



# routine visits

a guide to being healthy



STAY ACTIVE



STOP SMOKING



EAT WELL

[www.odscompanies.com/ohp](http://www.odscompanies.com/ohp)

# routine visits are important to your health

ODS wants to make sure you get the care you need. We encourage you to get healthy and stay healthy with regular visits to your doctor.

## Earn a free gift card



The image shows a 'routine visit' card with a form and a photo of a smiling child. The card includes the following text and fields:

**routine visit**  
After your routine visit, just return this card to ODS in the envelope we have provided, and you will receive your gift card. Limit one gift card per member.

Member's last name: \_\_\_\_\_ First name: \_\_\_\_\_  
OHP ID number: \_\_\_\_\_ Date of visit: \_\_\_\_\_  
Clinic/Provider: \_\_\_\_\_

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(TDD/TTY) for the hearing and speech impaired: 503-765-3520 or Toll-free: 888-788-9835

After your routine visit, return the routine visit card to ODS in the envelope we have provided, and you will get your \$10 gift card.



## Doctor visits now can help you prevent illness later

Routine care helps you stay healthier, so it's important to see your Primary Care Physician (PCP) regularly. Your PCP is your main doctor who you see when you're sick. But don't wait until you're sick. Go in for regular checkups.

### Remember

- Seeing your PCP can reveal serious health problems early and prevent more serious health problems in the future.
- During routine visits, your PCP will check and track your health, and give you information on how to stay healthy.

We encourage you to schedule a routine visit with your PCP.

Routine visits include:

- Family planning
- Routine vision exams
- Well-child exams
- Prenatal, maternity and newborn care
- Immunizations (shots)
- Routine physical exams
- Outpatient services for drug or alcohol problems
- Women's annual gynecological exams
- Prostate screenings for men
- Routine labs and X-rays

## Tobacco puts children in danger of serious illness

When adults smoke, it's the children who are most affected — because of secondhand smoke. Because a child's body is still developing, exposure to the poisons in secondhand smoke puts them in danger of severe lung diseases and can hurt the growth of their lungs.

Tobacco increases your risks of lung cancer, too. And the earlier you start smoking, the higher your risk for cancer. The sooner you quit, the sooner the risks go down.

### Myth buster:

There are no safe tobaccos. Smokeless tobacco causes cancers of the mouth and gum recession, and increases the risk of heart disease and stroke. Smoking cigarettes with low tar and nicotine can still cause heart disease, stroke, chronic lung disease, and cancers of the lung, mouth, throat, esophagus and bladder.

With your ODS insurance, tobacco cessation is a covered benefit. You can quit — for yourself and your family. Call your PCP for help getting started.

## The basics of obesity

Weight change comes from an energy imbalance — when the number of calories you eat is not equal to the number of calories you use every day.

- **Weight gain:**  
Calories consumed are greater than calories used.
- **Weight loss:**  
Calories consumed are less than calories used.
- **No weight change:**  
Calories consumed are equal to calories used.

Being overweight or obese can lead to a lot of serious health problems, like diabetes, heart disease, stroke, some cancers and problems with breathing. Today, obesity is pretty common, but the good news is that you can do something about it. Regular physical activity and eating better will make a big difference. Regular activity reduces the risk of health problems, controls weight and will increase your energy level over time.

### Controlling your portions

The most important rule of good nutrition is understanding meal portion size. A portion is the amount of food offered to someone in one meal. It may be tough in the beginning to change those portion sizes, but as you begin to feel better, it will get easier. And the longer you stick with it, the longer you will stay healthy.

## Tips for staying healthy and active

- Eat dinner at the dinner table and not in front of the TV.
- If you snack while watching TV, eat healthier foods:
  - Carrots, celery and peanut butter
  - Fruit slices
  - Water instead of soda pop
  - Popcorn with less salt and less butter
- Eat meals that are low in fat and sugars.
- Eat five servings of fruits and vegetables a day.
- Skip seconds.
- Eliminate one TV show from your day, and take a walk instead.
- When you shop, park your car in the spot farthest from the door.
- When you watch TV, do leg and arm lifts.



# call your doctor

## Make an appointment to help prevent sickness.

As an ODS member, you need to choose a Primary Care Physician. It is very important that you and every member of your family has a PCP. If you do not have a doctor or are not sure who your PCP is, ODS can help.

- If you do not select a doctor, ODS will assign you one located near your home.
- Once you have scheduled an appointment, be sure to mark it on your calendar.



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