



Your Link to Better Health

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HIGHLIGHTS

- Emergency Preparedness
- Have an Emergency Action Plan
- Health Plans Education
- TIA or Stroke?
- Stroke Symptoms

Emergency Preparedness:

Emergencies happen when we least expect them. Having a chronic health condition can make an emergency even more serious. To help make sure you get the most appropriate care in an emergency, consider the following:

- Wear a medical alert bracelet.
- Keep a current list of medications, including the time you take them, in your purse or wallet.
- Keep a list of allergies and special medical considerations.
- Make sure your close family members or friends are aware of your medical condition and treatments.

Visit Welborn Health Plans on the Web at welbornhealthplans.com.



Have an Emergency Action Plan

What should you do if your blood sugar becomes very high or low?

What if your asthma gets just a little bit worse?

What if your blood pressure is lower than it usually is?

When you have a chronic condition it is important to know what to do if things go wrong, or if something might be wrong but you just are not sure. This is where an action plan becomes helpful. Whether you have diabetes, high blood pressure, asthma, depression, or another condition, talk with your doctor about developing an action plan. Here are things to include:

- Should I be doing any self-monitoring (weight, blood pressure, or blood sugar checks; peak-flow readings) and if so, how often?
- Are there readings that are too high or too low?
- What symptoms are warning signs that my condition could be getting worse?
- Are there immediate actions I can take to help (such as rest, adjust medicine dose, or other treatment)?
- When should I call the doctor?
- When should I go to the emergency department?
- Are there any other special considerations?

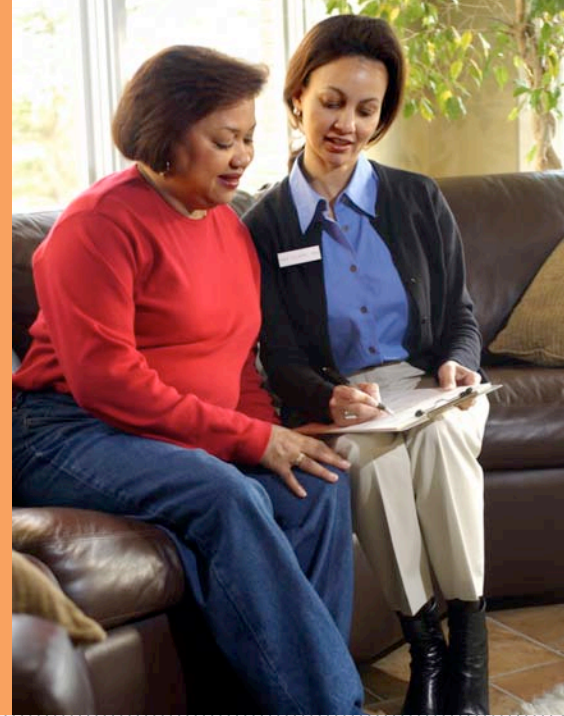
WELBORN HEALTH PLANS

Education

At Welborn Health Plans, we know that with knowledge comes power. We have developed educational programs designed to give our members the information needed to manage chronic health problems. *Brochures are mailed each quarter to members who might benefit from health information.

We currently provide information about eight chronic health conditions, including asthma, heart failure, high cholesterol and heart disease, COPD, depression, diabetes, high blood pressure, and migraine. Nurse health coaches are also available to provide one-on-one education.

If you would like more information, please call **800-890-9767**, or e-mail skinnerk@welbornhealthplans.com.



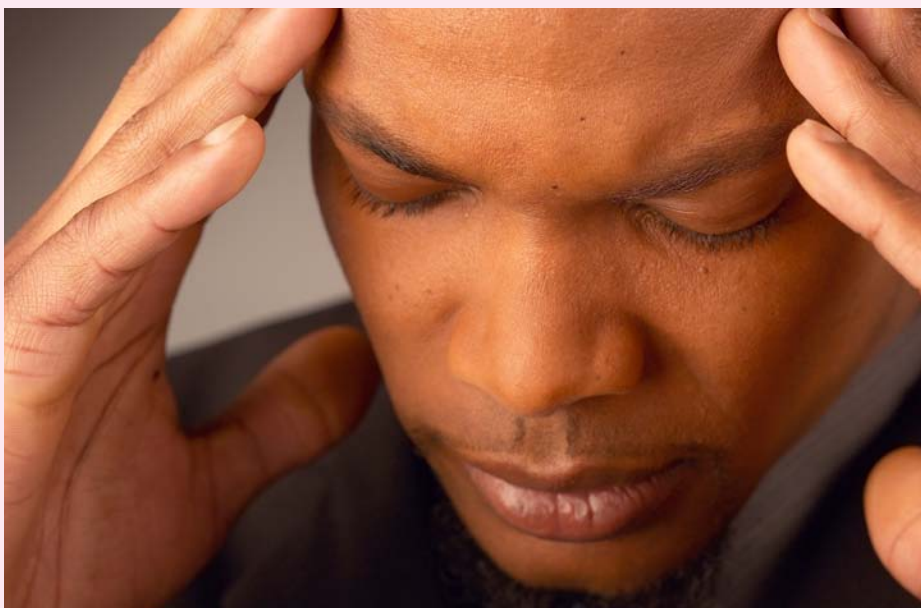
TIA or Stroke: What's the Difference?

A stroke is caused when blood flow to the brain is blocked. The blockage can either be ischemic (caused by a blood clot) or hemorrhagic (caused by a ruptured vessel).

A TIA, or transient ischemic attack, is a temporary blockage to the brain caused by a blood clot. The only difference between a stroke and a TIA

is that a TIA is temporary (transient). The body is able to quickly dissolve the clot causing the TIA. The symptoms of TIA usually last from one to five minutes, and there is no resulting damage to the brain. Many people who have a TIA will experience a stroke in the near future. A TIA should be considered a warning sign for stroke.

The symptoms of stroke and TIA are exactly the same. There is no way to tell right away which you are experiencing. Because lifesaving treatment must be started within minutes of having a stroke, you must call **911** if you have TIA or stroke symptoms. Immediate treatment for a TIA could help prevent a future stroke.



Stroke Symptoms:

If you experience the following, call **911** or get to an emergency department right away:

- Sudden numbness or weakness, especially on one side of the body
- Sudden confusion or trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden loss of coordination, trouble walking, or trouble with balance
- Sudden severe headache with no known cause

The information in this publication is meant to complement the advice of your health care provider, not to replace it. Talk with your doctor before making any changes. *To stop receipt of health education, call **812-773-0314**.