



Prevention Pays Off

Preventive care helps you and your family stay healthy



Oroville Hospital

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You Have Health Insurance, Now What?

Take charge of your health with free preventive services

BY MICHELLE CARL

If you are one of the 3.3 million Californians who signed up for health insurance in 2013-14, congratulations! Whether you were eligible for Medi-Cal or purchased health insurance through Covered California, you did the right thing by getting covered. You now have peace of mind in case anything should happen to you or your family.

But to unlock the full value of your health insurance, you need to use it!

You may think, ***I'm healthy. I exercise.***

Why should I go to the doctor? But medical professionals agree that seeing the doctor when you're not sick is a good thing, because it may help you prevent illnesses later. Your doctor can evaluate your health and recommend certain screenings for disease based on your age and risk. This is called preventive care.

Preventive care is important because it's easier and more cost-effective to prevent disease, rather than try to cure it. According to the National Prevention Council, annual health care costs are \$2,000 higher for smokers, \$1,400 higher for people who are obese and \$6,600 higher for people who have diabetes. Preventing people from smoking, becoming obese and developing

diabetes could greatly reduce health care spending. It could also save lives.

The Patient Protection and Affordable Care Act has required most health insurance plans to offer an assortment of preventive health care services at no cost to you. One such service is your free annual wellness visit. This checkup is a great time to establish a relationship with your doctor, who can learn more about your previous illnesses, current conditions, family history and any concerns you may have. That way if you do get sick, your doctor will have a record of your medical history. A wellness visit is also when your doctor may detect the early signs of illness, and early detection can improve your treatment.

There are many other free preventive care services available to you when you have health insurance. You or your covered family members can get services such as cholesterol screenings, mammograms, STD screenings, flu shots, childhood vaccines and more.

These services are free — with no copayments or need to meet a deductible. If you have a doctor, make an appointment today. If you don't, get one and start taking charge of your health.



PHOTO BY PAULA SCHULTZ

Preventive care is important because it's easier and more cost-effective to prevent disease.

Getting the Most Out of Your Health Care

More people than ever have affordable health insurance thanks to the changes brought about by the Patient Protection and Affordable Care Act. But now that they have insurance, they need to use it. One of the best ways to take advantage of health insurance is to access the many preventive care services, most of which are free to the patient.

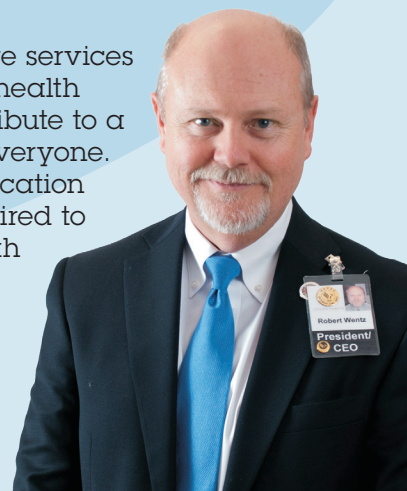
Preventive care focuses on disease prevention and health maintenance, rather than treating an illness once it has developed. Oroville Hospital offers a variety

of preventive care services, including screenings, nutritional education, wellness activities, health fairs and more that give patients who make us their medical home a comprehensive approach to health care. Using preventive care services not only keeps individual patients healthy, it also keeps the community healthy by supporting the economic dynamics needed to ensure everyone has access to the health care system.

Anyone can get sick or hurt at anytime. No one is invincible. Getting coverage

and using preventive care services help improve individual health care outcomes and contribute to a better quality of life for everyone. I hope you find this publication informative and feel inspired to take charge of your health care today.

— **Robert J. Wentz,**
Oroville Hospital
President and CEO



Oh, Baby!

Prenatal care coverage proves big help to expectant mom

BY SHANNON SPRINGMEYER

Nicole Ansley's not new to being a mom: She's the proud parent of five kids. But she says her newest arrival, little Jeremiah, was the delivery that stands out. She credits her positive experience to the care, attention and professionalism of her obstetrician, Dr. Matthew Bazzani, and his team at Oroville Hospital.

"He was just amazing," Nicole says. "Every visit, Dr. Bazzani sat down in a chair, he gave me eye contact, he listened to me, he asked me questions. He treats you like you're family."

Nicole says she's glad she found Dr. Bazzani in the middle of a difficult pregnancy. She was initially thrilled to become pregnant, but soon began experiencing debilitating nausea, fatigue and back and pelvic pain. She tried to visit the doctor she was seeing at the time for regular preventive care, but struggled to come up with the \$300 copay for each visit.

"I was missing doctor's appointments because it was too expensive," Nicole says. "It was a lot of money. We were going in debt."

Under the Patient Protection and Affordable Care Act (ACA), all new insurance plans must offer prenatal care visits with no share of cost. But because Nicole's insurance provided through her husband's employer was an older plan, the law didn't apply.

When Nicole switched doctors and began seeing Dr. Bazzani at Oroville Hospital, office staff immediately noticed Nicole's high costs.

With the help of Oroville Hospital's staff, Nicole soon discovered she could qualify for Medi-Cal. She received her temporary insurance card and was told she could see her doctor anytime. Under her new plan, all preventive prenatal services guaranteed by the ACA were covered at no cost. Her first visit to Dr. Bazzani was even retroactively covered by her new plan.

"It was really, really nice that I didn't have to pay all those medical bills," Nicole says. "I was able to get all my medical visits in."

At Nicole's monthly prenatal visits, she got to hear her baby's heartbeat and had blood work, urine tests and a glucose test to screen for gestational diabetes. The doctor also checked to ensure Jeremiah was developing properly.

When the time came, the delivery went smoothly.

"Dr. Bazzani came in and checked on me constantly," Nicole says. "He just was the most amazing doctor ever."

Her son Jeremiah was born on April 13, 2014, at Oroville Hospital, happy and healthy. Nicole says she felt spoiled by the care and attention she received. She and her husband got to enjoy skin-to-skin bonding time right after her baby was born and were even treated to a "date night" by the nurses, getting some alone time over a special meal and sparkling cider before taking their new baby home.

"It was just great. I felt like I was in a dream," she says.

And Jeremiah? He's now getting spoiled by four older siblings and growing fast.

"He's a really good baby," Nicole says.

"I was able to get all my [prenatal] medical visits in."

Nicole Ansley
Mother of new baby



Nicole Ansley delivered baby Jeremiah at Oroville Hospital. Her doctor's office was able to ensure she received all the preventive prenatal care she needed, at no cost.

PHOTO BY
PAULA SCHULTZ

More Preventive Care for Women

The following services are provided **FREE** under most health insurance plans:

Well-woman visits: Your yearly checkup focuses on a woman's specific health needs, and gives your doctor or nurse a chance to conduct a physical exam, document your health habits and history, help you set health goals, and provide recommended preventive services.

Prenatal care: Regular wellness visits during pregnancy, folic acid supplements, breastfeeding support and screenings for anemia, gestational diabetes and more are all included.

Breast cancer screenings: Women can receive mammograms at no cost. Age and family history will affect your risk for breast cancer, so talk to your doctor about when and how often you should receive breast cancer screening. Counseling for genetic testing and preventive medication are also available for women at higher risk.

Contraception: A variety of contraceptive methods approved by the Food and Drug Administration are available, as well as sterilization procedures and patient education.

Bone health: Osteoporosis screening for women over age 60 is covered, depending on risk factors.

“Prevention is big for me with the kids. If you can vaccinate and educate, you can make a big difference.”

Dr. Alice Alino
Pediatrician at Oroville Hospital

Dr. Alice Alino listens to the heartbeat of a patient during a well-child visit. As a pediatrician, Dr. Alino says she gets to help develop healthy habits in her young patients.

PHOTO BY PAULA SCHULTZ



More Preventive Care for Children

The following services are provided **FREE** under most health insurance plans:

Immunizations: Vaccines can protect children from potentially deadly diseases, such as measles, mumps, rubella, rotavirus, polio and pertussis (whooping cough). Doses are scheduled based on age, so it's important to make regular well-child visits to the doctor to keep up-to-date on vaccines.

Obesity screening and counseling: Childhood obesity is an epidemic and can lead to heart disease and diabetes, as well as low self-esteem. Pediatricians can test for the early warning signs of obesity and offer counseling on how to keep children fit through diet and exercise.

Newborn screenings: All newborns receive hearing testing, as well as screenings for rare diseases, such as Phenylketonuria (PKU), thyroid disorder and sickle cell disease.

Autism screening: The Centers for Disease Control and Prevention estimates that 1 in 68 children is on the autism spectrum. But early diagnosis can lead to better outcomes for children with this disorder. Dr. Eric Neal says regular well-child visits are a time to look for signs, such as a speech delay, which may require further screening for autism.

Growing Up Healthy

Well-child visits are an important part of preventive care

BY MICHELLE CARL

Pediatricians Dr. Alice Alino and Dr. Eric Neal say keeping kids healthy is what they like best about their job.

“Prevention is big for me with the kids,” says Dr. Alino, who has been a pediatrician at Oroville Hospital for 19 years. “If you can vaccinate and educate, you can make a big difference.”

Dr. Neal, who has been a pediatrician with Oroville Hospital since 2000, says preventive care for children usually starts at well-child visits, which are generally scheduled at 2-3 days after leaving the hospital, 1 month, 2 months, 4 months, 6 months, 9 months and 1 year.

Dr. Neal says well-child visits are a good time to evaluate any chronic conditions, answer parent questions (so make sure to jot them down!) and check the child's development.

Pediatricians make sure that the child is meeting developmental milestones, like rolling over at around 6 months or saying first words around 12 months. If the child's social, language, cognitive or physical development is delayed, it may be an indicator that something is wrong.

“These are things you wouldn't really notice at home,” Dr. Neal says. “That's why it is important to get in (for wellness visits).”

Well-child visits are scheduled for the same times when children need to get vaccines. While some parents have concerns about vaccines, Dr. Neal says the benefits far outweigh the risks.

“If people are actually using the vaccine, these

diseases that kill kids — like polio in the '40s and '50s — almost completely go away,” he says.

The well-child visit is also when the pediatrician will take height, weight and head circumference measurements. Dr. Alino says if a child is overweight or underweight, the pediatrician can make recommendations.

“Obesity has tripled (in children) in the past 30 years,” she says. “If I can intervene and give proper nutrition education, it can help nip things in the bud.”

In response to the childhood obesity epidemic, Dr. Alino created Fitness for Teens — an eight-week program that combines exercise with nutrition education. It's efforts like this that can prevent conditions such as diabetes and ensure children grow up to be healthy adults.

Having a good, consistent relationship with a pediatrician who has a record of medications used and any allergies will help ensure that the child receives better care. Dr. Alino adds that children are often fearful of change, so it helps to see the same doctor every time.

“For me that is an advantage — the doctor knows you and has access to the record and the patient, especially for kids, it makes them more comfortable with you,” she says.

Both Dr. Neal and Dr. Alino say it's rewarding to watch their patients grow up. Some even bring their children in as new patients.

“The kids of the kids are my patients now,” Dr. Alino says. “They call me the granddoctor!”

Good Habits Mean Better Health

How young adults can take advantage of preventive care

BY MIKE BLOUNT

One of the largest populations affected by recent changes in health care is young adults. The Patient Protection and Affordable Care Act allows young adults to stay on their parents' insurance plans until age 26. The health care law also gives young adults who qualify based on income access to free Medi-Cal coverage or help paying for insurance through Covered California, the state's health insurance marketplace.

But now that young adults have insurance, what should they do with it?

Dr. Roy Shannon of Oroville Hospital says young adults who are new to the health care system should establish a medical home and talk to their primary care provider about preventive care. Dr. Shannon says the habits a young person has today can have a huge impact on his or her health down the road.

"Preventive care is really easy and really hard at the same time," Dr. Shannon says. "The things you need to do are often straightforward, but the patient has to have the motivation and will power to do it. It's better to establish healthy habits early on because medical problems that become severe are much harder to treat and, in some cases, can't be reversed."

The preventive care habits that Dr. Shannon says every young adult should have are mostly obvious: Don't smoke, eat healthy, exercise, don't drink too much alcohol or take illicit drugs. But he says primary care providers can also help young adults make preventive care recommendations based on their family history and lifestyle choices to help avoid severe health problems later in life.

"In some people the family history will be so strong it will take a good effort on the part of the person to avoid certain problems," Dr.

"If you start doing the right thing earlier and talk to your primary care provider about your health, you're going to have a better quality of life overall."

Dr. Roy Shannon

Oroville Hospital primary care provider

Shannon says. "But we commonly see young adults with a family history of heart disease who smoke. We see young adults with a family history of diabetes who are not active and overweight. It's good to get regular checkups and talk to your primary care provider about your health because it makes you aware of what you need to do to stay healthy."

Dr. Shannon adds that if your family has a history of certain cancers, such as breast cancer or colon cancers, the primary care provider may suggest the patient get regular screenings to try to detect it earlier. But in general, young adults should go to their primary care provider for annual checkups, which are covered free by most insurance policies, and see them sooner if there is an issue. The sooner you can address a medical problem, the easier it will be to treat.

"If you start doing the right thing earlier and talk to your primary care provider about your health, you're going to have a better quality of life overall," Dr. Shannon says. "You'll be able to play with your grandchildren, instead of watching them from a chair. You'll be able to enjoy life more."

Dr. Roy Shannon says preventive care should be utilized by young adults to improve their quality of life when they get older.

More Preventive Care for Young Adults

The following services are provided **FREE** under most health insurance plans:

Sexually Transmitted Disease (STD) prevention counseling: Young adults who are sexually active should get tested regularly for HIV and sexually-transmitted diseases. STDs are fairly common and symptoms are not always present.

Immunization vaccines: Immunizations are important to staying healthy. Young adults should get flu shots every year. Speak with your primary care provider to find out which immunizations you need.

Diabetes (Type 2) screening: Adults with high blood pressure are more at risk for type 2 diabetes. Diabetes is a leading cause of disability and death in the United States.

Obesity screening: To stay at a healthy weight, you need to balance the amount of calories you eat with the amount of calories you burn. Calories are burned when you are physically active. Your primary care provider can help you create a plan to lose pounds or maintain a healthy weight.

Depression screening: Research shows that mental and physical health are linked. People with depression often have worse physical health. If you think you might be depressed, talk with your primary care provider about it.

Alcohol use screening: For most adults, moderate drinking will not cause any long-term health issues. However, excessive drinking can have a negative impact on your health. Speak with your primary care provider if you think you might have a drinking problem.

Tobacco use screening: Quitting smoking is one of the most important things you can do for your health. Smoking is the most preventable cause of death and disease in the United States. Talk to your primary care provider about interventions for tobacco users.

Water aerobics instructor Judy Mayhew, 67, nearly canceled an appointment for a colonoscopy that detected four precancerous polyps in her colon. Mayhew says the screening saved her life.

PHOTO BY PAULA SCHULTZ



"If there's something wrong, you don't want to hear about it when it's too late. Preventive care has everything to do with staying healthy."

Judy Mayhew

Patient who has received colonoscopy screening

More Preventive Care for Seniors

The following services are provided **FREE** under most health insurance plans:

Regular checkups: Seniors need to regularly see their primary care provider — even if they believe they are healthy. Talk to your doctor about how often you should come in.

Aspirin prescription: Daily aspirin use can help prevent a heart attack or stroke. If you are a man age 45 to 79 or a woman age 55 to 79, ask your primary care provider about starting a daily aspirin regimen.

Cholesterol screening: High cholesterol can cause heart disease or a heart attack. Getting your cholesterol checked is easy.

Immunization vaccines: Older adults should check with their doctor to make sure they are up to date on all of their immunization vaccines. Seniors should get flu shots every year.

Blood pressure screening: If you are over the age of 40, it is important to check your blood pressure often. High blood pressure usually has no obvious signs or symptoms, and the only way to know if you have high blood pressure is to get it checked.

Colorectal cancer screening: Screenings, such as a colonoscopy, can detect colorectal cancers. Your age and other risk factors will determine when and how often you receive screenings, so talk to your doctor.

What You Don't Know Can Hurt You

Screenings saved woman's life — twice

BY MIKE BLOUNT

For 40 years, 67-year-old Judy Mayhew has made it a point to go to the doctor for an annual checkup. It is her birthday present to herself every year, and she always left with a clean bill of health from her primary care provider. But when she went in for her checkup in 2011 and it was suggested she get a colonoscopy due to her age, she balked at the idea.

"My doctor's office made the appointment for me at Oroville Hospital, and I just kept thinking I would cancel it and not go," Judy says. "I thought, I eat healthy and I feel healthy. Everything is fine. I'm not getting this done because it's unnecessary and distasteful."

Just thinking about the colonoscopy made Judy nervous. She explains that it was just not something that women of her generation did — or even talked about. At least, that's what she used to think until she ran into her friend Brenda, and they started talking about their health.

"My friend Brenda really changed my mind on the colonoscopy," Judy says. "She told me that she was getting one and said it was just something we should do at our age. She wanted everyone to get a colonoscopy."

While Judy had been on the fence before, she took what Brenda told her to heart. Twenty years before, a preventive screening had detected cervical cancer in Judy. Because her caregivers detected it early, they were able to remove the

cancerous cells before they became a problem. She wondered if the colonoscopy screening would detect something as well.

"The thing about a colonoscopy is that you don't know until you've had it done," Judy says. "I decided to keep the appointment."

Judy says she wasn't sure what to expect, but the hospital staff made the procedure easy and painless for her. And for the second time in her life, a screening revealed something was wrong. During the colonoscopy, her caregivers detected 15 polyps. Four of them were precancerous, and were removed while Judy was sedated. Judy says the procedure was a piece of cake — she didn't feel a thing.

Two years later, another colonoscopy detected two more precancerous polyps, which were also removed. Today, Judy is feeling great and is still healthy. She works at Oroville Sports Club teaching a water aerobics class for seniors and continues to monitor her health with screenings and checkups. She is extremely thankful that someone pushed her to get a colonoscopy and wants to encourage everyone to take advantage of preventive care services through their medical provider.

"I dodged a bullet," Judy says. "It kept me from having to go through chemotherapy and radiation or worse. If there's something wrong, you don't want to hear about it when it's too late. Preventive care has everything to do with staying healthy."

Making Health Coverage Work for You

Q & A with Clinic Manager
Jennifer Meyers

BY MIKE BLOUNT

Providers at both Oroville Hospital and its outpatient clinics communicate and work collaboratively with one another to improve the level of care, service and health outcomes of their patients. Clinic Manager Jennifer Meyers is responsible for managing 18 different outpatient clinics at Oroville Hospital, serving as a liaison between hospital administration and clinic service providers. Meyers says the first step for any new patient to the health care system is to establish a medical home.

What is a medical home?

It's a team-based approach to health care led by a primary care provider, working with other care providers with other specialties, to provide continuous and comprehensive care to all patients of all ages.

If someone chooses Oroville Hospital as a medical home, what is the first thing he/she should do?

The first thing they should do is establish a relationship with a primary care provider. The primary care provider leads your team at your medical home. Think of them like the quarterback of your health care. There's a couple of ways to find the right primary care provider. Our medical concierge can help you find a primary care provider that fits your specific needs. They'll ask you about your preferences — things such as whether you're more comfortable with a male or female, or whether you prefer holistic medicine over traditional medicine. They will not ask you specifically about your medical history. You can also find a primary care provider through our online directory, where all of our providers are listed with their specialties.

Why should everyone establish a medical home?

Establishing a medical home will increase a patient's satisfaction with his or her health care. It provides one place to get all the services he or she may need, with an emphasis on preventive care.

Why is preventive care important for a patient's long-term health?

It is the most important step in managing a patient's health care. If a disease can be diagnosed in an early stage, it allows for better opportunities to treat it. If your primary care provider can catch cancer at stage one, the health outcome is going to be better than catching it at a later stage, which can make it harder to treat.

How does building a relationship with a primary care provider benefit a patient?

Establishing that relationship will lead to an increase in the satisfaction of the patient and better care tailored to the patient's needs. The better the relationship, the better the communication. The more knowledge the caregivers have, the more insight they'll have into the patient's health care, including lifestyle and behaviors that contribute to the patient's overall health. Caregivers could use that information to possibly identify something in their medical history that doesn't show up in lab results or a chart. It all starts with getting a conversation going with the patient and keeping that communication open.

How do I know which services are available to me?

Your primary care provider is knowledgeable of the services that are available to you and which ones are available for your health at each stage in your life. It goes back to making appointments and getting regular checkups, whether you are sick or not. After you establish your medical home, schedule your first physical exam with your primary care provider and he or she will discuss any screenings needed based on your overall health, gender and age.

Jennifer Meyers is the Clinic Manager for 18 outpatient clinics at Oroville Hospital.

PHOTO BY
PAULA
SCHULTZ

"The primary care provider leads your team at your medical home. Think of them like the quarterback of your health care."

Jennifer Meyers
Clinic Manager



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You're Covered

A review of Oroville Hospital services and preventive care benefits

Oroville Hospital is a private, nonprofit corporation that has been serving the community's health needs for more than 50 years. The facility has grown and adapted over the decades to maintain the highest level of patient care possible. What was once a small community hospital is now a large operation. Here is just some of what Oroville Hospital now offers:

Childbirth services
Ambulatory care
Vascular surgery

General surgery
Intensive care
Emergency care services

Home health care
Rehabilitation services
Cancer care

Oroville Hospital staff members know that preventive care pays off. They are knowledgeable of what screenings and tests will help keep patients healthy. Many of these preventive care services are covered free on most insurance plans. Some of the preventive care benefits Oroville Hospital provides include:

Annual wellness visit
Prenatal care
Breast cancer screenings

Immunizations
Autism screenings
Obesity screenings

STD testing
Diabetes screening
Colorectal cancer screening

Brought to you by Oroville Hospital as a community service. The information provided has been compiled to the best of our ability and is believed to be current.

If you don't have insurance ...

Oroville Hospital can help you sign up for health insurance through Covered California or Medi-Cal. Covered California is available during open enrollment periods or due to a qualifying life event, such as losing employer-sponsored coverage or getting married. Medi-Cal enrollment is available at any time.

Applying is easier than ever. Here's how:

In person

Call **530-532-8265** to set up an appointment.

By phone

Speak to an Insurance Enrollment Specialist at **530-532-8265** or call Covered California at **1-800-300-1506**.

Go online

Visit **www.c4yourself.com** or **www.CoveredCA.com**



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