



# A Legacy *of Good Health*

SUMMER 2015

## When being hot is not so cool

Extreme temperatures can trigger heat-related illnesses

**YOUR** body can only take so much exposure to extreme heat. In extreme heat, your body temperature can rise rapidly and sweat may not be enough to cool you down. Very high body temperatures can lead to heat illnesses, which have the potential to damage your brain and other vital organs.

Here are some common heat illnesses.

### Heat cramps

People who sweat a lot during strenuous activity are prone to heat cramps. Sweating depletes the body's salt and moisture. The low salt level in the muscles causes painful cramps. Heat cramps are often an early warning sign that the body is having trouble with the heat.

**Signs and Symptoms:** ▶ Painful spasms, usually in the arms, legs or abdominal muscles. ▶ Heavy sweating.

**First Aid:** ▶ Stop what you're doing, and sit quietly in a cool place. ▶ Gently massage affected muscles to relieve spasms. ▶ Sip cool water, clear juice or a sports beverage (stop drinking if you become nauseated). ▶ Don't return to strenuous activity for a



few hours after the cramps subside. ▶ Get medical help if the cramps don't diminish in an hour.

### Heat exhaustion

The body loses an excessive amount of water and salt, usually through sweating.

**Signs and Symptoms:** ▶ Heavy sweating. ▶ Weakness. ▶ Cool, moist, pale or flushed skin. ▶ Fast, weak pulse. ▶ Nausea, fainting or vomiting.

**First Aid:** ▶ Move to a cooler area. ▶ Rest. ▶ Loosen or remove tight clothing. ▶ Take a cool shower, bath or sponge bath. ▶ Slowly sip cool, nonalcoholic beverages. ▶ Seek medical attention if symptoms get worse or last longer than one hour.

### Heatstroke

The body's temperature control system stops working. As a result, the body's temperature rises rapidly, its sweating mechanism fails and the body can't cool down. Heatstroke is a medical emergency.

**Signs and Symptoms:** ▶ High body temperature (above 103 degrees). ▶ Red, hot, dry skin. ▶ Rapid, strong pulse. ▶ Throbbing headache. ▶ Dizziness. ▶ Nausea. ▶ Confusion. ▶ Unconsciousness.

**First Aid:** ▶ Call 911. ▶ Move the person to a cooler, shadier place. ▶ Remove excess clothing. ▶ Cool the person down using whatever is available, such as a cool bath or shower, a cool sponge bath, or cool water from a garden hose. ▶ Do not give the person fluids containing alcohol.





# A healthier you can mean a healthier baby

When you're pregnant, the best way to take care of your baby is to take care of yourself

**HERE** are some important ways to keep yourself and your baby in good health.

**See your doctor.** Prenatal care is the care you receive during your pregnancy. During these visits, your doctor will:

- ▶ Talk with you about how to give your baby a healthy start in life.
- ▶ Answer any questions you may have.
- ▶ Check to make sure you and your baby are healthy.

Checkups also give your doctor a chance to find and treat any problems early.

**Eat right.** To eat well during pregnancy, choose good foods. Try to eat low-fat foods and plenty of:

- ▶ Fruits and vegetables.
- ▶ Whole grains.
- ▶ Protein.
- ▶ Foods with calcium. Smart choices include low-fat milk and yogurt.

Cook meat, eggs and fish all the way through, and avoid soft cheeses. This can help keep you from getting sick.

**Be active.** Exercising when you're pregnant is good for you. It can:

- ▶ Help labor and delivery go more smoothly.
- ▶ Make it easier to get back in shape after having your baby.

Light exercises, such as walking or swimming, are usually best. Check with

your doctor about other kinds of exercise. It's best not to do activities that involve jumping or quick stops and starts. If you aren't already active, make sure to start slowly. Try not to do too much at once.

Here are a few more tips to help you have a healthy pregnancy:

**Find out how much weight to gain.**

For many women, 25 to 30 pounds is about right. You may need to gain more or less depending on what you weighed before pregnancy. Your doctor can tell you how much is OK for you. Just don't try to lose weight during pregnancy.

**Get enough folic acid.** To help prevent certain birth defects, you should get 400 to 800 micrograms of folic acid a day. Ask your doctor about taking a multi-vitamin or prenatal vitamin.

Also be sure to:

- ▶ Stay away from tobacco, alcohol and drugs. Ask your doctor how to quit if you need to.
- ▶ Talk to your provider about any medicines or supplements you take.
- ▶ Limit coffee and other drinks with caffeine to one or two cups a day.
- ▶ Have someone else change the litter box if you have a cat. This can help prevent toxoplasmosis, a disease that can seriously harm unborn babies.
- ▶ Talk to your doctor about getting shots you may need, including a flu shot.

Source: Office on Women's Health

## Kern Legacy members

You can choose any network physician for OB-GYN services without obtaining a referral from your primary care provider. Your physician can perform labs and ultrasounds in his or her office. If your physician is unable to provide these services, go to [www.kernlegacyhp.com](http://www.kernlegacyhp.com)

and click on "Provider Directory." You can select any network location listed there.

### Inpatient and outpatient OB-GYN procedures

Procedures including hysterectomy or endometrial ablation, inductions, cesarean section, and nonscheduled deliveries, must be performed at a network hospital facility or a

network outpatient surgery center. Kern Medical Center (KMC) is the only network hospital in the Bakersfield area. If your physician does not utilize one of the network hospital facilities or surgery centers, Kern Legacy will direct your care to be performed at KMC by a KMC specialist.

Please call Member Services at 661-868-3280 for additional details.

# KMC's Small Wonders Birth Center

We deliver! A nurturing place to welcome your baby

**WHEN** it's time to deliver your baby, we have just what you need the most: a warm, caring, family-focused birthing center and the expertise and quality of care that can give you peace of mind.

## Your plan, our goal

Meeting your needs and making the birthing process a safe and family-centered experience are our priorities.

### **Kern Medical Center's (KMC) Small Wonders Birth Center offers:**

- ▶ Newly expanded postpartum unit offering private rooms.
- ▶ OB specialists and anesthesia providing in-house, 24-hour care.
- ▶ Individualized delivery and pain-control options based on mother's requests.
- ▶ Immediate skin-to-skin contact between mother and baby after birth and throughout your stay.
- ▶ Patient- and family-centered care promoting "rooming-in" that enhances mother-baby bonding, with your baby remaining by your side.
- ▶ Level II neonatal intensive care unit with 28 licensed beds.

## Here for you

Our staff works to encourage mother-baby bonding and ease the transition to parenting a newborn. The doctors and nurses are here to answer your questions and give you the tools you need to feel confident in your new role.

Our nurses and lactation consultants can help you establish a good feeding routine before you leave the hospital with your newborn. And our staff is available



24 hours a day to answer questions and provide support.

## Lab and ultrasounds

Kern Legacy understands that it can be a challenge to go from a doctor's appointment to a lab or radiology facility for your care. For your convenience, your doctor can perform these services in his or her office. If your doctor does not provide these services, you can utilize any of our network providers. Go to [www.kernlegacyhp.com](http://www.kernlegacyhp.com) to find a complete listing of providers, or call **661-868-3280** to reach our helpful Member Services team.

## Delivering at KMC

KMC is the only network hospital facility in the Bakersfield area. Although you can continue treatment during your pregnancy with any in-network OB provider, if your doctor does not perform deliveries at a network hospital facility, a KMC doctor will deliver your baby at KMC.

You will need to:

- ▶ Obtain your records. At approximately 38 weeks gestation, your OB physician will provide you with a packet of

your medical records related to your pregnancy. You will present this documentation to KMC at the time of your preregistration for labor and delivery.

- ▶ Contact KMC to schedule any planned inductions or C-sections.
- ▶ Report to KMC's fourth floor labor and delivery unit if you are experiencing any issues or for emergency treatment related to your pregnancy.

## Small Wonders Tours

Visit the Small Wonders Birth Center. To find out how to schedule your tour, call Member Services at **661-868-3280**.

## Preregistration

At Kern Medical Center, we are ready to help you bring new life into the world. We encourage you to be prepared by preregistering. By completing the required paperwork, you will have one less step to do on the day your baby arrives. You can download a preregistration form at [www.kernmedicalcenter.com/Services/LaborAndDelivery/Registration.aspx](http://www.kernmedicalcenter.com/Services/LaborAndDelivery/Registration.aspx).

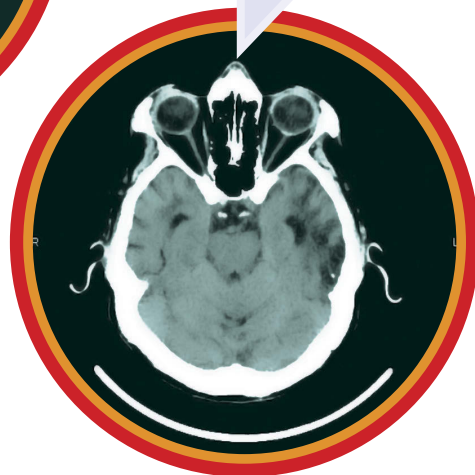
# The inside story

**TO** get a closer look at what's happening inside the body, doctors often rely on an array of imaging techniques. The pictures captured by these machines play a pivotal role in managing many medical problems. Here's a snapshot of some of those techniques and their unique advantages.



**X-rays.** This is the oldest form of medical imaging and still the most used. And for good reason: It's readily available, relatively inexpensive and fast to perform, often making it the right choice for spotting things such as broken bones.

**Computed tomography (CT).** With its rotating beam and sophisticated software, CT scanning takes standard x-ray imaging to the next level by creating cross-sectional images, called slices, of organs and tissues. The software can even reassemble the images in 3-D.



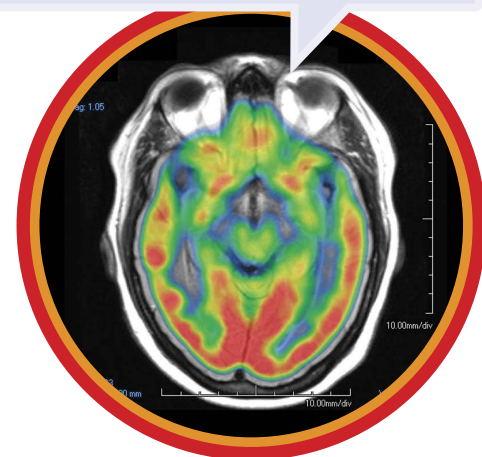
**Ultrasound.** This radiation-free imaging method is used for prenatal checkups and a lot more. Doctors can use ultrasound to look at organs in real time or at blood flowing through a vein, for example. It works by sending out sound waves and detecting their echoes.




**Magnetic resonance imaging (MRI).** Powerful magnetic fields and radio waves, instead of x-ray radiation, are how these images are made. Compared to other imaging, MRI is often better at showing ligaments and cartilage in a joint and telling the difference between diseased and normal tissue.

**Positron emission tomography (PET).**

This nuclear medicine imaging technique can show both an organ's structure and how it's working. PET makes use of a radioactive tracer, which is either injected into the body, swallowed or inhaled as a gas, to produce pictures that are detected by a special camera or imaging device. PET is often used to find cancer and determine blood flow to the heart.



Your doctor can perform x-rays and OB ultrasounds in his or her office with no prior authorization. CT, MRI, PET and non-OB ultrasounds must be performed at a network facility and may require plan approval. For more information or to find out which facilities and providers are in-network, call Member Services at  661-868-3280 or toll-free at 1-855-308-5547 (KLHP). You can also visit our website at [www.kernlegacyhp.com](http://www.kernlegacyhp.com).

Sources: Radiological Society of North America; U.S. Food and Drug Administration



# KMC Pharmacy: 'Direct to Desk' Medication Delivery

**WE** are pleased to offer "Direct to Desk" Medication Delivery to employees enrolled in Kern Legacy Health Plan at no additional cost.

To participate in this service you must:

► Complete a "Notice of Consent for Pharmacy Delivery Service" including the "Dependents Page," if applicable. These forms can be found at [www.kernlegacyhp.com](http://www.kernlegacyhp.com). See the website for a list of current county department delivery locations.

► Fax completed forms to **661-862-7615**. Please include your department's fax cover sheet.

If you are interested in this service and have questions or would like to arrange a delivery, call Kern Medical Center (KMC) Campus Pharmacy's Delivery Line at **661-862-7552**. Please do not call the regular Pharmacy line.

Feedback about the service and suggestions for improvement should be directed to [delivery@kernmedctr.com](mailto:delivery@kernmedctr.com) (do not send prescriptions or other personal information to this email address as it is not a secure form of communication).

## Value Formulary

For the 2015 plan year, Kern Legacy has implemented the Value Formulary to our pharmaceutical benefit through Catamaran.

► **What is a formulary?** A formulary is a list of medications approved to be prescribed under the plan. The development

of the formulary is based on evaluation of efficiency, safety and cost-effectiveness of medication.

### ► What does this change mean for me?

If you were taking a medication that is not on our Value Formulary, it is now considered an exclusion of the plan and is not a covered medication. There are clinical alternatives for each excluded medication.

### ► If medication is listed as an exclusion:

Speak with your doctor regarding transitioning to a covered clinical alternative. Have your doctor give you or fax in a new prescription to a network KMC Pharmacy. There may be a co-pay if your medication is a brand name.

You can view a list of formulary medication exclusions and the clinical alternatives at [www.kernlegacyhp.com](http://www.kernlegacyhp.com).

## Co-pays

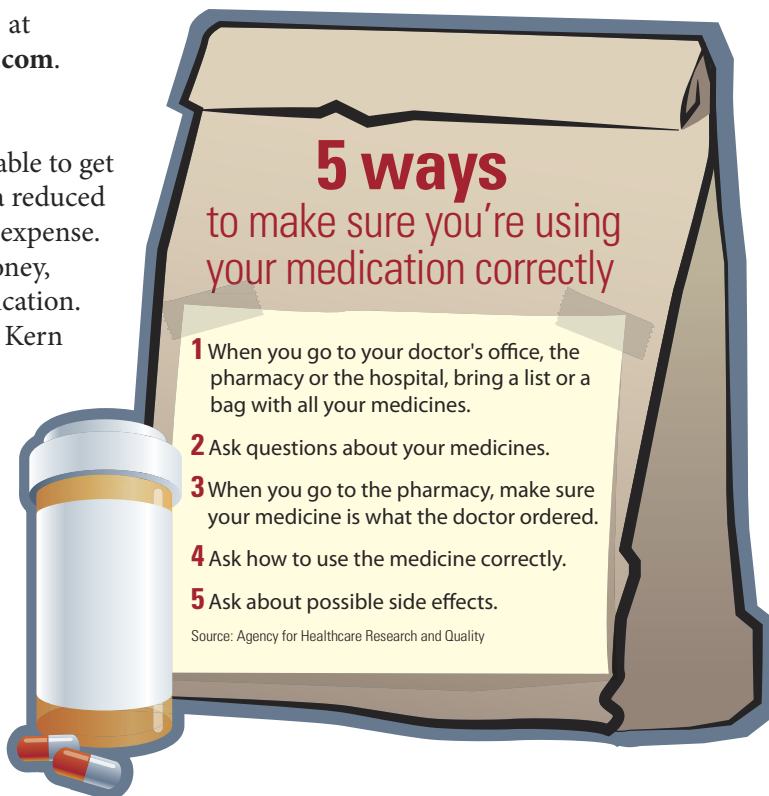
At KMC you are able to get your medication at a reduced to no out-of-pocket expense. To save the most money, opt for generic medication.

Whether you are on Kern Legacy's active employee health plan or retiree health plan, you will have no co-pay for generic medications. You also

have the option to select brand-name medication; however, a co-pay will be applied. Although you will pay a co-pay for brand-name medications, you are able to get a 90-day supply (prescribing doctor must write the prescription for a 90-day supply). See our website for additional co-pay information.

## Having trouble or have questions?

Are you experiencing issues when filling new prescriptions or refills? Do you have questions about co-pays, formulary exclusions or clinical alternatives? We are here to help you. We are available Monday through Friday from 8 a.m. to 5 p.m. You can call us at **661-868-3280, option 1 and then 5**.



### 5 ways to make sure you're using your medication correctly

- 1 When you go to your doctor's office, the pharmacy or the hospital, bring a list or a bag with all your medicines.
- 2 Ask questions about your medicines.
- 3 When you go to the pharmacy, make sure your medicine is what the doctor ordered.
- 4 Ask how to use the medicine correctly.
- 5 Ask about possible side effects.

Source: Agency for Healthcare Research and Quality

A LEGACY OF GOOD HEALTH is published as a community service for the friends and members of KERN LEGACY HEALTH PLAN, 1115 Truxtun Avenue, First Floor, Bakersfield, CA 93301, telephone 661-868-3280 or 855-308-5547.

Information in A LEGACY OF GOOD HEALTH comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

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## No, I won't eat it!

5 ways to make fruits and veggies more appealing to kids

**DO** your picky eaters turn up their noses at everything from A (apricots) to Z (zucchini)? If so, here are some home-spun strategies for transforming young fruit and veggie haters into more adventurous (and healthier) food lovers.

**1 Plant seeds for change.** Picky eaters may be more enthusiastic about food they've grown themselves. Start them off with tomatoes or green peppers in pots. Clipping herbs from their own window garden might help change your yuck brigade into garnishing gourmets.

**2 Organize a field trip.** Visit a farmers market, where the farmers themselves can help kids choose the best cantaloupe or the tenderest butter lettuce.

Next stop: an ethnic grocery store. Savor the aromas, and have kids name the shapes and colors of the exotic fruits and veggies.

**3 Raise the bar.** Kids are more apt to eat something they've created themselves. So set up a family meal bar—a countertop buffet with bowls of sautéed or fresh veggies and all the other fixings for nutritious, build-your-own burritos, stuffed potatoes, salads or sandwiches.

**4 Hide in plain view.** Slip kale into smoothies, puree peaches to make a sauce for baked chicken or layer

spinach into lasagna.

**5 Name that food.** Try boosting menu appeal through rebranding. Anyone up for snowballs (cauliflower), giant raisins (prunes) or spare spears (asparagus)?

Whip up a new veggie dish with your child's help, and name it after your young chef. The next thing you know, you may get regular requests for Josh's Posh Squash, Avery's Savory Yams or Eileen's Silly Beans.

In the end, the more involved kids are—choosing recipes, shopping, peeling vegetables, stirring pots—the more likely they are to try new

foods. And cooking together might help create habits for a lifetime of healthy eating.

These tips can help make your household healthier—one small, fun step at a time.