

About Our Organization...

Capstone Cares

Our mission is to manage a health plan responsible for providing health care and related services to the developmentally disabled. Our members are the focus of our organization and the reason for our existence. We strive to make available the resources needed to give quality, comprehensive, yet cost-effective care. We work with the covered members and their families as well as all providers, vendors, agencies and others to ensure that health care needs are met while maintaining the dignity of, and respect for our members.

Capstone Health Plan is a non-profit organization funded in part by the state of Arizona.



ALERT! KNOW THE SIGNS!

Call your doctor if you experience any of these pre-diabetes signs:

1. Increased Thirst
2. Increased Urination
3. Unexplained Weight Loss
4. Excessive Hunger
5. Dry Mouth
6. Night Sweats
7. Blurred Vision
8. Sores Not Healing
9. Fatigue
10. Numbness, tingling or pain in your arms or legs!

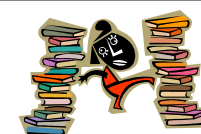


DID YOU KNOW?

- ❖ It is estimated 40% of U.S. adults ages 40 – 74 or 41 million people have pre-diabetes.
- ❖ At least one in every 16 people has diabetes.
- ❖ Pre-diabetes is a term used when a person's blood sugar (glucose) levels are higher than normal, but not high enough for the diabetes diagnosis.
- ❖ Pre-diabetes puts you at greater risk for heart disease and type II diabetes.

Special Diabetes Issue

Diabetes Management Program for Capstone Members



Diabetes information can be stressful. Capstone wants to help! With our new Disease Management Program you can learn more about possible diabetes problems and how to avoid them. Telephone interviews with you and/or your caregiver, as well as with your Primary Care Physician (PCP) will help us help you get better control over your diabetes! To find out how you can join, call our Health Services Director.

Look for diabetes tips in your Member / Caregiver Newsletters!

If you are a diabetic please follow these guidelines to better health.

1. See your doctor at least once a year for a complete physical.
2. Keep your feet clean and check them daily.
3. Have your eyes checked once a year.
4. Get your blood tested at least every 6 months with an A1C test, which tells you how well your blood sugar levels have done over time.
5. Go to the dentist at least once a year.
6. Talk to your doctor about a meal plan that will work for you.
7. Get regular exercise.
8. Take your medication and check your blood sugars regularly.
9. Don't smoke or use alcohol
10. Talk to someone if you are under stress or having trouble coping. From time to time, all diabetics could use a friend to lean on!



Capstone Health can help pay for most diabetic benefits and services.
Please call to find out which ones!
(928) 779-2113 or (800) 336-3874

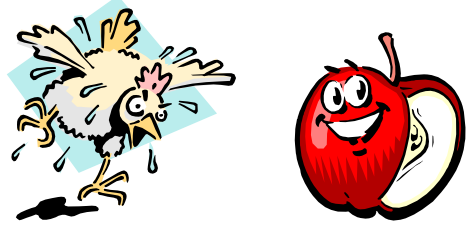
Do you check your blood sugars regularly?



“Rituals channel your energy toward the light. Without the discipline of practice you tumble constantly backwards into darkness.” Lao Tsu

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SEARED CHICKEN & APPLE SALSA

Makes 4 servings

Preparation Time: 30 Minutes

Cooking Time: 10 Minutes

Salsa

2 small apples of choice (approx. 4 oz. ea.), peeled and cut into ½ inch cubes

1 medium red pepper (approx. 6 oz), diced

2 Tbsp. finely minced red onion

1 Tbsp. minced parsley

1 Tbsp. honey

2 Tbsp. lemon juice

Dash Tabasco; salt & pepper to taste

Chicken

1 lb. boneless, skinless chicken breasts

Salt & pepper to taste

1 Tbsp. canola oil

1. Combine all ingredients for the salsa in a bowl, cover and refrigerate for 30 minutes.

2. Meanwhile, sprinkle the chicken breasts with salt and pepper. Heat the oil in a large nonstick skillet over medium-high heat. Add the chicken breasts and sear on both sides for 5 minutes per side; cut into interior to make sure no pink remains. Serve the chicken breasts with the salsa. Enjoy!!!

Copied from *Diabetes Forecast October 2005 Issue*

AMERICAN DIABETES ASSOCIATION Your Program Guide

To join the Association: 1-800-806-7801

To order ADA book: 1-800-232-6733

For more information about diabetes or ADA programs and services: 1-800-342-2383

To find out about important research on diabetes

www.diabetes.org/research

The ADA Research Foundation: This foundation channels funds directly to diabetes research. For more information:

1-888-232-7900

To locate an ADA Recognized Provider of quality diabetes care in your area: 1-800-342-2383

www.ncqa.org/dprp

To get involved with the programs in your community:

1-800-342-2383

Just for Kids (and their parents) Youth Zone

www.diabetes.org/youthzone

ADA fundraising events

America's Annual Nat'l Walk for Diabetes

Annual National Event: 1-888-342-2383

Tour de Cure:

Annual National Cycling Event: 1-888-342-2383

Information on making a planned gift: 1-888-700-7029

Donations or memorial contributions: 1-800-342-2383

Find an ADA Recognized Education Program in your area:

1-800-342-2383

Join the fight to increase funding for diabetes research, end discrimination, and improve insurance coverage:

1-800-324-238



GET DIABETES SMART!

Fight your diabetes with education. A certified diabetes educator can help you learn how to check your blood sugar levels. They can also give you the latest suggestions in treatment and maybe even suggest lifestyle changes!



“Keep your face to the sun and you cannot see the shadow!” ~ Helen Keller

The information in this newsletter is not intended as a substitute for your PCP's opinion or care. Coverage is subject to Capstone's benefits. Benefit information is available by calling Member Services.

The Hospital Window ~ An Inspirational Story!!!



Two men, both very ill, shared the same hospital room. One man was able to sit up in his bed each afternoon. His bed was next to the only window. The other man spent all his time flat on his back.

Every afternoon when the man by the window sat up, he would describe to his roommate all the things he could see.

The man in the other bed began to live for these times when his world became bigger and livelier by all the activity and color in the world outside.

The window overlooked a park with a lovely lake. Ducks and swans played on the water. Children sailed their model boats.

Young lovers walked arm in arm among the flowers of every color.



The man by the window described this in detail & the man on the other side of the room closed his eyes and imagined the beautiful scene.

One warm afternoon the man by the window talked about a parade passing by. The other man couldn't hear the band, but he could see it in his mind.

Days and weeks passed.

One morning, the day nurse came and found the lifeless body of the man by the window who had died peacefully in his sleep. She was saddened and called hospital staff to take the body away.

As soon as it seemed okay, the other man asked if he could move next to the window.

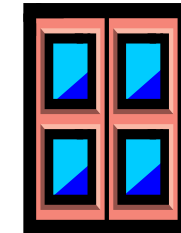
Slowly, painfully, he propped himself up on one elbow to take his first look at the world outside.

It faced a blank wall. The man asked the nurse what could have made his deceased roommate describe such wonderful things outside this window.

The nurse told him that the man was blind and could not even see the wall.

She said, "Maybe he just wanted to encourage you."

Moral of the Story: Our situation can become happy by making others happy. What do you see outside your window?



Hospital Benefits!

Capstone Health Plan, Inc. can help you pay for some hospital services. Talk to your doctor (PCP) about the referral process for hospital services.

You may even be eligible for Children Rehabilitative Services (CRS). They can also help with some hospital benefits and services.

Call Capstone Member Services or our Prior Auth Department to find out more!



Capstone wishes you a healthy winter! May you be happy, peaceful, and not too cold!