

Protect Your Children From Lead Poisoning

1. Get your child tested for lead poisoning, even if he or she seems healthy.
2. Clean floors, window frames, window sills, and other surfaces weekly. Use a mop, sponge, or paper towel with warm water and an all-purpose cleaner.
3. Reduce the risk of lead paint. Make sure your child is not chewing on anything covered with lead paint.
4. Don't try to remove lead paint yourself.
5. Don't bring lead dust into your home from work or a hobby.
6. Have your water tested. If the cold water hasn't been used for a few hours, let it run for 15-30 seconds before using it.
7. Eat right and don't store food in high lead pottery.



Source: www.epa.gov

English – For help to translate or understand this, please call 1-800-545-8499.

Spanish – Si necesita ayuda para traducir o entender este texto, por favor llame al teléfono 1-800-545-8499.

Russian – Если вам не всё понятно в этом документе, позвоните по телефону 1-800-545-8499.

Hmong – Yog xav tau kev pab txhais cov ntaub ntauv no kom koj totaub, hu rau 1-800-545-8499.

Laotian – ເພື່ອຊ່ວຍໃນການແປ ຫລືເຂົ້າໃຈເນື້ອຫາໃນນີ້, ກະລຸນາ ໂທລະສັບຫາ 1-800-545-8499.

(TTY) 1-888-459-3020

Make Your Baby's First Breath a Healthy Breath

You are Expecting . . . Congratulations!

With a new baby on the way, you want to do what you can to have a healthy baby. That means eating healthy, getting regular physical activity, and avoiding anything that would endanger the health of your child.



Smoking during pregnancy is one such danger and can result in:

- Baby being born too small or too early
- Increased risk of SIDS (sudden infant death syndrome)
- More breathing problems (cough, pneumonia, bronchitis, asthma)

If you would like to quit smoking there is a program for you— **First Breath**.

First Breath will provide support through your quit attempt and will be by your side during this difficult time.

As a **First Breath** participant, you will receive:

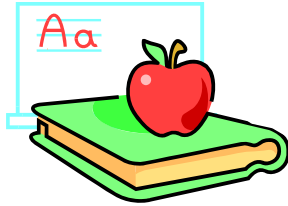
- Personal support
- Help developing your own quit plan
- One-on-one smoking cessation counseling
- Self-help education materials
- Smoking education materials for your family
- Follow-up support after delivery
- Access to the toll-free Wisconsin Tobacco Quit Line
- Free goodies and a gift at delivery



If you would like more information about this FREE program, please call Franciscan Skemp-Mayo Health System at (608) 791-9866.

Children currently receive 22-23 shots before they enter school, including:

- 3 doses of Hepatitis B
- 5 doses of DTaP
- 3-4 doses of Hib
- 4 doses of IPV (polio)
- 4 doses of Prevnar
- 2 doses of MMR
- 1 dose of Varivax (chickenpox)



Source: www.keepkidshealthy.com

Welcome New Staff

Amy is the new Medicaid/BadgerCare HMO Member Advocate. If you have questions call 783-9507 or toll-free 1-800-545-8499, Monday through Friday, 8:00 am to 4:30 pm.

Stay Informed

Health Tradition wants you to be informed! We now have available for members, *A Guide to the Wisconsin Medicaid and BadgerCare HMO Program* and the *Wisconsin Medicaid Ombuds Brochure*. Both are available in Hmong, Spanish and English. To get a copy, call the Member Advocate at 608-783-9507 or toll-free 1-800-545-8499. You can also visit our website at www.healthtradition.com.



Ask Mayo Clinic



The toll-free 24-hour nurse line for Health Tradition Health Plan members. Call toll-free at 1-877-341-1746 or TDD 1-877-728-3311 to talk with Mayo clinic nurses about medications, general health concerns, home remedies, or the need to see a doctor.

Chronic Disease Self-Management Program

If you suffer from a chronic condition such as arthritis, heart problems, asthma, stroke, pain, cancer, osteoporosis, diabetes, obesity, high blood pressure or emphysema, there are programs available that can help you learn how to manage your symptoms and get the most out of life.

If you would like more information on these programs, please contact the following:

Buffalo County

Department of Health & Human Services

Lola Longyhore 608-685-6356

La Crosse County

La Crosse County Health Department

Maichor, Mary or Marissa ... 608-785-9872

Monroe County

Monroe County Health Department

Rebecca Campbell 608-269-8666

Vernon County

Vernon County Aging Unit

Pat Peterson 608-637-5202

Mayo Clinic Tobacco Quitline

Give yourself and your family something more to be thankful for this year...Stop smoking today! Call the *Mayo Clinic Tobacco Quitline* and start living a tobacco-free life. Call toll-free at **1-888-642-5566** or TDD

1-866-257-2971. The Mayo Tobacco Quitline is a service available to Health Tradition members at no cost.



Health Tradition

A Mayo Health System Choice in Wisconsin

Health Tradition Health Plan
1808 East Main Street
Onalaska, WI 54650
608-781-9692

© 2007 Health Tradition Health Plan

www.healthtradition.com