

## The “Silent Killer”

**High blood pressure (hypertension)** is sometimes called the “silent killer” because it usually has no noticeable warning. Many people do not know they have it. It is most common in people over age 35, but children can develop hypertension as well.

**Not treating** high blood pressure can lead to heart and kidney disease and stroke.

Blood pressure is written in two numbers.

The first (systolic) number is the pressure while the **heart is beating**. The second (diastolic) number is the **heart resting between beats**. Normal blood pressure is 120 over 80 (120/80). **KNOW your numbers.**

Besides taking medicine, the main ways to bring high blood pressure down are to:

- Stay on a low salt diet
- Lose weight
- Exercise regularly
- Stop smoking

**Visit your doctor** to have your blood pressure checked and talk about the best plan to treat your hypertension.



### MEMBER SERVICES

Horizon NJ Health

Our Member Services toll free number is:  
**1-877-7NJ-HEALTH**  
**(1-877-765-4325)**  
Members with speech or hearing impairments may call TDD/TTY toll free at **1-800-654-5505.**

# Protect your child from diseases

**Immunizations (shots)** are the best way to protect your child against dangerous childhood diseases that can lead to illness and death.

Your child's **Primary Care Provider (PCP)** will make sure your child has all the necessary screenings for his or her age group. **All children need immunizations, dental exams, lead poisoning screenings and preventive exams to make sure they stay in good health.**

- Neonatal exam at 1 week.
- Six weeks
- Children under two years of age need to see their PCP for preventive exams at 2, 4, 6, 9, 12, 15 and 18 months.
- Children two years and older need to see their PCP every year for a preventive exam up to the age of 21 years.

## Shots can help keep your child healthy

Shot	Protects Against these Diseases
DTap	Diphtheria, tetanus (lockjaw) and pertussis (whooping cough)
Hepatitis A and Hepatitis B	Hepatitis B and Hepatitis A, serious liver diseases
HIB	Haemophilus influenzae type B virus, which can cause meningitis, pneumonia or a very serious blood infection
Influenza	Is an annual vaccine that protects against the flu
Meningococcal	A common form of Bacterial Meningitis, which can lead to brain damage and death
MMR	Measles, mumps and rubella (German measles)
Pneumococcal	Serious pneumococcal diseases
Polio	Polio virus, which can lead to paralysis
Tdap, a booster shot for pre-teens	Diphtheria, tetanus and pertussis
Varicella (Chickenpox)	Chickenpox, which can lead to pneumonia
RNA	Rotavirus
HPV	Human Papillomavirus

## Do you have inflammation in your mouth?

Signs and symptoms of inflammation can be:

- Gums have a red, rolled, swollen edge rather than a pink, flat, pointed edge
- Gums bleed when brushing, flossing, or eating
- Toothache

Inflammation in the mouth can lead to more serious **life threatening** conditions affecting your overall health.

This risk is higher for people who are pregnant or have:

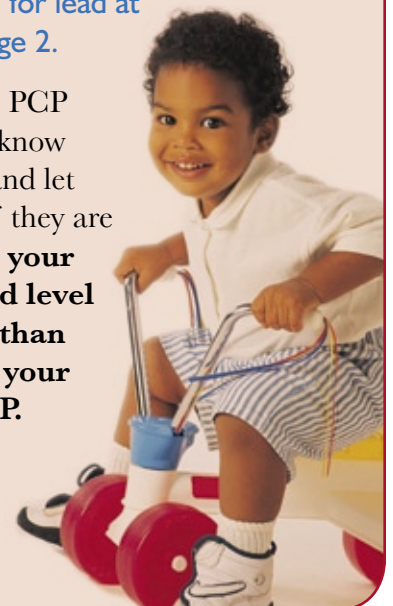
- Diabetes
- Cardiovascular Disease (heart or circulation problems)
- Cancer

**Schedule a preventive dental visit** for you and you loved ones every 6 months. This is one way to make sure that you are doing the most that you can to keep you and your loved ones healthy.

## Get your child tested for lead

Make a note to get your child tested for lead at age 1 and age 2.

Your child's PCP will let you know the results and let you know if they are too high. **If your child's lead level is greater than 10, talk to your child's PCP.**



# Put down the cell phone while driving

Talking on a hand-held phone or texting while driving is **against the law in New Jersey.**

Follow these cell phone safety tips when driving:

- Turn your phone off or put the ring on silent to avoid the urge to answer.
- Put your phone in a secure place that is easy to reach, in case of emergency.
- Never dial while driving. Move to a safe area off of the road.
- Prior to driving, store important contact information in your phone.
- Use a hands-free unit, so that both of your hands are on the steering wheel at all times.
- Become familiar with your phone's speed dialing and voice-activation features.
- Prior to driving, set up your voice-mail to take messages.



Source: New Jersey Motor Vehicle Commission



Did you know that Horizon NJ Health covers many over-the-counter (OTC) medicines with a prescription?

These are some of the preferred OTC medications we cover as listed in our drug formulary guide. You can find the drug formulary guide on the Horizon NJ Health Web site [www.horizonNJhealth.com](http://www.horizonNJhealth.com).

Please discuss the preferred OTC medications with your Primary Care Provider (PCP). If, for medical reasons, you cannot be changed to a preferred OTC medication, you or your PCP may call the Horizon NJ Health Pharmacy Department to request a prior authorization.

## Over-the-Counter (OTC) medicine

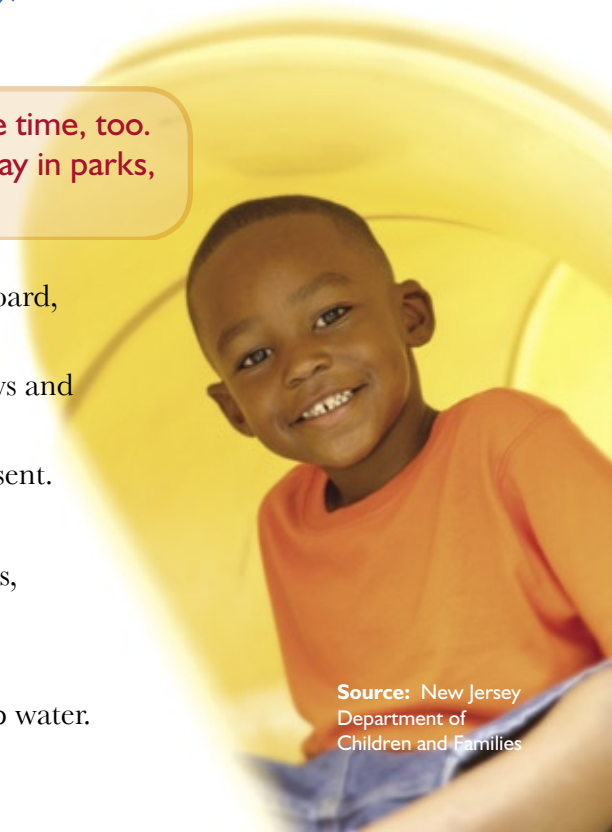
Common Symptom	Preferred OTC Medications and their Brand Tradenames
Allergies	Generic OTC Loratadine [Claritin] (Tablets or Syrup) Loratadine Oral-Disintegrating Tablets (ex Alavert) Loratadine-D [Claritin-D]
	OTC Cetirizine [Zyrtec] (Tablets, Chewable Tablets or Syrup) Cetirizine-D [Zyrtec-D]
Heartburn	OTC Prilosec
Vaginal Anti-Fungals	Generic OTC Clotrimazole [Gyne-Lotrimin, Mycelex] OTC Miconazole [Monistat] Vaginal Products
Cold Sores	Abreva
Allergy Eye drops:	Zaditor OTC, Alaway, Generic Naphcon-A, Ophcon-A
Most Cough and Cold Products	Examples include Robitussin, Pediacare and Dimetapp
Lice Treatment	OTC Permethrin [Nix]

Horizon NJ Health Pharmacy Department can be reached toll free at **1-800-682-9094** at **extension 81014 for members** or **extension 81015 for PCPs**. Office hours are Monday through Friday between 8:00 a.m. and 8:00 p.m. and Saturday from 9:00 a.m. to 4:30 p.m. We are closed on Sunday. A pharmacist is available on call 24 hours a day, 7 days a week.

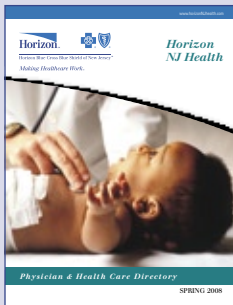
# Keep kids safe during summer

**Summer can be a fun time for kids.** Parents can make it a safe time, too. Use these summer safety reminders when your children are at play in parks, playgrounds or pools:

- Have kids wear a properly fitted helmet when riding a bike, skateboard, scooter or rollerblading.
- Always supervise kids on play equipment like swings, slides, see-saws and monkey bars.
- Use caution when cooking on outdoor grills when children are present.
- Limit sun exposure for kids and infants.
- Apply sunscreen, even on cloudy days, and reapply every two hours, or after swimming.
- Swim only in areas protected by a lifeguard.
- Learn how to swim, tread water and float before swimming in deep water.
- Never dive in shallow water.



Source: New Jersey  
Department of  
Children and Families



## Where can you get County Directories and Dental Directories?

If you would like a copy of the provider directory with participating doctors in your area, call Member Services toll free at **1-877-NJ-HEALTH (1-877-765-4325)**. Hearing impaired members please call our TDD/TTY number at **1-800-654-5505**. Copies of the provider directories are also available on the Horizon NJ Health Web site at [www.horizonNJhealth.com](http://www.horizonNJhealth.com).



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**Blue**  
Notes

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