



Special Programs from HIP

**Complement your health care**

Now that's **HIP**<sup>®</sup>  
HEALTH PLAN OF NEW YORK

Your health is your most precious possession. That is why HIP has put together a wide range of programs and services that help you achieve total health for your mind and body. Whether it's complementary and alternative medicine, preventive health services, disease management programs, smoking cessation programs or online health information, HIP makes it easy for you to get the information and services you need to take better care of yourself. For more information on any of the specific programs, visit our Web site at [hipusa.com](http://hipusa.com).®



## Feel better with alternative medicine and fitness options for your mind and body.

Complementary and alternative medicine is becoming more popular every day. In response, HIP offers members access to these services through our partnership with American WholeHealth Networks, Inc., one of the nation's leading providers of complementary medicine. Members receive discounts when they use providers in this network for alternative medicine services not covered by HIP.

HIP members can receive up to a 30% discount on services such as:

- Acupuncture
- Nutritional counseling
- Massage therapy
- And much more

While alternative medicine providers may be accessed directly without a referral, we encourage you to inform your primary care physician (PCP) of any treatment you receive.

**Fitness Club Discounts.** No matter what stage of fitness you're in, there's never been a better time to begin an exercise program. Now, thanks to HIP's reduced-cost membership plan at more than 100 fitness centers throughout the HIP service area, you can find a health club near you.

To receive your discount, simply show your HIP ID card when visiting a participating fitness center. A complete list of participating fitness clubs can be found on HIP's Web site at [hipusa.com](http://hipusa.com).

## Self-care through integrative wellness programs.

The HIP Integrative Wellness Program promotes overall wellness in body, mind and spirit and helps members achieve optimal health through the following programs:

- **Care for the Caregiver** – Provides information, resources, and tools to help patients manage the challenges of caregiving and encourage self-care. This program now includes Seniorlink, a national eldercare advisory service that provides expert assistance in developing senior care planning and helps reduce the stress of navigating the confusing eldercare system.
- **Healthy Living with Chronic Conditions** – Workshops help HIP members with ongoing health concerns such as arthritis, diabetes, high blood pressure or heart and lung disease to actively manage their conditions and live the best life possible.
- **The Hospital Visitation Program** – Hospitalized HIP members are visited by trained volunteers, available to provide encouragement and support of members' emotional and physical well-being.
- **Mind/Body Medical Institute Programs** – These programs are designed to encourage participants to manage the cycle of stress, anxiety and physical tension which often drive the symptoms of cardiovascular disease and other health risks. Improved quality of life is the ultimate goal.

## See clearer with laser vision correction.

Laser vision correction may improve your vision if you:

- are nearsighted
- are farsighted
- have an astigmatism

Members have access to these services through HIP's partnership with Davis Vision, one of the largest laser vision correction networks in the New York metropolitan area. Members receive discounts when they use providers in this network for laser vision services not covered by HIP.

Only an optometrist or ophthalmologist can determine if you are a candidate for LASIK or laser vision correction. So if you're ready to start seeing the world more clearly, simply visit our Web site for the optometrist or ophthalmologist in your area. No referrals are necessary. However, we do encourage you to inform your PCP of any treatment you receive.



## Smile brighter with discounted dental services.



HIP members who visit participating providers have access to the following preventive dental services:

- One examination (comprehensive or periodic) every six months at \$5 per visit.
- One prophylaxis (cleaning) every six months at \$10 per visit.
- One topical application of fluoride (for children age 16 and under) every six months at \$5 per visit.

Additional services (X-rays, fillings, crowns, dentures, oral surgery, orthodontic, prosthodontic procedures and more) are provided through HIP's agreement with Careington International, a leading dental provider network. Members receive discounts when they use providers in this network for dental services not covered by HIP. No referrals are required and you can change dentists at any time.

## Stay healthy with preventive health services.



HIP offers preventive health services to help members reduce their risk for certain diseases and conditions. These services include routine physical exams, immunizations for children and adults, prenatal care for expectant mothers and guidelines for members on when to be screened for various conditions.

## Live a fuller life with disease management programs.

The following programs are offered free of charge to assist members with congestive heart failure, asthma, diabetes or arthritis manage their condition and improve their overall quality of life.

- **Congestive Heart Failure (CHF) Program:** This program enables members with CHF to have their weight monitored remotely from their own homes. The program is designed to identify actionable information, alert the physician, facilitate timely intervention and avoid unnecessary hospitalizations and ER visits. The program provides members:
  - An electronic scale with a speaker and an interactive communication device to ask yes/no questions about symptoms.
  - A dedicated nurse to track weight and symptoms twice a day, seven days a week.
  - Access to a registered nurse from 8 am to 8 pm EST.
  - Member education regarding drugs, nutrition and lifestyle as it relates to congestive heart failure.
- **Asthma Program:** HIP members who have asthma receive educational materials and an asthma management plan to be completed with their PCP.
- **Diabetes Support:** HIP takes an active role in keeping members informed of the important tests and examinations they need to help control diabetes. In addition, PCPs receive a list of members who have diabetes along with their diabetes-related lab results. We also offer free diabetes education classes at select health care centers throughout HIP's service area based on member's diabetic needs.



## Live a fuller life with disease management programs.

- **Arthritis Program:** HIP offers the following support for members who suffer from arthritis:
  - Arthritis Foundation Exercise Program – This program uses gentle exercises to increase joint flexibility, improve joint range of motion and overall stamina, maintain muscular strength, reduce pain, decrease depression, improve self-care behaviors and increase self-esteem.
  - Arthritis Foundation Self-Help Program – This educational program teaches people with arthritis how to take a more active role in managing their arthritis (also available in Spanish).
  - Tai Chi from the Arthritis Foundation– This exercise program uses gentle, agile steps and movements to reduce pain and stiffness, improve balance, enhance mobility and improve breathing and relaxation.
  - Educational Brochures – Topics covered include osteoarthritis, rheumatoid arthritis, water exercise and arthritis, and much more.



## Break the smoking habit with Quit For Life™ smoking cessation program.

HIP's self-help program, Free & Clear® Quit For Life™, includes a comprehensive educational kit and support calls from a smoking cessation specialist for one year to help smokers quit. Participants are provided partial financial reimbursement if they choose to use certain medications to assist in smoking cessation.



## Be smarter about your health with *eHealth* tools.

Through our partnership with *WebMD*, HIP offers members interactive health tools, including animated features on anatomy, an illustrated encyclopedia of health terms, risk assessments, quizzes and more.

Visit [hipusa.com](http://hipusa.com) for access to the following eHealth tools:

- A-Z Encyclopedia** Definitions and answers to your health questions, arranged alphabetically.
- Illustrated Guides** *WebMD's* easy-to-understand, fun-to-watch, animated illustrations help you understand what's going on in your body.
- Anatomy Tools** Learn more about everything from heart rhythm disorders to herniated discs.
- Health Tools** Allergy-proofing your home? Wondering which fast food choices are best for you? Answers to these questions, and many more.
- Calculators** Calculate everything from Body Mass Index (BMI) and heart rate to calorie intake, and more.
- Slide Shows** From massaging your baby to Yoga at your desk, view these great health slide shows.
- Quizzes** Test your general health knowledge. Take quizzes on asthma, cholesterol, heart disease and more.

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**hipusa.com**<sup>®</sup>  
English, Spanish, Chinese and Korean