all year round can add up to skin damage. For example, if you drive your car during peak sun hours, you're bathing your arms and hands in damaging UV rays.

Cover up

When you are out in the sun, wear clothing to protect as much skin as possible. The ideal sun-protective fabrics are lightweight, comfortable, and protect against exposure even when wet.

Use a sunscreen with a sun protection factor (SPF) of 15 or higher

Experts recommend products with a sun protection factor (SPF) of at least 15. The SPF number represents the level of protection against UVB rays provided by the sunscreen -- a higher number means more protection. Be sure to read the label before you buy.

Use 1 ounce of sunscreen (a "palmful") to cover your arms, legs, neck, and face. For best results, reapply every 2 hours -- even more if you are swimming or sweating. Don't forget to protect your lips by using a lip balm with SPF. And don't skip it just because it looks overcast outside: UV light still comes through on hazy days.

For more information and complete article, please visit http://www.cancer.org/docroot/SPC/content/SPC_1_Sun_Safety_101.asp

Cut the Salt! And lower your blood pressure and risk of heart attack and stroke.

Too much salt is harmful.

On average, people eat much more salt than they should.

- It's the sodium in salt that makes blood pressure go up.
- Cutting down on salt helps prevent and control high blood pressure.
- Most people should eat no more than 1,500mg of sodium per day.
- Even people with normal blood pressure benefit from lower blood pressure. Lower blood pressure=less risk of heart attack and stroke.

Most restaurant meals and processed foods are full of salt.

Your salt shaker is not the biggest culprit!

- Most of the salt we eat— almost 80% — comes from packaged, processed and store-bought food, and from restaurant meals (including fast food).
- Only about 10% of the sodium in our diet comes from salt we add during cooking or at the table.
- The rest is found naturally in food.

Check food labels before you buy.

Chicken & Rice Soup	
Nutrition Facts	
Serving Size 1 cup (239g)	
Servings Per Container 2	
Amount Per Serving	
Calories 100	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 870mg	36%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%

Read the Nutrition Facts label to choose products with less sodium.

- This can of chicken & rice soup has 870mg of sodium per serving. That is a lot! Most people should eat no more than 1,500mg of sodium per day.
- Be sure to check the serving size and the number of servings per container.
- This can contains two servings, so if you eat the whole can, you'll get TWICE as much sodium — more than you should eat in a day!

Compare the amount of sodium in different brands.

Salty foods don't always TASTE salty, so always check the label.

Eating out

- Ask for your meal to be prepared without added salt.
- Some restaurants — especially chain restaurants — provide nutritional information. Ask for a copy.

Shopping for food

- Fresh foods like vegetables and meats usually have less salt than canned or processed foods.
- Canned items such as beans and soup broth can be very high in salt. Look for "low-sodium" or "no-salt-added" versions.
- Processed foods marketed as "healthy" may have a lot of sodium. Always check the label.
- Pickles, olives and other preserved foods are usually very high in sodium.

At home

- Cut down on salt gradually, over a few weeks or even months. You'll be less likely to notice a difference.
- Snack on fresh fruits and vegetables instead of salty chips and popcorn.
- Try ½ teaspoon of salt when recipes call for 1 teaspoon.
- Be aware that some seasonings like adobo, garlic salt and lemon pepper contain salt.
- Create your own salt-free seasonings using oregano, basil, celery seed, curry powder, cayenne pepper or other herbs and spices to add flavor.
- Squeeze fresh lemon or lime juice on a dish just before serving to brighten the flavor.
- Many salt substitutes contain potassium. If you are taking a long-term medicine or have kidney disease, talk to your doctor before using a salt substitute.

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nyc.gov/health

Atlantis Health Plan

By Doctors. For New Yorkers.

45 BROADWAY, SUITE 300 | NEW YORK, NY 10006
www.atlantishp.com
ADMINISTRATIVE / GENERAL TOLL-FREE NUMBER 866-747-8422

