

Meridian Member Newsletter

ISSUE 2 | 2023



mimeridian.com



Get your Cancer and Health Screenings Now!

There are easy and non-invasive ways to rule out the possibility of cancer and disease:

Colorectal Cancer

FIT test is a simple stool sample to screen for colorectal cancer. This can be done from the privacy of your home and sent to a lab. Need help with getting a test kit? Let us help.

Cervical Cancer

A visit to your trusted provider will complete your cervical cancer screening. Need help scheduling? Let us know!

Breast Cancer

Mammograms are a way to take charge of your health and screen for breast cancer regularly.

Diabetes Health

This annual test monitors your kidney function and your hemoglobin A1C. Need a test kit sent to your home? We can help!

Sexual Health

Chlamydia and Gonorrhea are part of standard annual testing for women ages 16-24. This can be done from the privacy of your own home or a routine lab visit.

Blood Pressure

A simple blood pressure reading can be done from home and shared with your trusted provider. Do you need a blood pressure cuff? Meridian can help you get the medical equipment you need.



For any questions about screenings or how to set up an appointment or receive a kit, call Meridian Member Services at 1-888-437-0606.



Stay Protected

Meridian members can get condoms at their local pharmacy without a prescription. Members are eligible for up to 36 condoms every 30 days. Condom coverage offered by Meridian Medicaid does not have any member cost share and decreases the incidence of sexually transmitted illnesses and unplanned pregnancies. Any participating network pharmacy can supply without a prescription.



Diabetic Testing Supplies

Meridian has added One Touch Verio diabetic supplies to the formulary to be filled at any participating pharmacy provider. For members that used Advocate diabetic testing supplies such as lancets, test strips, or control solution, Healthy Living Medical Supply can no longer be used for Meridian Medicaid. J&B Pharmacy or CVS mail order pharmacy will need to be used. J&B Pharmacy can also be reached by phone at **1-888-611-2941**.



Member Handbook

If you have questions about your coverage or need more information, visit mimeridian.com/members/medicaid/resources/handbooks-forms.html to view your member handbook at any time. You can also call Member Services at **1-888-437-0606** and ask for a copy to be mailed to you.



Pay Attention to Your Mental Health

Taking care of your mental health is just as important as taking care of your physical health. If you notice any changes in the way you are feeling, make sure to discuss them with your healthcare provider. If you go to the emergency room or have an inpatient hospital admission due to your mental health, it is important to follow up with your mental health provider seven days after the hospital visit. If you need help getting connected with a mental health provider, reach out to Meridian for assistance.

Do you get S.A.D.? We are here to help!

Seasonal Affective Disorder is a form of depression that may occur in late fall and winter with periods of normal or high mood the rest of the year. Does this happen to you? Reach out to Outpatient Behavioral Health (BH) **1-888-222-8041** for more information. You can also visit namimi.org/mental-illness/seasonal-affective-disorder to learn more.





Take Care of Your Oral Health

Your oral health is important. According to the Center for Disease Control and Prevention (CDC), the top three oral conditions that most affect overall health and quality of life are cavities, severe gum disease, and severe tooth loss. If left untreated, cavities and periodontal (gum) disease can lead to tooth loss. Severe tooth loss can impact the ability to eat and may cause other issues.

Dental Care and Emergency Department Usage

What should you do when you have a dental emergency? Follow this simple guide that tells you where to go for your dental needs!



Hospital ER (Issue Life-Threatening – Call 911 or get to the ER)

- Jaw Fracture or Dislocation
- Serious Soft Tissue Injury
- Abscess with Severe Swelling
- Sudden Head or Neck Impact
- Severe Mouth Swelling or Pain
- Severe Mouth Bleeding
- You are Immuno-Compromised
- You have Serious Chronic Illnesses



Urgent Care (Issue not life-threatening but urgent & after hours)

- Severe Toothache
- Minor Face Swelling
- Untreated Infection
- Pain from Wisdom Tooth or Lost Filling
- Pain from Abscess
- Pain from Mouth Cuts or Sores
- Pain when you Bite
- Pain from Foreign Body Stuck in Tooth



Dental Office (Issue not urgent and can wait for appointment)

- Toothache
- Lost Filling
- Broken, Cracked, or Chipped Tooth
- Lost or Knocked-Out Tooth
- Minor Mouth Bleeding
- Minor Face Swelling
- Pain from Wisdom Tooth or Lost Filling
- Abscessed Tooth
- Pain when you Bite
- Sensitivity to Heat, Cold, or Pressure

Tips to maintain good oral health:

- 1** Practice good oral hygiene. Brush teeth thoroughly twice a day and floss daily between the teeth to remove dental plaque.
- 2** Visit your dentist at least ONCE a year, even if you have no natural teeth or have dentures.
- 3** If you have diabetes, work to maintain control of the disease. This will decrease risk for other complications, including gum disease. Treating gum disease may help lower your blood sugar level.



777 Woodward Ave., Suite 700
Detroit, MI 48226

CAD_138762E_C State Approved 11022023
MI3CADNEW38762E_0000
©Meridian 2023



It's Fall Y'all, Time to Vaccinate!

Childhood Immunizations

Back to school means exposure to germs. Protect your child by making sure they have their needed vaccines. Your trusted provider will be happy to schedule a wellness visit to update your shot records.

Flu Season

The time is now to be proactive about your influenza vaccine. This will protect you from being infected by the flu and help keep you and your loved ones safe and healthy this season.

COVID-19

Continue to stay safe post-pandemic by boosting your immunity to COVID-19 today. This can be done at a local pharmacy, and you can combine this in one shot with your flu vaccine.



Meridian complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Meridian does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Meridian:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, contact Meridian's Grievance Coordinator.

If you believe that Meridian has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with Meridian's Grievance Coordinator. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Meridian's Grievance Coordinator is available to help you.

Mail: Meridian
Attn: Grievance Coordinator
P.O. Box 10353
Van Nuys, CA 90410-0353

Telephone: 888-437-0606 (TTY users should call 711)

Fax: 833-669-1734

Email: medicaidgrievances@mhplan.com

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at **<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>**, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201

800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at **<http://www.hhs.gov/ocr/office/file/index.html>**.

