

THE

Vol. 7, Issue 3 | August 2016

Connection

Keeping South Country Members Informed



Focused On You, Our Members

At South Country Health Alliance, we're focused on community, focused on health, and focused on you, our members.

South Country Health Alliance is a health plan created specially to serve the members of our counties and their communities. Under the leadership of a Joint Powers Board made up of elected County Commissioners, we are directed by local officials to meet the unique health care needs of our members.

Every day, South Country makes every effort to fulfill our mission: To empower and engage our members to be as healthy as they can be, build connections with local agencies and providers who delivery quality services, and be an accountable partner to the counties we serve.

We can't do this alone. Together with caregivers, health care providers, county public health and human services agencies, local advocates, and many others, we form a caring community that helps our members get the health care services and support they need. We salute all our partners who work in the best interest of our members.

Most of all, South Country Health Alliance thanks you for your membership, and we look forward to continuing to serve you in 2017. If you have any concerns, please call us toll-free at **1-866-567-7242** (TTY **1-800-627-3529** or **711**). A Member Services specialist can answer any questions you may have.

What's Inside

RideConnect, Page 3

Eligible members can get transportation to their health care appointments with South Country's RideConnect program.

Early Childhood Family Education (ECFE), Page 5

South Country covers the cost of members' ECFE classes to help give new parents and their children the best start.

Staying Hydrated, Page 7

People with diabetes are especially at risk of dehydration. Learn 5 tricks to help make drinking water a habit.

Child & Teen Checkups and Immunizations, Page 8-10

Regular checkups and immunizations are essential to children's growth and development.

SOUTH COUNTRY
HEALTH ALLIANCE
Bringing Wellness Home

South Country Health Alliance is a county-owned health plan that provides health care coverage for individuals eligible for government-funded programs in select Minnesota counties.

Senior Management

Leota Lind
Chief Executive Officer

Scott Schufman
Chief Financial Officer

John Whittington
Chief Information Officer

Dr. Brad Johnson
Chief Medical Officer

Cea Grass
Director of Communications
and Customer Relations

Anne Grimmus
Director of Quality
Improvement

Cheri Lewer
Director of Operations

Maureen Murray
Director of Health Services

Barb Bender
Director of Provider Network
Management

Jeff Marks
Compliance Officer

Tami Seykora
Human Resources Manager

Joint Powers Board

Gary Kneisl,
Todd County, Chair

Scott Windschitl,
Brown County, Vice Chair

Dave Erickson, Dodge County

Dan Rechtzigel, Goodhue
County

Kathi Ellis, Kanabec County

Duane Johnson, Morrison
County

Gary Kruggel, Sibley County

Nina Huntington, Steele
County

Don Springer, Wabasha
County

Bill Stearns, Wadena County

Jim Peterson, Waseca County



Continued from page 1

Focused On You, Our Members

Here's what makes South Country Health Alliance a great choice:

Big Provider Network

As a South Country member, you'll have access to a network of health care providers, including trusted names like Mayo Clinic, Allina Health, Essentia Health, FirstLight Health System, Lakewood Health System, Tri-County Health Care, and United Family Medicine. We also include access to an established network of dentists, chiropractors, mental health specialists, pharmacies, and many other types of health care providers.

Personal Service

With South Country, you can expect the kind of service and support that a small town business can offer. When you need our help, we will go the extra mile to give you the best service possible. You talk to real people who can give you real answers.

Local Experts

South Country understands the local communities in our service area. Each county has a team who works together to connect you with the local providers and resources that will give you the care you need. Unlike other health plans, South Country has a Community Care Connector in each county who works with members right in their own community.

Wellness Rewards

We want to prevent health problems before they occur. South Country has a strong preventive care program that rewards you for staying active, learning new skills, and seeking timely screenings and vaccinations to help you and your family be well.

RideConnect Transportation

RideConnect offers safe and reliable rides to your covered medical, behavioral health, and dental appointments.

It is important to go to all of your scheduled appointments, but sometimes that can be difficult if you don't have transportation. As a member of South Country Health Alliance, you may be eligible for transportation services to get to and from your covered health care appointments.

Non-Emergency Medical Transportation (NEMT)

Non-emergency medical transportation is transportation for people who are not facing medical emergencies and do not need an ambulance. There are two types of non-emergency medical transportation:

- **NEMT Access Transportation Services (ATS):** ATS is also known as common carrier transportation. Common carrier transportation includes buses, commercial carriers, or volunteer driver programs.
- **NEMT Special Transportation Services (STS):** STS is for people who, because of physical or mental impairment, cannot safely use common carrier transportation. Those eligible for STS need help getting into and out of a vehicle and assistance getting to their appointment.

Changes to NEMT Access Transportation Services (ATS)

Beginning September 1, 2016, South Country will be changing how ATS (or common carrier) is arranged for members. Instead of calling the county to arrange transportation, eligible members will now be able to contact a RideConnect provider directly, without needing authorization from South Country or the county. Members can also call Member Services for help scheduling a ride.

NEMT Special Transportation Services (STS)

Members must be certified to use STS before South Country will cover the cost. Member Services will help members complete an assessment to determine if they are eligible for STS. Members who meet the level of need for STS can schedule rides directly with the STS provider or have Member Services arrange a ride.

Schedule a Ride

To schedule a ride, you will need to call the RideConnect provider or Member Services at least 72 hours (3 days) before your appointment. If your schedule changes or you no longer need a ride, call 24 hours (1 day) or as soon as possible before your scheduled pick-up to change or cancel your ride. Rides to same day care or urgent care are based on provider availability.

Member Services can be reached toll-free at **1-866-567-7242** (TTY users call **1-800-627-3529** or **711**). More information about RideConnect is on our website at www.mnscha.org under the Members tab. There you can find eligibility criteria, a list of transportation providers, and other details about scheduling transportation services.

Copyright © 2016 by South Country Health Alliance.

The Connection is a publication of South Country Health Alliance. For submission information or re-print permission, please contact:

SCHA, 2300 Park Drive, Suite 100, Owatonna, MN 55060

Email: marketing@mnscha.org

Website: www.mnscha.org

SeniorCare Complete and AbilityCare are health plans that contract with both Medicare and the Minnesota Medical Assistance (Medicaid) program to provide benefits of both programs to enrollees. Enrollment in either plan depends on contract renewal.

Fraud, Waste, and Abuse

South Country believes it is the responsibility of everyone to report suspected fraud, waste, and abuse. You can report anonymously through our Report it hotline by calling **1-877-778-5463**. You can also make a report at www.reportit.net. Username: SCHA, Password: Owatonna

General health information in The Connection is not intended to be a substitute for professional medical advice, diagnosis, or treatment. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

South Country Health Alliance makes authorization decisions using evidence-based standards of care, medical necessity criteria, and the member's benefit coverage. South Country does not reward providers or other individuals for denying services to members, nor does South Country reward decisions that result in under-utilization of services.

Member Surveys

We want to be the best health plan possible for our members. Every year, members have a chance to respond to satisfaction surveys to help us know what we are doing well and where we need to improve.

A random selection of South Country members fill out a Health Outcomes Survey (HOS) or Consumer Assessment of Healthcare Providers and Systems (CAHPS) survey. These surveys measure our members' health care experiences and access to the services they need.

We thank our members who completed the surveys. Your feedback is important, and we look forward to sharing the results with you later this year.

For questions about health surveys, call Member Services toll-free at **1-866-567-7242** (TTY users call **1-800-627-3529** or **711**).

Ask Mayo Clinic Nurse Advice

South Country members have 24-hour access to *Ask Mayo Clinic* for free nurse advice by phone or online.

Ask Mayo Clinic is trusted health guidance when you need it. Wondering how it works? Here are our answers to your most frequently asked questions.

Should I call the nurse advice line if I have a medical emergency?

No. If you believe you have a medical emergency, always call **911** or go to the nearest emergency room.

When should I call the nurse advice line?

When you're not sure if you or a family member needs immediate care, call the nurse advice line. A nurse will help you make informed decisions on when and how to seek care for an urgent problem.

You can also call *Ask Mayo Clinic* when you need a quick answer to a health issue that doesn't require immediate medical treatment. A nurse will answer questions about your symptoms, medications and side effects, when to go to the doctor, and other wellness information.

How can I reach Ask Mayo Clinic?

Call *Ask Mayo Clinic* toll-free at **1-800-504-3451**, available 24 hours a day, 7 days a week. This number is listed on the back of your member ID card.

You can also visit *Ask Mayo Clinic* online at www.southcountrynurseline.com and enter your South Country Health Alliance access code. (Call Member Services at **1-866-567-7242** or TTY **1-800-627-3529** if you have not received your member access code.) The online tool is secure, private, and free for all members. Once you enter your symptoms, the site will give you advice on how to seek medical care.

Body Benefits When You Quit Smoking

Quitting smoking can help your body from head to toe.

Quitting smoking can re-wire your **brain** and help break the cycle of addiction. By kicking the habit, your **hearing** will be sharper, your **vision** clearer, your **smile** brighter, and your **skin** smoother.

When you quit smoking, your **heart** is stronger, your **cholesterol** is lower, and your **blood** is thinner and less likely to form dangerous blood clots. Not only that, but you will reduce your **stomach** fat, lower your risk of diabetes, and strengthen your overall **immune system**.

Scarring of the **lungs** is not reversible. That is why it is important to quit smoking before you do permanent damage to your lungs. The earlier you quit, the more likely you'll be able to prevent serious diseases such as emphysema or even cancer.

South Country Health Alliance members can call the **Mayo Clinic Tobacco Quitline** at **1-800-504-3451** for helpful information about quitting and one-on-one counseling.

Source: Smokefree.gov, 2016





Strong Children, Strong Families

Early Childhood Family Education (ECFE) is a program for all Minnesota families that helps parents strengthen their children's learning and growth.

Each Minnesota public school district offers Early Childhood Family Education (ECFE) to families with children between the ages of birth to kindergarten entrance. ECFE is based on the idea that parents are a child's first and most important teachers. These classes help enhance the ability of parents and other family members to provide the best possible environment for their child's learning and growth.

ECFE classes typically include time for parent and child interaction, activities for children, and discussions with parents. Classes are designed to be fun and flexible to fit busy family schedules. In some communities, transportation and home visits may also be available.

South Country Health Alliance will cover the registration fee for members who want to participate in ECFE classes. These classes must include parent and child interaction within the classroom setting. Members can take an unlimited number of ECFE classes each year.

South Country will also cover \$15 of the registration fees for School Readiness programs. These programs help children prepare for kindergarten through hands-on learning activities that are educational and fun. Children gain skills in reading, writing, science, math, art, and music. They also learn how to follow rules and routines and get along with other children.

For more information about ECFE and School Readiness, call your local school district or South Country's Member Services at **1-866-567-7242** (TTY users call **1-800-627-3529** or **711**).

Women, Infants, and Children

The Women, Infants, and Children (WIC) program is a statewide nutrition and breastfeeding program that helps young families eat well and be healthy.

WIC helps pregnant women learn about nutritious food for a healthy pregnancy and birth. The program also supports breastfeeding and helps new moms meet their breastfeeding goals. WIC stays involved with families by providing nutritious foods to their young children so they are healthy and ready to learn.

Eligibility

If you or a family member is currently participating in any of the following programs, you are also eligible for the WIC program:

Medical Assistance, Medical Assistance - TEFRA, SNAP (food stamps), MN Family Investment Program, Fuel Assistance, Reduced or Free School Lunch, Head Start, Supplemental Security Income

Your family may also qualify for WIC based on your household size and income.

Resources

Visit the Minnesota Department of Health (MDH) website at www.health.state.mn.us to learn more about WIC. Find out if you are eligible, and locate a WIC clinic near you.

Source: Minnesota Department of Health, 2016

South Country Needs YOU!

Member Advisory Committee

Next Meeting:

Friday, December 9
10 a.m.-noon

As a South Country member, **you** have a voice, and **you** can make a difference in how your health care works.

We invite you to join the Member Advisory Committee (MAC)! Your feedback will help us be a better health plan.

The MAC offers South Country members and family of members an opportunity to share their health care experiences and offer ideas to help us improve our services for all members. We listen to what you have to say and use your feedback to better meet your needs.

The MAC meets four times a year at South Country's office in Owatonna. Interactive television (ITV) sites are also available in Sibley and Wabasha counties at their social services departments. South Country reimburses childcare and mileage expenses to those who attend MAC meetings.

If you would like to become a MAC member or get more information about the committee, call Member Services toll-free at **1-866-567-7242** (TTY users call **1-800-627-3529** or **711**).

You can also email us at members@mnscha.org.

Join the Member Advisory Committee today!

Member Services Q&A

South Country can answer your questions about health care benefits, services, and other concerns. Here are some of the things our members have been calling us about lately.

Question: I lost my member ID card. How do I get a new one?

Answer: If you lose your member ID card or have it stolen, just call Member Services and ask for a new one. Simple as that. We will order a new ID card for you that you will receive in the mail within two weeks.

If you need to use your ID card in the meantime for a doctor's appointment or to pick up a prescription from the pharmacy, call Member Services. A Member Services specialist can give you your member ID number and any other information that you may need over the phone.

Question: Is my prescription drug covered?

Answer: There are several ways you can find out if your prescriptions and medications are covered by South Country.

There is an online drug search tool on our website at www.mnscha.org. On the homepage, click "Find a Drug," then select your program. This tool will help you search for your generic or brand name drug and find out if it's covered by South Country.

Members with Medicare benefits can also look through their List of Covered Drugs (or Comprehensive Formulary) booklet that they received in their membership packet when they joined South Country. Look through the List of Covered Drugs to see if your drug is covered.

If you still aren't sure, call Member Services. A Member Services specialist will answer your questions and help you look up the information you need.

Question: I moved. Should I let my health plan know?

Answer: It's important for South Country to have the correct contact information for our members so we can send you the most current information about your health care programs and services.

If you change your address or phone number, call Member Services and tell us your new contact information. A Member Services specialist will update your address or number in our system so you start receiving the updates, materials, and information you need right away.

Make sure you also notify your financial worker or county MNSure worker to update your contact information. Tell your county financial worker about other changes too, such as income changes or a new pregnancy or birth. These changes may impact your health care benefits and coverage.

South Country Health Alliance Member Services
1-866-567-7242 • TTY 1-800-627-3529 or 711
Monday-Friday: 8 a.m.-8 p.m. (Feb. 15-Sept. 30)
7 days a week: 8 a.m.-8 p.m. (Oct. 1-Feb. 14)

Diabetes and Dehydration

People with diabetes have an increased risk of dehydration. Learn what symptoms to watch for and how to get treatment.

Staying hydrated, particularly during warm summer months, is important for everyone. However, it is especially important to drink enough water if you have diabetes. Hydration affects overall health, blood sugar, and appetite.

Not only is it important to stay hydrated, but you also need to keep your blood sugar levels in check. When blood sugar levels are higher than they should be, your kidneys will attempt to remove some of the excess sugar (or glucose) from the blood. During this process, the kidneys also remove water from the blood, which can lead to frequent bathroom trips, extreme thirst, dry mouth, headache, dry eyes, tiredness, or dizziness.

By drinking water, you can help rehydrate the blood. Otherwise your body will seek water from other cells, leading to further dehydration.

Symptoms of severe dehydration include low blood pressure, sunken eyes, a weak pulse or rapid heartbeat, dark yellow urine, confusion, and lethargy. If you experience any of these, get treatment immediately.

When you are dehydrated, the first thing you should do is drink water. Water is ideal because it has no additional sugar, which would add to your elevated blood sugar level. If your symptoms are more severe, you may need medical help from a health care professional.

It's best to prevent getting dehydrated in the first place. Don't just wait until you are thirsty. Drink water in regular intervals throughout the day. Aim for about four or more 8-ounce glasses of water per day—more if you are physically active or spending a lot of time outdoors.

Source: Diabetes.co.uk, 2016

How to Make Drinking Water a Habit

- 1. Have a glass of water each morning.** Start your day with a glass of water. Add it to your routine, along with eating breakfast, brushing your teeth, and getting dressed.
- 2. Carry a water bottle with you throughout the day.** If you don't have water near you during work or school, you might forget to drink it. Carry a water bottle with you all day, and keep it at your desk, in your car, or wherever else you may be.
- 3. Drink water with each meal.** Instead of juice, soda pop, coffee, or other drinks, have a glass of water with every meal.
- 4. Eat water-based fruits and vegetables.** You can get water from healthy sources, such as strawberries, cucumbers, and celery.
- 5. Flavor your water.** Make your water more exciting with lemons, limes, strawberries, or kiwi. Watch out for flavor packets that are high in sugar.



If you have diabetes, heart failure, or asthma, South Country's Step Up! For Better Health program can help you manage your condition.

Step Up! For Better Health focuses on you. Our registered nurses care about your well-being and have the tools to help you succeed. Through friendly telephone calls and educational materials, we help you manage your condition and start living your life fully. South Country nurses also help schedule appointments and find the right care from a doctor you can trust.

There is no cost to participate, and the program is completely voluntary and confidential.

Join the Step Up! For Better Health program today by calling toll-free at **1-866-722-7770 (TTY 1-800-627-3529 or 711)**.





Child & Teen Preventive Care

Healthy children are more likely to grow up to be healthy adults. Regular checkups give parents and health care providers an opportunity to check children's growth and development, identify any concerns, and treat them early to prevent bigger problems later on.

Child and Teen Checkups (C&TC) is Minnesota's EPSDT program.

Early: Assessing and identifying problems early

Periodic: Checking children's health at periodic age-appropriate intervals

Screening: Providing physical, mental, developmental, dental, hearing, vision, and other screening tests to detect potential problems

Diagnosis: Performing diagnostic tests to follow up when a risk is identified

Treatment: Control, correct, or reduce health problems found

At South Country Health Alliance, these checkups are known as *preventive care visits* or *well-care visits*. We encourage children and teens from newborn through the age of 21 years to have regular checkups.

C&TC Screening Schedule

The Minnesota Department of Health (MDH) recommends scheduling checkups throughout each of the following age groups: infancy, early childhood, middle childhood, and adolescence.

To see a more detailed schedule about when your child should go to the doctor for a checkup, visit the MDH website at mn.gov/dhs/periodicity-schedule/.

Be Rewarded™ Incentive Program

South Country knows how important checkups are to growing kids. We offer rewards to eligible members who complete their preventive care services on time. Members can get \$50-100 for the following services:

- Infant Well-Care Checkup
- Child Well-Care Visit
- Childhood Immunizations
- Adolescent Well-Care Visit
- Adolescent Immunizations
- Young Adult Well-Care Visit

Vouchers are available at your local public health office and on our website at www.mnscha.org (Members > Wellness Programs). Bring a voucher to each appointment, have your doctor fill it out, and mail it back to South Country to receive your gift card reward.

Learn more about the Be Rewarded™ program on our website at the address above, or call Member Services at 1-866-567-7242 (TTY 1-800-627-3529 or 711).

Are Your Kids Ready?

Use this chart as a guide to determine which vaccines are required to enroll in child care, early childhood programs, and school (public or private). Find the child's age/grade level and look to see if your child had the number of shots shown by the checkmarks under each vaccine. The table on the back also describes each vaccine and disease, how they're spread, their symptoms, and other complications.

Birth through 4 years	Age: 5 through 6 years ¹	Age: 7 through 11 years	Age: 12 years and older
Hepatitis A ✓✓			
Hepatitis B ✓✓✓	Hepatitis B ✓✓✓	Hepatitis B ✓✓✓	Hepatitis B ⁶ ✓✓✓
DTaP/DT ✓✓✓✓	DTaP/DT ⁴ ✓✓✓✓✓	✓✓✓ tetanus and diphtheria-containing doses	Tdap ⁷ ✓
Polio ✓✓✓	Polio ⁵ ✓✓✓✓	Polio ✓✓✓	Polio ✓✓✓
MMR ✓	MMR ✓✓	MMR ✓✓	MMR ✓✓
Hib ✓			Meningococcal ⁸ ✓ & booster
Pneumococcal ² ✓✓✓✓			
Varicella ³ ✓	Varicella ³ ✓✓	Varicella ³ ✓✓	Varicella ³ ✓✓

Immunizations recommended but not required:

Influenza Annually for all children age 6 months and older	
Rotavirus For infants	Human papillomavirus At age 11-12 years

¹First graders who are 6 years old and younger must follow the polio and DTaP/DT schedules for kindergarten.

²Not required after 24 months.

³If the child has already had chickenpox disease, varicella shots are not required. If the disease occurred after 2010, the child's doctor must sign a form.

⁴Fifth shot of DTaP not needed if fourth was after age 4. Final dose of DTaP on or after age 4.

⁵Fourth shot of polio not needed if third was after age 4. Final dose of polio on or after age 4.

⁶An alternate 2-shot schedule of hepatitis B may also be used for kids from age 11 through 15 years.

⁷Proof of at least three doses of diphtheria and tetanus vaccination needed. If a child received Tdap at age 7-10 years, another dose is not needed. Td does not meet the Tdap requirement.

⁸One dose is required beginning at 7th grade. The booster dose is usually given at 16 years, depending on when the first dose was given.

To enroll in child care, early childhood programs, and school in Minnesota, children must show they've had these immunizations or file a legal exemption. Parents may file a medical exemption signed by a health care provider or a conscientious objection signed by a parent/guardian and notarized. For copies of your child's vaccination records, talk to your doctor or call the Minnesota Immunization Information Connection (MIIC) at 1-651-201-5503 or 1-800-657-3970.

Tear off this page and save for easy reference.

Source: Minnesota Department of Health, October 2014
This chart is available at www.health.state.mn.us/index.html.

Are Your Kids Ready?

Vaccine-Preventable Diseases and the Vaccines that Prevent Them

Vaccine/Disease	Disease Spread By	Disease Symptoms	Disease Complications
DTaP or Tdap vaccine protects against diphtheria, pertussis, and tetanus	Diphtheria: Air, direct contact Pertussis: Air, direct contact Tetanus: Exposure through cuts in skin	Diphtheria: Sore throat, mild fever, weakness, swollen glands in neck Pertussis: Severe cough, runny nose, apnea (a pause in breathing in infants) Tetanus: Stiffness in neck and abdominal muscles, difficulty swallowing, muscle spasms, fever	Diphtheria: Swelling of the heart muscle, heart failure, coma, paralysis, death Pertussis: Pneumonia (infection in the lungs), brain damage, death Tetanus: Broken bones, breathing difficulty, severe muscle spasms, death
Hib vaccine protects against <i>Haemophilus influenzae</i> type b	Direct contact, air	May be no symptoms unless bacteria enters the blood; generalized weakness and fever, stiff neck, confusion, irritability, local infections, joint pain	Meningitis (infection of the covering around the brain and spinal cord), shock due to blood infection, swelling of the throat that can lead to serious breathing problems, hearing loss, pneumonia, bone and heart infections, death
Hep A vaccine protects against hepatitis A	Direct contact, contaminated food or water	Fever, stomach pain, loss of appetite, fatigue, vomiting, jaundice (yellowing of skin and eyes), joint pain, dark urine or no symptoms	Liver failure
Hep B vaccine protects against hepatitis B	Contact with blood or body fluids	Fever, headache, weakness, vomiting, jaundice, joint pain, or no symptoms	Chronic liver infection, cirrhosis, liver failure, liver cancer
MMR vaccine protects against measles, mumps, and rubella	Air, direct contact	Measles: High fever, cough, runny nose, red watery eyes, rash Mumps: Swollen salivary glands (under the jaw), testicle or ovary swelling, fever, headache, tiredness, muscle pain Rubella: Rash, fever, swollen lymph nodes	Measles: Brain swelling, seizures, ear infection, pneumonia, death Mumps: Meningitis, brain swelling, deafness, sterility Rubella: Very serious in pregnant women—can lead to miscarriage, stillbirth, premature delivery, birth defects
MCV vaccine protects against meningococcal	Air, direct contact	Severe headache, fever, nausea, vomiting, bruising rash, confusion, extreme sleepiness	Blood infections, amputation, deafness, nervous system problems, developmental disabilities, seizures, death
PCV vaccine protects against pneumococcal	Air, direct contact	Fever, cough or difficulty breathing, weakness, severe headache or irritability, or no symptoms	Blood infections, meningitis, pneumonia, death
Polio vaccine protects against polio	Direct contact, through the mouth, air	Sore throat, fever, nausea, headache, leg weakness, or no symptoms	Paralysis, chronic muscle weakness, death
Varicella vaccine protects against chickenpox	Air, direct contact	Itchy rash, fever, tiredness, headache	Skin infection, bleeding disorders, brain swelling, pneumonia

Immunizations recommended but not required:

Vaccine/Disease	Disease Spread By	Disease Symptoms	Disease Complications
HPV vaccine protects against human papillomavirus	Sex, intimate contact	Warts on genitals, or no symptoms	Cervical, vaginal, or vulvar cancer in females; penile cancer in males; anal or oral cancer and genital warts in males and females. Chronic infections requiring ongoing treatment.
Flu vaccine protects against influenza	Air, direct contact	Fever, muscle pain, sore throat, cough, extreme fatigue	Pneumonia, Guillain-Barré syndrome, death
Rotavirus vaccine protects against rotavirus	Through the mouth	Diarrhea, fever, vomiting	Dehydration, fainting



Community Reinvestment Grants Spotlight

In November 2014, South Country Health Alliance awarded \$3 million to 17 organizations through our Community Reinvestment Grant program. We're taking a closer look at two of our grant recipients.



DODGE COUNTY
Southeastern MN Area Agency on Aging
\$41,300, 3 Years

Southeastern Minnesota Area Agency on Aging (SEMAAA) is implementing more programs for seniors in Dodge, Freeborn, Goodhue, Steele, and Wabasha counties.

SEMAAA's evidence-based programs are designed for seniors who live with chronic disease, pain, or disability or who are at risk of falling. Programs include Living Well with Chronic Conditions, Arthritis Foundation Exercise Program, Matter of Balance, Powerful Tools for Caregivers, and Tai Ji Quan: Moving for Better Balance.

With grant funding, SEMAAA has trained new program instructors and provided more classes in its communities. The organization reported increased participation and satisfaction with the programs they offer to seniors throughout the region.

The Community Reinvestment Grant will continue to help SEMAAA grow and improve its health promotion programming over the next year. SEMAAA will focus on spreading community awareness of the programs that are available.

Visit SEMAAA's website at <http://semaaaroche sternmn.org> for more information about programs and a schedule of upcoming classes and workshops.



DODGE, STEELE, & WASECA COUNTIES
Minnesota Prairie County Alliance
\$259,200, 3 Years

MNPrairie is developing a system of care that will address the trauma needs of children in Dodge, Steele, and Waseca counties.

Using a new screening tool, county case managers can screen children entering the child welfare system, looking broadly at the child's experiences to determine what services he or she needs.

"We are trying to address earlier what's going on with the children and how they might be emotionally impacted by the things that are happening in their lifetime," said Shari Kottke, child and family social services manager at MNPrairie.

MNPrairie also contracted with a mental health professional who helped build the system of care and provide supportive services for parents and children.

Earlier this year, MNPrairie received the 2016 Pinwheels for Prevention Award, which recognized MNPrairie for their commitment to the prevention and early intervention of child abuse and neglect.

The Community Reinvestment Grant will help fund MNPrairie for another year to improve its processes, policies, and services to more effectively address the needs of children impacted by trauma.

2300 Park Drive, Suite 100
Owatonna, MN 55060

Health, Wellness, or
Prevention Information

 Like us on Facebook!
South Country Health Alliance

South Country Health Alliance Member Services

1-866-567-7242 • TTY users call 1-800-627-3529 or 711

Calls to these numbers are free. Hours of service are:

October 1 - February 14, 7 days a week, 8 a.m. - 8 p.m.; February 15 - September 30, Monday - Friday, 8 a.m. - 8 p.m.

Attention. If you need free help interpreting this document, call the above number.

ያስተውሉ፡ ካለምንም ክፍያ ይህንን ደብዳቤ ለማረጋገጥ ከፈለጉ ከላይ ወደተጻፈው የስልክ ቁጥር ይደውሉ።

ملاحظة: إذا أردت مساعدة مجانية لترجمة هذه الوثيقة، اتصل على الرقم أعلاه.

သတိ။ ဤစာရွက်စာတမ်းအားအခမဲ့ဘာသာပြန်ပေးခြင်း အကူအညီလိုအပ်ပါက အထက်ပါဖုန်းနံပါတ်ကိုခေါ်ဆိုပါ။

កំណត់សំគាល់ ។ បើអ្នកត្រូវការជំនួយក្នុងការបកប្រែឯកសារនេះដោយឥតគិតថ្លៃ សូមហៅទូរស័ព្ទតាមលេខខាងលើ ។

請注意，如果您需要免費協助傳譯這份文件，請撥打上面的電話號碼。

Attention. Si vous avez besoin d'une aide gratuite pour interpréter le présent document, veuillez appeler au numéro ci-dessus.

Thov ua twb zoo nyeem. Yog hais tias koj xav tau kev pab txhais lus rau tsab ntaub ntawv no pub dawb, ces hu rau tus najnpawb xov tooj saum toj no.

ဟ်သုတ်ဟ်သးဘတ်တကုာ်. ဖဲနမ့ၢ်လိာ်ဘတ်တၢ်မၤစၢၤကလီၤလၢတၢ်ကကျိးထံဝဲဒၣ်လၢာ် တီလံာ်မိတခါအံၤန့ၣ်, ကိးဘတ်လီၤတဲစီၣ်ဂံၢ်လၢထးအံၤန့ၣ်တကုာ်.

알려드립니다. 이 문서에 대한 이해를 돕기 위해 무료로 제공되는 도움을 받으시려면 위의 전화번호로 연락하십시오.

ໂປຣຄຊາບ. ຖ້າຫາກ ທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປເອກະສານນີ້ພໍ, ຈົ່ງໂທໂປຣໂຍກິພາຍເລກຂ້າງເທິງນີ້.

Hubachiisa. Dokumentiin kun tola akka siif hiikamu gargaarsa hoo feete, lakkoobsa gubbatti kenname bilbili.

Внимание: если вам нужна бесплатная помощь в устном переводе данного документа, позвоните по указанному выше телефону.

Digniin. Haddii aad u baahantahay caawimaad lacag-la'aan ah ee tarjumaadda qoraalkan, lambarka kore wac.

Atención. Si desea recibir asistencia gratuita para interpretar este documento, llame al número indicado arriba.

Chú ý. Nếu quý vị cần được giúp đỡ dịch tài liệu này miễn phí, xin gọi số bên trên.

This information is available in other forms to people with disabilities by calling **1-866-567-7242** (toll-free) or **711** (TTY), or through the Minnesota Relay at 1-800-627-3529 (TTY, Voice, ASCII, Hearing Carry Over), or 1-877-627-3848 (speech to speech relay service).