

Did you know?

Your juice could be interfering with your prescriptions.

Believe it or not, the glass of fruit juice you drink each morning could be dramatically lowering the effectiveness of your medications.

According to AARP, studies have shown that fruit juices – particularly apple, grapefruit, and orange juice – can interfere with medications and lower their intended effects by preventing drugs from being absorbed properly. In one study, patients who drank juice cut the effectiveness of their Allegra in half. Key medications that appear to be affected include some drugs used to treat cancer, certain antibiotics and blood-pressure medications, and drugs used to prevent organ rejections after a transplant.

Before you cut the juice out of your morning routine, make sure you consult a doctor or pharmacist on your True Care plan. A professional can help you decide if your favorite juice interacts poorly with your medication; if it does, you may be able to switch to an alternate medication or change the time you take your prescription.



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Untreated hearing loss may reduce quality of life.

Although you may not think of it in these terms, hearing loss can dramatically affect a person's quality of life. In a 2007 survey conducted by the National Family Opinion panel, families reported that hearing loss resulted in up to \$12,000 of decreased income, depending on the severity of the hearing loss.

Much of this discrepancy, according to the Better Hearing Institute, is the result of miscommunication on the job. Most jobs require strong verbal communications skills in order to interact with customers, work with colleagues or bring in new clients. In cases of people with hearing loss, it is often difficult to perform at the required level without a hearing-aid instrument. As a result, many untreated hearing-impaired employees face the risk of making a mistake on the job and consequentially become anxious or self-conscious in their daily tasks.

Unfortunately, many people wait until retirement to seek help; they worry others will judge them for wearing a hearing aid or using other helpful instruments. In that case, according to the Better Hearing Institute, a worker with untreated hearing loss may be negatively impacted for "the rest of his or her life in the form of lost wages, lost promotions, lost opportunities and unrealized dreams, not to mention lower income in their retirement."

The good news is that this does not have to be true. In fact, the study showed that the use of hearing instruments mitigated the effects of hearing loss by a full 50 percent. For this reason, it is critically important that people who have difficulty hearing seek out the help of an audiologist. You can find one with the help of True Care Advantage at little cost to you. He or she will help you identify your individual hearing needs at work and home and start you on a path to a more relaxed and successful life. Why wait?

Early signs of vision problems in children.

Many people think adults are the only ones who have to worry about their visual health. In reality, lots of children have visual problems that may go unnoticed by their parents or teachers.

According to Prevent Blindness America, there are many signs that a child is having difficulty seeing, and adults should be on the lookout for both visual and auditory clues that indicate a problem. For instance, many children with visual issues have noticeably red, swollen or crossed eyes. Other signals include a child's tendency to rub her eyes frequently, squint, tilt her head, complain that words are blurry, or hold books close to her face when reading. Some children may also close one eye or lean their head forward in an attempt to see something more clearly. PBA suggests that older children may verbally express their visual discomfort, using such phrases as:

- "My eyes are itchy."
- "Everything seems blurry."
- "I have a headache" or "I feel dizzy" – particularly after reading a book or doing homework.

If you notice any of these symptoms in your own child, talk to an eye doctor on your True Care Advantage plan as soon as possible. He or she can perform a complete visual examination and determine the extent of your child's eye-care needs. In many cases, children who begin wearing glasses to improve their vision end up with better grades and a more focused interest in school. It's a win-win situation!



Q: How does the Dental Plan work?

A: Participating dental providers are listed in the membership fulfillment kit; members may also call the toll-free number located on the back of the membership card Monday through Friday, 7 a.m. to 7 p.m. and Saturday, 8 a.m. to 5 p.m. Central Time. When calling to schedule an appointment the member should identify him/herself as a member of the Aetna Dental Access program.

Aetna
Dental
Access™

Should you replace your contacts?

You know the feeling: Your eyes begin to itch and feel dry. You notice redness and irritation. All of these signs point toward the fact that it's probably time to replace your contact lenses.

Despite popular belief, it's not a good idea to stretch the time in between replacing your lenses. If an optometrist tells you to put in new lenses every month, you shouldn't keep them in for six weeks. Same goes for keeping daily wear lenses in for a week or more. For one thing, contacts can acquire a buildup of bacteria or minerals that may scratch your eye and lead to infection.

The eyes are extremely delicate and must be taken care of with extreme caution; small changes in habit or environment can cause irritation or more permanent damage. So, while it may be tempting to put off replacing your lenses to save a few dollars, it's not worth the risk to your eyes. Plus, with True Care Advantage, the money you save with your membership card makes up for any benefits of stretching your lens-wearing time. What could be better than that?



Root canal treatments can save teeth.

When the soft core of a person's tooth starts to decay, it often cannot repair itself. Cracked teeth and deep cavities are both common causes of damaged pulps, but the solution is not always so simple.

Without attention, the American Dental Association suggests that dead pulps can cause infection and lead to "pus pockets," or abscesses in the jaw. These abscesses can then damage the bone and result in a much bigger issue, often ending in removal of the tooth. To prevent this outcome, a dentist will usually perform a root canal treatment to remove the infected pulp. According to the ADA, after the pulp is removed, the pulp chamber and root canal are cleaned and sealed.

The treatment may take up to three separate visits to be fully completed. At the end of the process, the patient typically gets a gold or porcelain crown over the tooth. The good news is that root canal treatments can permanently save a tooth from extraction if the patient takes proper care of her teeth and gums. If all goes well, surrounding tissues will continue to nourish the treated tooth's roots and keep it healthy.

It is important to communicate any concerns about abscessed teeth to a dentist on your True Care Advantage plan – he or she will be able to give you a definitive diagnosis and suggest possible treatments. The sooner any potential problems are identified, the less complicated and costly it will be to solve them.

Consult your dentist before whitening

Tooth whitening has become a common practice in America – many people turn to in-office or at-home whitening products to erase years of food and drink stains. But how do you know which whitening method to use?

According to the American Dental Association, the best way to select a whitener is to speak with your dentist. Dentists, such as one on your True Care Advantage plan, can advise you on the best treatments for your individual situation. Depending on the coloring of your teeth, whiteners may or may not be effective. For instance, although people with yellow-colored teeth often benefit from whitening their teeth, those with grayish or brown teeth may not experience the same success. Along the same lines, people who have had tooth-colored fillings or bonding on their front teeth will likely not get favorable results from bleach treatments.

In those cases, a dentist can help you figure out an alternative treatment, such as veneers. If you and your dentist decide that whitening is a good choice for you, be sure to pay attention to any side effects from the treatment. Sensitivity or irritation in your teeth and gums is fairly common and should be discussed with your dentist. Although tooth whiteners can be a great option for brightening your smile, it is important to consult a professional to make sure your teeth stay not only white, but healthy, too.



Save on Medical Expenses

There's no reason you should be paying full price for health care. Whether you want to save money on all your health costs, or if you just want to save on dental care. True Care is sure to have a Plan for you.

Benefits Available to You

- **Physician** - Savings of 20%-45% on medical services, including office visits, lab work, imaging centers and more.
- **Dental care** - Savings of 20%-50% on dental procedures, including cleanings, x-rays, dentures, crowns and more.
- **Vision care** - Savings of 20%-40% off the retail price of eyewear, exams, eyeglasses and contact lenses.
- **LASIK eye surgery** - Savings of 40%-50% off the overall national average cost of LASIK vision correction surgery.
- **Hearing care and services** - Savings of 30% on hearing exams and approximately 25% discount off a hearing aid.
- **Prescription drugs** - An average savings of 20% on brand name drugs and 40% on generic drugs.
- **24-hour nurse line** - Free nurse line available 24 hours a day, 7 days a week through a toll-free number.

Call a benefit specialist today for more information:

1-800-747-6190



Q: Is there a limit on the number of times the benefit can be used?

A: There is no limit on the number of times the member or family member can take advantage of the savings provided by True Care.

This Month's Pharmacy Savings

The neighborhood pharmacy program assures members the lowest price on prescription drugs, saving 10% to 60% on most prescriptions. It's simple to use. The member simply presents the membership card to the pharmacist with the prescription. The pharmacist calculates the discount and the member pays the discounted price. No other forms required.

Name	Avg Retail Price	Discounted Price	Percent savings	Month	Average Member Savings
Vicodin	\$17.52	\$11.01	37%	August 2009	29.94%
HCTZ	\$8.51	\$6.53	23%	July 2009	39.78%
Amoxicillin	\$14.00	\$10.24	27%	June 2009	36.78%
Glucophage	\$23.76	\$13.32	44%	May 2009	37.09%
Zithromax	\$48.45	\$30.36	37%	April 2009	36.60%
Xanax	\$19.78	\$11.49	42%	March 2009	35.52%
Bactrim DS	\$14.08	\$11.72	17%	February 2009	37.61%
Soma	\$37.80	\$17.96	52%	January 2009	35.88%
Zestril	\$17.18	\$11.49	33%		



How can your friends and family save at their local pharmacy?

Just by going to www.truerxdiscounts.com





FOCUS ON

Your Benefits

WELCOME TO MEMBER SERVICES



American Health Advantage
PO Box 950399
Lake Mary, FL 32795
1-800-747-6190

memberservices@mytruecare.com

Please present your membership card at participating provider locations. Because this is not insurance, payment must be made at the time of service in order to receive a discount.

YOUR MEMBERSHIP CARDS

- ▶ Keep your membership card with you at all times so it will be easily accessible to present at provider locations.
- ▶ Remember all members of your household can use the True Care Benefit card.
- ▶ If you have any questions on how to use the Benefit card, call our member services department at the toll free numbers listed.
- ▶ Our offices are open Monday through Friday, 9 a.m. to 5 p.m. eastern standard time .