

# Changes to DME

Durable Medical Equipment (DME) are the things you need to help with your medical care such as:

- Walkers
- Wheelchairs
- Home oxygen equipment
- Diabetes self-testing equipment
- Nebulizers



These are only some of the things on the list that are called DME. DME are also things that are used in the home over and over again. P/GLTC changed the DME group to Symbius. This means that on July 1, 2011 all DME will come from Symbius. If you have DME from someone else, Symbius may contact you to change the service. They may ask you to give them what you have and they will give you something else to replace it. **You will not lose your supplies or equipment.** If you have any concerns or questions about this change, please speak to your case manager.



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1990—2010

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Years of  
Service

Pinal/Gila  
Long Term Care

## OUR MISSION

Pinal/Gila Long Term Care (P/GLTC) provides comprehensive healthcare in an efficient and innovative manner by a skilled, motivated and trans-cultural workforce to enhance the quality of life for our consumers.



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If you want to quit tobacco, there is free help. The Arizona Department of Health Services' Tobacco Education and Prevention Program offers over-the-phone advice to help you quit smoking or chewing tobacco. If you join, you may also be able to get medical help called Nicotine Replacement Therapy (NRT). NRT includes the patch, gum, lozenge, and some other products that require a note from your doctor. If you want more information or are ready to take the first step toward quitting, please call the Arizona Smokers' Helpline at 1-800-55-66-222. You can also visit their website at [www.ashline.org](http://www.ashline.org), or talk to your doctor.



## PINAL/GILA LONG TERM CARE “LET’S TALK CARE” MEMBER NEWSLETTER

Summer 2011

Volume 10, Issue 1

## News Alert!

We sent you a letter in the mail to tell you that Pinal/Gila Long Term Care and recent changes

The letter said, the State of Arizona recently conducted a statewide bidding process to decide who will provide Arizona Long Term Care Services (ALTCS) in your area and throughout the State.

Bridgeway Health Solutions of Arizona is the new health plan for long term care services in your area. Bridgeway Health Solutions of Arizona will begin coordinating services in your area on October 1, 2011. Pinal/Gila Long Term Care will no longer be serving members in Pinal and Gila Counties after September 30, 2011.

Our primary concern in this transition is your safety, comfort and satisfaction. At this time it

is not expected that there will be changes to your current in-home, assisted living facility or nursing facility services and providers.

You will receive a letter from AHCCCS regarding the transition. Included with this letter will be information about your new health plan.

AHCCCS staff have been working with the new health plan and will continue to do so until all members are transferred to Bridgeway Health Solutions of Arizona. There are a number of details to be decided and you will be kept informed as we move along in the process.

In the meantime, please call us if you have any questions.



## Transplant Benefits Restored

The benefits related to transplants have been restored to adult members of AHCCCS, age 21 and older. This is for:

- Pancreas-after-kidney transplants
- Liver transplants for patients with Hepatitis C
- Allogeneic unrelated hematopoietic cell transplants
- Heart transplants for non-ischemic cardiomyopathies
- Lung transplants
- Heart-lung transplants

This benefit was restored on April 1, 2011 and takes the place of the rule of the fiscal year 2011 budget that took away these transplant procedures on October 1, 2010.

If you would like more information about the Senate Bill 1619 which restores AHCCCS coverage of transplants, please go to the AHCCCS website at:

[www.azahcccs.gov/reporting/legislation/sessions/2010/BenefitChanges.aspx#transplantRestoration](http://www.azahcccs.gov/reporting/legislation/sessions/2010/BenefitChanges.aspx#transplantRestoration)

## Life Alert Home Response System

If you live alone, have bad health, or think you might fall then you should think about getting a Home Alone kit.

Home Alone/Safe Alone emergency alert pendants/phone kits are provided to you as a benefit of ALTCS.

The way it works is if you fall and can not get up, you have a way to call for help in your home. The kit has a piece that is set up with your home phone. It calls a response center who calls the numbers you set up with your case manager. There is no limit to how many numbers you can list. The purpose of the Home Alone

Safety Program is to tell someone when a senior and/or disabled person has a health crisis.

The Home Alone

Safe Alone kits are great to have so you can feel safe if you live alone, have bad health or just want to feel safe while moving about your house. This is for frail elderly people or disabled people who live alone and might fall or have fallen, or can not call for help due to a bad health issue.

It is important that a monthly test call be done to make sure that it is working right. If you have not done the test or would like to talk to someone to help you, please call Horizon Home Health at (520)866-4530.



The pendant



Home Alone System

## Self-Directed Attendant Care

Self-Directed Attendant Care (SDAC) lets you choose the things that will be done by your attendant care worker. You can hire, train, manage and, if needed, fire your own workers.

If you choose the SDAC service option, you are required to get a Vendor Fiscal/Employer Agent (FEA). Public Partnerships, LLC (PPL) has contracted with Pinal/Gila Long Term Care to serve as the Fiscal/Employer Agent (FEA) for this program. As the FEA, PPL will send payments to your worker using their Medicaid funds and will pay them for you. This means they will:

- Send checks to them if the time sheet

is correct

- Take out State and Federal taxes
- File monthly, quarterly, and annual forms and tax deposits with State and Federal agencies
- Send W-2's to each worker in January
- Send you monthly reports
- Answer your questions about enrollment, time sheets, and payments
- Help you and your worker with the sign up process; and
- Set up payment for worker's compensation insurance to cover your employees.

If you want to talk about this, please call your case manager.

## Tips for Living with Diabetes

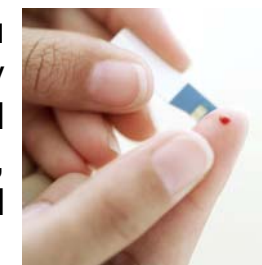
If you have diabetes, you have been told that you must learn how to manage it. First, you'll want to know how to control it so you will feel better. If you do, you will also lower your risk for other serious conditions such as heart and eye diseases and stroke. Some questions:

- What can I eat?
- Will I need to take shots?
- What makes my blood sugar get too high or too low?

Learn all you can about diabetes, and take charge of your health. Here are some steps to get started.

### Eat well

Get someone to help you plan healthy meals. They will include a good balance of lean meats, vegetables, fruits and whole grains.



### Keep active

Walking, swimming and other kinds of exercise can help you control diabetes. Along with eating well, exercise can help you lose weight if you are overweight.

### Take your medicine

If your doctor says you need pills or insulin shots, follow their orders.

### Check and record your blood sugar

Your doctor can tell you when and how often to do this.

There are other things you can do to stay healthy such as: Control stress; brush and floss your teeth every day; check your feet every day for cuts, blisters, red spots and swelling; do not smoke.

These are just a few tips you can use to make living with diabetes easier.

Source: American Diabetes Association; National Institutes of Health