

# healthy **moves**

FALL 2009



**WE WANT TO HEAR FROM YOU!  
LEARN MORE, INSIDE**

Consulte la contraportada para  
información en español.

WOMEN'S HEALTH

## Think Pink for Breast Cancer

**Does it seem like there are a lot of pink ribbons around town?** October is Breast Cancer Awareness Month. Pink ribbons show support for breast cancer research and treatment. There is very good news for people with breast cancer these days. A doctor's

exam or mammogram can catch it very early. If cancer is caught very early and treated, a patient is almost sure to survive.

Even better, you can help prevent breast cancer. First, avoid alcohol and smoking. Then, try to walk, jog, swim, dance or play ball for at least

30 minutes every day.

Eat vegetables, fruits and whole grains.

Avoid meats, fried foods and sweets.

Finally, ask your doctor what you should weigh. Talk with your doctor about how to lose weight if you are overweight.

ABSOLUTE TOTAL CARE

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## MEMBER ADVISORY COMMITTEE

Absolute TOTAL Care needs your help! We value you as one of our members and want to keep providing the best quality healthcare for you and your family. We have created a Member Advisory Committee, which will give you the chance to share your thoughts and opinions about Absolute TOTAL Care. It will also give you the opportunity to let us know what you would like to see changed and why.

We have asked some of our doctors, community representatives and other members of Absolute TOTAL Care to join us in the meetings. We would like to have everyone present in order to have a variety of sources that can help us improve our plan and the way we serve you.

If you are interested in joining the Member Advisory Committee at Absolute TOTAL Care, please call Member Services at 1-866-433-6041. Transportation will be provided if needed.

We look forward to hearing from you and seeing you soon.

### DID YOU KNOW?

## Keep Your Coverage

**P**lease do not let your Medicaid insurance expire. If you have received an Annual Review Form from South Carolina's Department of Health and Human Services (DHHS) about your Medicaid insurance, be sure to call your Medicaid caseworker. Keep your Medicaid coverage with Absolute TOTAL Care. We want to keep you and your family healthy.

### LOCAL FLAVOR

## Save the Date

### WE ARE HAVING A BABY SHOWER IN YOUR HONOR!

Congratulations! We would like to invite you to one of our monthly baby showers. At the showers, we will talk about healthy pregnancies and healthy babies. We will answer questions about your health and health plan. You can play games and win prizes while enjoying healthy food. You will get the chance to speak with your personal OB nurse with START SMART for Your Baby™, social worker and MemberConnections™ representatives.

If you would like to RSVP a seat for you and your guest, please call 1-866-433-6041. Press 1 for English or 2 for Spanish, and then enter 64059. You can also call to see when a shower is happening in your area.

### ➔ Fall Showers:

September 25, 2009

**Spartanburg**

October 30, 2009

**Dorchester**

November 20, 2009

**Horry**





**NEED A RIDE?** Do you need a ride to your doctor's appointment? We can help! Call Member Services at 1-866-433-6041 to get the local medical transportation service phone number in your area. Please remember to schedule 72 hours in advance.

ABSOLUTE TOTAL CARE  
**TOTAL**<sup>TM</sup>

MEMBER SERVICES  SERVICIOS A LOS MIEMBROS

**1-866-433-6041**

[WWW.ABSOLUTETOTALCARE.COM](http://WWW.ABSOLUTETOTALCARE.COM)

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