



Gold Choice Newsletter

Your Health...Your Choice...Gold Choice



Gold Choice Has New Primary Care Physicians

Gold Choice is pleased to announce that there are new Primary Care Physician Sites available for our members.

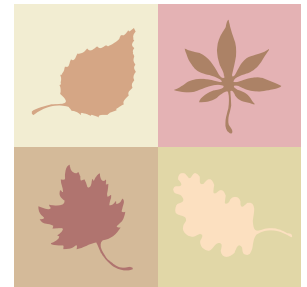
1. Dr Young Paik is located at 65 Grant St. and his number is 884-2289. He is an Internal Medicine Doctor and his office hours are Monday, Wednesday and Friday 12PM to 6PM.
2. Our new site at 1490 Jefferson Avenue is a Lifetime Health Office. Joanne Juan Liu, CNP sees clients Monday

3. The Mercy Health Center at 571 South Park Ave. Will be headed up by Dr. Rahman who is an Internal Medicine doctor and Joan Osswald a CNP. This sites phone number is 847-6610. The hours are Monday through Thursday 8AM to 4PM and Friday 8AM to 2PM.
4. Dr. M.S. Gopalakrishnan, M.D. at 1213 Walden Avenue in Buffalo

through Friday 9AM to 5PM. You can call 878-2700 to find out the next available appointment.

has also joined our list of Gold Choice Providers. His office number is 892-6200. Hours are 9:30AM to 2:00 PM, Monday through Wednesday, closed on Thursday and 9:30AM to 2:00PM Friday.

Please remember that if you want to change your primary care physician or the site you are currently assigned to, you must call Gold Choice Member Services at **716-898-5966** or toll free at **1-888-419-1722** to make this request.



Inside this issue:

<i>New Primary Care Physicians</i>	1
<i>The Caro Medical Center</i>	1
<i>Gold Choice and You</i>	2
<i>How To Get A Referral</i>	2
<i>Pharmaceutical Co-pays</i>	2
<i>Nutrition Tips</i>	3
<i>Know your Benefits</i>	4

The Caro Medical Center



The Caro Medical Center is a new Gold Choice site located in Derby, New York at 7008 Erie Rd. (Rt. 5) and their office number is **947-9147**. Their hours are as follows: M., T. & Th. 8:30am to 7:00pm, W. & F. 8:30am to 5:00pm, Sat. call for availability. They also have Walk-In Hours but you must call first.

Not only can the Caro Medical Center be your Family Doctor and see you on Urgent Visits but they also provide Industrial Medicine to help employers keep operational costs low. They have Works Studies and can provide DOT Physicals, Drug Screening, Fire-fighter Physicals, Respirator Fit Test Work Study, Compensation & First Aid Services and Osha Physicals. The Caro Medical Center also provides Preventative

Medicine, Chelation Therapy, Herbs, Vitamins, Diet Therapy and Exercise as well as minor office surgeries, pulmonary function studies, alcohol breathalyzer testing and massage therapy.

There is a laboratory on site and the Center can also provide DEXA Scans, Full body Scans, Echocardiograms, Electrocardiograms, pulmonary Functions Tests, Drug testing, Ultrasounds, and 24 hr. Holter Monitors. The lab hours are M., W., & Th. 8:30am to 4:30pm and T. & F. 7:00am to 3:00pm.

Please call Gold Choice Member Services if you would like to become a client of the Caro Medical Center at 898-5966.

Caro Medical Center also provides:

Aorta, Venous, Arterial Dopplers, Carotid Dopplers, Gastroenterology (Endoscopy), Hearing Testing & Hearing Aids, Acupuncture, Massage Therapy, Podiatry, Counseling, Radiology, Urology, Orthopedics, Physical Therapy, Affordable Chiropractic and Preventative Medicine.

How to Contact Us:

- *Member Services is available from 8am to 4 pm Monday through Friday.*
- *Our Telephone number is 898-5966.*
- *Contact us before you go to see a new Primary Care Physician (PCP) or if you change your address.*
- *We would also be happy to send you an updated PCP directory.*

Gold Choice and You



Keeping your information up to date is vital to your Gold Choice coverage. If you move or choose to go to another doctor we need to know so we can make sure the correct doctor gets paid to see you and that you receive a new card in a timely fashion. We urge you to call Gold Choice Member Services and speak to Deanna or Kate about any issues you may have or just to make sure your information is accurate. Member Services is available Monday through Friday 8AM to 4 PM.



CALL GOLD CHOICE AT 898-5966
OR
TOLL FREE 1-888-419-1722.

Consumer Advisory Board Meeting

Once again we invite Gold Choice clients to talk about their Gold Choice and Medicaid. We will be having a Consumer Advisory Board Meeting in October of 2005 at our Gold Choice Administrative Offices. We will have guest speakers and then an open forum for questions. Please call Deanna at 898-5862 for more information.



How To Get A Referral

If you need to see a specialist you must contact your Primary Care Physician first. Your Primary Care Physician will then give you a referral to see the specialist. Members with an illness that required ongoing care from a specialist may ask their Primary Care Physician for a standing referral. A Standing Referral may be good for a long period of time, not just one or two visits. For a standing referral call your Primary Care Physician **BEFORE** receiving special services.

Your Primary Care Physician must give you a referral for all specialty services including:

OB/GYN

Laboratory Testing

X-Ray Services

Audiology and Hearing Aids

Inpatient Services

All Therapies including occupational, physical and speech

Ophthalmology

Durable Medical Equipment

Services that DO NOT need a referral include:

Prescriptions

Dental Care

Outpatient mental health/substance abuse services

Optometry

Methadone Maintenance Services

Family Planning/ reproductive services

HIV/AIDS testing and counseling.

Pharmaceutical Co-Payments



As of August 1st, 2005 the New York State Department of Health has made some changes to co-pays for pharmaceuticals.

- Brand name prescriptions are \$3.00 for each new prescription and each refill
- Generic prescriptions are \$1.00 for each new prescription and for each refill.

There is no co-pay for drugs that are name brand or generic to treat mental illness, tuberculosis and birth control.

The NYS DOH has also stated that the annual co-payment maximum is \$200. The co-pay year begins on April 1st. and ends on March 31st. Once the maximum has been reached no co-pays will be required until the new year begins. The State has also stipulated that if you go into a pharmacy and do

not
the
pay

The New York State Department of Health is also available to answer any questions you may have regarding new pharmaceutical co-pays at 1-800-541-2831.
Between the hours of 8:30 AM and 5:00 PM

have
co-
at
that
time

However: YOU WILL STILL OWE THE CO-PAY AND BE EXPECTED TO PAY IT THE NEXT TIME YOU NEED A PRESCRIPTION.

Nutrition Tips



Fruits and vegetables look good, taste great and contain vitamins and minerals. Eating a variety of fruits and vegetables is quick and easy.

A serving is:

- 1 medium sized piece of fruit
- 4 ounces of 100% fruit or vegetable juice,
- 1/2 cup of cooked or canned vegetables or fruit
- 1 cup of raw leafy vegetables
- 1/2 cup cooked dried peas or beans

- 1/4 cup dried fruit

You can get your fruits and vegetables in many ways because fruits and vegetables come fresh, frozen, canned, dried, and as 100% fruit or vegetable juice.

Not sure how to increase your fruit or vegetable intake? Start the day with 100% fruit or vegetable juice. Slice a banana on top of your cereal, Have a salad with lunch. Include a vegetable with dinner and you already have 5 a day. If you need more than 5 servings a day try adding an extra piece of fruit or and extra vegetable at dinner.



Keep things fresh and interesting by combining fruits and vegetables of different flavors and colors, like red grapes with pineapple chunks, or cucumbers with red peppers.



Top Your Meals with Color

Try these tasty additions to add flavor to your salad:

- Green or red pepper strips, broccoli florets, carrot slices, or cucumber add crunch to your pasta or potato salad.
- Baby carrots, shredded cabbage or spinach leaves bring color to a green salad
- Apple chunks, pineapple and raisins perk up coleslaw, chicken or tuna salads
- Fruit juice, flavored vinegars or herbs make low-fat salad dressings flavorful without adding fat or salt.
- Wake up with fruits and vegetables! Add sliced banana, blueberries or raisins to cereal.
- Add fresh fruit and vegetables to food you already eat— like berries and bananas to yogurt, vegetables to pasta and pizza; and lettuce, tomato and onion to sandwiches.
- Put some punch into your party by blending 100% fruit juices to create a refreshing new juice. Try mixing pineapple, orange, grapefruit or other fruit juices

There are so many choices when selecting fruits and vegetables. Have you ever tried kiwifruit? How about asparagus? Try something new that helps you increase the amount of fruits and vegetables you eat!

Cooking With Fruits & Vegetables

- Using a microwave is fast and fun. Use a microwave or pressure cooker to quickly “zap” vegetables or a potatoes and retain their nutrients.
- Grill vegetables. When grilling, wrap vegetables in aluminum foil and place over medium hot coals for a flavorful BBQ side dish.
- Make homemade salsa with tomatoes, mangoes, avocados, red onions, cilantro, and lime juice.
- Here’s a quick fruit salad you can make in less than a minute. Open a can of juice-packed mandarin oranges and empty into a bowl. Add a sliced banana, a sliced apple, and some blueberries or raisins.

There you have it—a quick way to a delicious fruit salad.



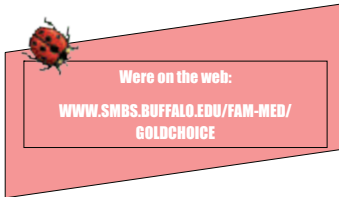


Your Health...Your Choice...Gold Choice



462 Grider St.
CC Bldg.
Buffalo, NY 14215

Phone: 716-898-5966
Fax: 716-898-4750
Toll Free: 888-419-1722



Gold Choice and You

Keeping your information up to date is very important for your Gold Choice coverage. If you move or choose to go to another doctor we need to know so we can make sure the correct doctor gets paid to see you and that you receive a new card in a timely fashion. We urge you to call Gold Choice Member Services and speak to Deanna or Kate about any issues you may have with your coverage or just to make sure your information is accurate. Member Services is available Monday through Friday 8 AM to 4PM. We are committed to making sure you receive the best medical treatment available but we need you to call us with any changes in your status.

Our number is 898-5966
or toll free 1-888-419-1722

Know your Benefits

Knowing how to get the most from your Gold Choice benefits will not only get you the best medical coverage available but you will also feel satisfaction that you are making educated decisions about your health. Talking to your Primary Care Physician about your care is key to making the most of your benefits.

Your Primary Care Physician is there to help you with your treatment choices and give you referrals to see a specialist if you need one. Without a referral many specialists such as OB/GYN doctors will refuse your visit. This includes doctors you may have been seeing before you were a member of Gold Choice.

It is very important to have a referral in place **before** you go see a specialist and verify that they take your Medicaid. If you do not have one it could result in delays of treatment or refusal to treat you.

Another way to get the most out of your Gold Choice plan is to take the steps to contact your Primary Care Physician immediately after visiting the Emergency Room. In the Member Handbook there is a guide to using the Emergency Room efficiently.

- Go to an Emergency Room **ONLY** when the injury or illness is very serious or you may die if you don't get care right away.
- The ER is not for those with the Flu, sore throats or ear infections. For these problems **CALL YOUR DOCTOR.**

- If you go to an ER when it is not a true emergency, you will receive counseling about proper ER use. When you are not sure what to do

CALL YOUR DOCTOR

- Call your Doctor within 48 hours after going to the ER for any follow-up care you may need.

These are very important tips for the Emergency Room and anytime you do not follow these tips you may experience hassles with bills and confusion with follow up care. If you do not know who your Primary Care Physician is please call Member Services at 898-5966 and we will be happy to help you get linked to the proper doctor.

