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eHouseCall

Doctor's Bag



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HAPPY NEW YEAR! Time to Schedule Your Annual Physical Exam.

Here's a great idea for a New Year's Resolution: Call your personal physician and schedule an annual physical exam.

A routine physical and timely preventive care can reduce the risk of many illnesses.

The U.S. Department of Health and Human Services publishes excellent preventive care guides for children and adults on its Agency for Healthcare Research and Quality web site.

To access the information, go to www.ahrq.gov/consumer. I encourage you to review the recommendations and then make an appointment with your doctor to initiate the preventive care plan of action that is right for you.

Today's families are busier than ever. The best way to keep up with a busy schedule is to be healthy. A little preventive care goes a long way toward maintaining the health and well-being of your family.

Preventive Care Guidelines www.healthlink.com

The NCPPO website includes a summary of the guidelines published by the U.S. Preventive Services Task Force. To access the recommendations, log on to www.ncppo.com. Scroll down to "Member Resources" and select "Preventive Guidelines."

NCPPOInfo YOUR MONTHLY GUIDE TO HEALTH CARE AWARENESS

Make the Most of Your NCPPO Network Program

You or your employer chose NCPPO because it offers the best value for you and your family. As a NCPPO member, you experience the basic advantages of the program whenever you need health care – more choice and fewer restrictions; broad selection of doctors and hospitals; easy-access Customer Service; and our state-of-the-art website with a convenient Provider Locator.



NCPPO Extras: They're Free!

NCPPO network programs go the extra mile by providing access to healthy lifestyle information and services at no cost to you. Go to www.ncppo.com to find links to valuable NCPPO Extras. Here's an overview of the free programs we offer you and your family:

SpecialOffers

The SpecialOffers program includes third party online vendor discounts for products and services that help promote health and wellness. Discounts are offered by independent vendors who represent the following service types: Family & Home; Fitness & Health; Vision; Hearing & Dental; and Medicine & Treatment. Using this program does not affect the coverage provided by your health plan.

Healthy Living

The Healthy Living tab takes you to the Healthy Living website, powered by WebMD®. This information resource includes thousands of health and wellness articles, newsletters, tools and databases that promote wellness for men, women and children of all ages.



HealthLink TV (HLTV)

An educated consumer can make health care decisions that may improve health and well-being. These short, entertaining videos offer basic health information for the whole family. Check out the entire library!

Newsletters

NCPPO publishes *eHouseCall* on a monthly basis. We also provide online access to *Women's Health e-Newsletter*, an informative monthly publication produced by WebMD.

Healthy Habits for Healthy Kids

Healthy eating and physical activity don't become habits overnight. It takes time and effort to make them part of a daily routine. This online guide includes tips and tools for parents who are looking for fun ways to teach their children about healthy living.



The Last Cigarette (TLC) Smoking Cessation Program

Make 2010 the year you quit smoking for good. The TLC program offers 24/7 web support through online coaching and community forums. The program also includes a valuable Quit Guide that offers practical assistance throughout the entire quit smoking process.

A Smart 2010 New Years Resolution

This year, make the most of your NCPPO Network Program. Log on today and start accessing all the NCPPO Extras. If you have any questions about using the website or the information it contains, please call NCPPO Customer Service at 800-272-5911, option #1.

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