

Quarterly Newsletter

QUEST Integration

Winter, 2017



What to do about the flu

The flu is worse than the common cold, so do what you can to prevent it. Here are five ways you can stay healthy this flu season:

- #1 Get your flu shot
- #2 Don't touch your face
- #3 Sneeze/cough into your elbow
- #4 Wash your hands
- #5 Stay home if you're sick

To learn more about the flu and where to get your flu shot, visit kp.org/flu

Reach your health goals

With a coach in your corner

Are you looking to make a lifestyle change? If so, we're here to help you take that first step. You can call our wellness coaches for free at times that work for you. Our coaches can help you quit smoking, manage your stress, watch your weight, and more. Getting started is easy. For details, visit kp.org/wellnesscoach or call **(866) 862-4295**.

Cost of smoking

How much money have you spent on cigarettes in the past three months? How much will you spend on them in the future? While you may be surprised at how much you spend on cigarettes, smoking costs even more when you consider illnesses caused by it.

The more you smoke, the more costs will add up from smoking-related health problems such as lung cancer and heart disease. Here are some ways you can prepare yourself to save your health, and your wallet by becoming a nonsmoker.

- #1 List all the reasons you want to quit. Every night before going to bed, repeat one of those reasons 10 times.
 - #2 Think of personal reasons to quit like your health and loved ones. Even think of all the time you waste taking smoke breaks.
 - #3 Prepare your body. Start a workout program, drink more fluids, and get plenty of rest.
 - #4 Set a date for quitting — perhaps a special day such as your birthday.
- Find helpful tips to quit smoking by visiting kp.org/quitsmoking.

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Outstanding specialty care

Every body is different. Which is why, when it comes to taking care of your health, it's important to have access to a wide range of specialty services, no matter your age, lifestyle, or situation. Our specialists work together to give you the care you need, when you need it, without barriers. With over 500 doctors in more than 60 specialties, we've got you covered. For more information and a complete list of our specialties, visit kp.org/hawaiispecialty

174 of our doctors voted best of the best

At Kaiser Permanente, we pick the best doctors, and provide them with the freedom — and team support — to give you the best care in any situation. In fact, 174 of our doctors were recognized last year by Best Doctors Inc. and Castle and Connolly. With so many great doctors in one place, we make it easy for you to choose one you'll love while getting the care you need. Find your perfect doctor at kp.org/chooseyourdoctor.

Services for children

Regular medical visits are very important to keep your child healthy. These visits will help keep your child well and prevent illness and the spread of disease. Your child's regular checkups, immunizations (shots), and screening tests are included in well child care at no cost.

For members under age 21, the QUEST Integration program provides these preventative services in a program called Early and Periodic Screening, Diagnosis, and Treatment (EPSDT). Your child will be examined periodically to check for any illness. Checkups are needed more often in the child's first years and less often as he or she grows older (see examination and vaccine schedule below). Some children look healthy but have hidden health problems. Screening tests, such as blood tests, give the doctor information about your child's health. If any health problems are found, the doctor looks for their cause, makes a diagnosis, and orders treatment.

These medically necessary services, including behavioral therapy for children, are provided at no cost to you. The behavior therapies include intensive behavioral therapy for children with autism spectrum disorder (ASD) that include applied behavioral analysis (ABA) for the treatment of children with an autism spectrum disorder (ASD) diagnosis.

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Reminders of the next EPSDT appointment will be made by phone and email through kp.org.

Here is what to expect at your child's EPSDT checkups:

- Height, weight, and blood pressure checks
- Eye exams
- Hearing tests
- Lab tests
- Need for dental referral
- Immunizations
- Lead and tuberculosis (TB) assessments and screening
- Developmental/Behavioral, Mental and Physical assessments and screening
- Screening for behavioral health or substance abuse
- Medications – including fluoride and multivitamins
- Referrals to specialist if problems found during exam
- Health education and guidance about your child's health care
- Education and guidance for growth and development
- Information regarding accessing care – appointments, advice nurse, after-hours care

When should my child have their physical examinations or vaccines?

Use this schedule to remind you when to make appointments for your child. Let your child's health care provider know if your child is ill or taking medicines (such as steroids) that may suppress their immunity. This schedule may change based on your child's health care needs. Please check with your child's health care provider.

Physical exams are advised once yearly from age 2 – 6 years, then once every other year. More exams may be needed depending on your child's health care needs.

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YOUR HEALTHY CHILD'S EXAMINATION AND VACCINE SCHEDULE		
AGE	PHYSICAL EXAM	VACCINE TYPE
Birth		Hepatitis B (HepB) Birth dose
2–3 weeks	Physical exam	
2 months	Physical exam	Diphtheria-Tetanus-acellular Pertussis (DTaP), Haemophilus Influenza B (Hib), Polio, Pneumococcal Conjugate Vaccine (PCV), HepB, Rotavirus
4 months	Physical exam	DTaP, Hib, Polio, PCV, Rotavirus
6 months	Physical exam	DTaP, Hib, Polio, PCV, HepB, Rotavirus
9 months	Physical exam	
12–13 months	Physical exam	Hepatitis A, Measles-Mumps-Rubella (MMR), Varicella
14–15 months	Physical exam	DTaP, Hib, PCV
18 months	Physical exam	Hepatitis A
24–25 months	Physical exam	
3 years	Physical exam	MMR, Varicella
4 years	Physical exam	DTaP, Polio
5 years	Physical exam	DTaP, Polio (if not done at age 4 years)
6 years	Physical exam	
7–13 years	Physical exam every other year	11–12 years: Tetanus-Diphtheria-acellular Pertussis (Tdap), then Tetanus (Td) every 10 years; Meningococcal Conjugate, Human Papillomavirus (HPV) series of three doses for both girls and boys.
14–21 years	Physical exam every other	Catch-up vaccines