



FUNDamentals

July 2008

The newsletter from your Wisconsin Health Fund
PO Box 601 Milwaukee WI 53201

Dental PPO
Network
Page 2

LifeStyle
Modification
Program
Page 2

Wordsearch
Page 2

From the Doctor
Vaccination
Page 3

Holiday Schedule
Page 4

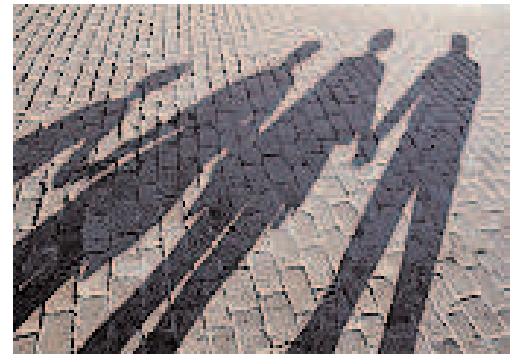
Remember to notify
WHSF if you have a
change of address,
phone number, or
other insurance
coverage

OUR MISSION

Enriching lives
through progressive
benefits,
compassionate care,
and exceptional
service.

Be a positive influence on your children...

- ☞ Think about your own habits and make decisions on how to change them. Do you need to exercise more? Think about how you can make exercise a part of your daily life.
- ☞ Start modeling a healthy mindset and healthy behaviors when your children are babies. If you do this while they're learning about their environment, they can develop skills that will last their entire life.
- ☞ Manage your health. See your doctor to get regular checkups and take your medications as prescribed.
- ☞ Eat together as a family. Studies show kids are more likely to eat right when families sit down together at meals. According to the Centers for Disease Control and Prevention, 6 out of 10 children get too much fat and fewer than 2 in 10 eat their daily servings of fruits and vegetables.
- ☞ Exercise. When you create your own exercise routine, also plan activities for you and the kids to do together. This helps send the right message. Exercise helps you ward off potentially chronic diseases that could keep you from being with your children. Engage your children in family activities like bike rides, a hike at a state park, a game of Frisbee in the backyard or an evening walk.
- ☞ Don't smoke. Secondhand smoke can be poisonous for children. Going into another room or smoking out a window doesn't remove the dangers. Even if you always step outside to smoke, you are still sending the wrong message that smoking is okay. Studies show that teens are two to three times more likely to smoke if a parent does.
- ☞ Buckle up. If you always wear your seatbelt, even when riding in the backseat, your children will too. Car accidents are the leading cause of death in children.
- ☞ Wear a helmet if you are bike-riding or skating.
- ☞ Talk to your children about healthy habits and their benefits. This includes good self-esteem, strengthening of their bones and muscles, and helping them stay at a healthy weight.
- ☞ Have a positive attitude about exercising and being healthy.
- ☞ Talk about your feelings and express your love for your child.



Wisconsin Health Fund Welcomes:

PM Plastics

Dental PPO Network

Wisconsin Health Fund offers a Dental PPO Network to help save you valuable dollars every time you go to a dentist. By utilizing the PPO Dental Network you will receive discounted fees on most of your dental services. There are over 340 dentists to choose from in Wisconsin and 75,000 dentists across the United States.

When making an appointment in Wisconsin, please be sure to reference the American Dental Professional Services network. To nominate your dentist you can call American Dental Professional Services at 1-888-540-9488 or email your dentists name, address and phone number to: amdps@amdpi.com

Accessing a Network Dentist is easy.

- Go to: www.whfund.org
- Click on Provider Network Directory.
- Scroll down to:



LifeStyle Modification Program

WHF recently introduced the WHF LifeStyle Modification Program to improve the health and quality of life of WHF members and their families by better managing long-term conditions like hypertension, obesity and diabetes. The WHF LifeStyle Modification Program is comprised of two different initiatives available through WHF's Medical Center, 6200 West Bluemound Road in Milwaukee.

- ♦ First, WHF now allows all WHF members and their covered dependents to access dietician services from WHF Dietician, Ann Markuson, R.D., C.D.E. – without a referral and without any co-pay!
- ♦ Second, WHF members and their covered dependents who are either pre-diabetic or diabetic patients can now access diabetic-related care from WHF's Dietician (Ann Markuson), WHF's Diabetic Nurse Educator (Don McClellan, R.N., D.E.) and WHF's Podiatrist (Kevin Broaddrick, D.P.M.) – all without a referral and without any co-pay!

You can participate in the WHF LifeStyle Modification Program by scheduling appointments with Ms. Markuson, Mr. McClellan or Dr. Broaddrick through the WHF medical appointment desk at 414-755-8310. Any questions regarding the WHF LifeStyle Modification Program can be directed to Ms. Gail Stelmaszewski, WHF Member Services Director, at 414-479-3693.

Can you find all the words in Blue?

Words can be forward, backwards, up, down and diagonal

A E T G L I N H T F S N Y E
M M S L N E N E L A I L K I
R O L N F F Y F S I E A H A
E T D H O H S S L C T C S A
S N O I T A Z I N U M M I T
E U E L F O N S F Y E A F L
O V A C C I N A T I O N S T
N E I S A A C E S T D A C C
H N F T E S F A A Y E G F E
S O S R I A F H T L A E H T
U F L O S S T Y K I L V T P
R S I N E L O C E M O H C H
B A C G H E U P I A R N I P
N I S K O B S S U F N I K B

- 1) Be a **positive influence** on your children
- 2) Eat together as a **family**
- 3) **Buckle up**
- 4) June was **Home Safety Month**
- 5) Take care of your **teeth** to keep them **strong** and **healthy**
- 6) **Brush** your teeth at least twice a day, don't forget to **floss**
- 7) July is UV **Safety Month**
- 8) LifeStyle **Modification Program**
- 9) Learn to better **manage** long-term conditions
- 10) August is National **Immunizations Awareness Month**
- 11) **Vaccinations** are safe and strictly monitored
- 12) WHF **Health Fair** is less then 3 months away

Wordsearch answer key can be found on our website: www.whfund.org. Click on the July 2008 FUNDamental, answer key is the last page

From the Doctor

Childhood and Adolescent Vaccination

This Issue: Vaccination



Lori Falci M.D.

With every Well Child Check-up comes the inquiry of immunizations. The parents typically ask the reasonable questions about which ones their child will be receiving, what diseases they prevent and what are the expected side effects. For the child, the question is always the same, "How many?" The answer to that question often leads to discouraged responses like eye rolling and grumbling voices to frank tears and pleads. The parent's predictable retort is "They will help you from getting sick" and you know - the parents are right.

The vaccination effort dates back to the 18th century to the development of the Smallpox vaccine in 1798. Since that time, scientists have worked diligently to create 28 new vaccines with the most recent being the Human Papillomavirus (HPV) vaccine in 2006. Vaccines are created by taking killed or weakened bacteria and viruses either as a whole or in parts and mixing them with preservatives, stabilizers and saline. When they are introduced into the body, the body responds by making antibodies that would prevent a full blown illness should the patient ever be exposed again. The end goal of the vaccination effort is the eradication of communicable diseases entirely. In the short term, however, the aim is prevention. We are achieving these goals. High immunization rates have resulted in the global eradication of Smallpox in 1977 and the elimination of Poliomyelitis from the Americas in 1991. Both of these successes were accomplished through consistent, high

level vaccination programs combined with surveillance and effective public health control measures. High immunization rates have also resulted in the significant reduction in the number of cases of several diseases such as Measles, Mumps, Rubella, Tetanus, Haemophilus Influenza, Varicella, Pnuemococcal Disease, and Hepatitis A and B. The reduction rates of these illnesses have been impressive with most annual cases being reduced up to 99 percent in comparison to a decade ago.

Unfortunately, when our high immunization rates start to fall we see the resurgence of disease. All parents here in Wisconsin are well aware of the resurgence of Mumps and Measles in the last 3 years.

Inconsistent immunization of individuals typically occurs either from the lack of accessibility or by family choice based on religious or philosophical ideologies. In my practice the Measles, Mumps, Rubella (MMR) vaccine is one of the more common vaccines that parents decline. They often share their concerns about the alleged link of the MMR vaccine to the development of Autism. The Centers of Disease Control, the Institute of Medicine of the National Academy of Sciences and the UK National Health Service have all concluded there is no credible link between the MMR vaccine and Autism. This is based on extensive research including 21 studies from 1998 to 2008 done worldwide. See a list of these studies at the Wikipedia website under vaccine controversy. The other common concern parents have about vaccines is regarding Thimerosal. Thimerosal is an organomercury preservative used in vaccines since the 1930s. It is used to prevent the contamination of vaccines by bacteria and fungi. Due to the concerns about mercury exposure in children, the Centers of Disease Control and the American Academy of Pediatrics urged makers to remove Thimerosal out of vaccines in 1999 and it was rapidly phased out of all the United States vaccines, with exception of some inactivated influenza vaccines. I strongly believe that our vaccines are safe, and that proper surveillance is being done by our scientific community. A good example of this surveillance was the removal of the Rhesus Rotavirus Tetravalent Vaccine (Rotashield) in October, 1999 due to its association with intussusception, a type of serious gastrointestinal obstruction.

I am a strong proponent of the vaccination effort and urge families to have their children vaccinated. There is a childhood and adolescent immunization schedule in chart form posted in the pediatric department. This schedule is put out by the American Academy of Pediatrics annually. Vaccines are given during a patient's routine physical. They are given by injection into the muscle or just under the skin, by spraying into the nose, or by swallowing. Studies show multiple vaccines can be given at the same visit without any hindrance of their ability to prevent disease. Injected vaccines are administered quickly and efficiently by our well trained staff. Many young children are upset and cry after and during shots but this is usually short lived. A hug from a parent or the thought of a sticker often brings the tears to a halt. The parent will receive a handout about each of the

Continued on page 4

Updated Summary Plan Descriptions (SPD) have been mailed. If you have not received yours, please call customer service at 1-888-208-8808



**The 13th Annual WHF Health Fair will be
Thursday October 23rd and Saturday October 25th!**

**New this year, flu shots will be available for children as young as 6 months
both days during the Health Fair.**

Wisconsin Health Fund FUNDamentals

PO Box 601
Milwaukee, WI
53201

(414) 771-5600
or Toll-free
(800) 524-3538

WHF Customer
Service
(888) 208-8808

WHF On-line
www.whfund.org

Schedule a private tour by calling Director of Member Services Gail Stelmaszewski at (414) 479-3693
The WHF Medical Center is conveniently located at 6200 W. Bluemound Rd. in Milwaukee. Bluemound Rd. is one half mile north of I-94.



WHF Holiday Schedule

- Labor Day - Saturday August 30th - Pharmacy Closed
- Monday September 1st - Closed
- Thanksgiving - Thursday November 27th - Closed
- Friday November 28th - Admin/Benefits Closed
- Christmas Eve - Wednesday December 24th - Closed at Noon
- Christmas Day - Thursday December 25th - Closed
- New Years Eve - Wednesday December 31st - Closed at Noon
- New Years Day - Thursday January 1st 2009 - Closed

Continued from page 3...

vaccines as they are given. Side effects of a vaccine vary depending on the exact immunization but in general include pain, redness and swelling at the injection site, fever and generalized aches. Our live vaccines (Varicella, MMR and Intranasal Influenza) may cause delayed side effects or, in rare cases, a mild case of the disease.

Serious complications to vaccines are quite rare and are mostly due to allergic reactions to vaccine components. The most common allergic reaction is the egg-related reaction. Currently, the MMR, Yellow Fever, and Influenza vaccines are derived from chicken embryo tissue cultures. Skin testing can be done to determine if these vaccines should be avoided in children with a suspected egg allergy or a strong family history of severe egg allergy.

If you have any further questions regarding vaccines please feel free to contact us in the Pediatric Department.

Wordsearch Answer Key

	a	b	c	d	e	f	g	h	i	j	k	l	m	n	
1	A	E	T	G	L	I	N	H	T	F	S	N	Y	E	(h13, NW) positive
2	M	M	S	L	N	E	N	E	L	A	I	L	K	I	(f1, SE) influence
3	R	O	L	N	F	F	Y	F	S	I	E	A	H	A	(j14, N) family
4	E	T	D	H	O	H	S	S	L	C	T	C	S	A	(f14, NE) buckle
5	S	N	O	I	T	A	Z	I	N	U	M	M	I	T	(l12, W) home
6	E	U	E	L	F	O	N	S	F	Y	E	A	F	L	(j8, SE) teeth
7	O	V	A	C	C	I	N	A	T	I	O	N	S	T	(d8, S) strong
8	N	E	I	S	A	A	C	E	S	T	D	A	C	C	(a9, NE) healthy
9	H	N	F	T	E	S	F	A	A	Y	E	G	F	E	(a13, N) brush
10	S	O	S	R	I	A	F	H	T	L	A	E	H	T	(b11, E) floss
11	U	F	L	O	S	S	T	Y	K	I	L	V	T	P	(e11, NE) safety
12	R	S	I	N	E	L	O	C	E	M	O	H	C	H	(a2, SE) modification
13	B	A	C	G	H	E	U	P	I	A	R	N	I	P	(l5, S) manage
14	N	I	S	K	O	B	S	S	U	F	N	I	K	B	(m5, W) immunizations
															(b7, E) vaccinations
															(m10, W) healthfair