

Jai Medical Systems HealthBeat

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Jai Medical Systems does it again!

We are pleased to announce that Jai Medical Systems is one of the Highest Rated Medicaid Health Insurance Plans in the United States for 2018-2019, according to the National Committee for Quality Assurance (NCQA) Medicaid Health Insurance Plan Ratings. Jai Medical Systems earned a rating of 5 out of 5 in the NCQA Medicaid Health Insurance Plan Ratings for the **THIRD** year in a row. No other Medicaid Health Plan has earned such a distinction!

In addition, for the fourth year in a row, Jai Medical Systems has also earned NCQA's highest Accreditation status of Excellent. We cannot achieve such high ratings without the assistance of our members and we want to thank you for your loyalty and being a valued member of Jai Medical Systems.

For more information on our NCQA Accreditation and Health Plan Rating, please visit www.jaimedicalsystems.com.



Have you scheduled your Annual Physical?

It is important to see your Primary Care Provider (PCP) at least once a year for your Annual Physical. This yearly "check-in" with your PCP enables your provider to get a sense of your overall health, so that they can help you create "health goals" to work towards, based on your risk factors, lab results, and vital signs. Also, as a member of Jai Medical Systems, after you receive your annual physical, you will earn a Healthy Reward! To schedule your Annual Physical today, please contact our Customer Service Department at 1-888-JAI-1999.

Keep your coverage with Jai Medical Systems!

Thank you for being a member of Jai Medical Systems! We value your membership and want to ensure that you do not have a lapse in coverage.



To ensure that you maintain your health insurance benefits with Jai Medical Systems, please renew your benefits before your eligibility end date. For assistance maintaining your eligibility, please feel free to contact our Customer Service Department at 1-888-JAI-1999.

To renew your benefits today, please visit the Maryland Health Connection website at www.marylandhealthconnection.gov. You may also apply by walking in today to meet with a Certified Application Counselor at one of our independent participating medical centers, Monday through Friday, 9am to 6pm:

Jai Medical Center
5010 York Road
Baltimore, MD 21212
Phone: 410-433-2200

Jai Medical Center
4340 Park Heights Avenue
Baltimore, MD 21215
Phone: 410-542-8130

Jai Medical Center
1235 East Monument Street
Baltimore, MD 21202
Phone: 410-327-5100

Member Satisfaction Survey



Jai Medical Systems is dedicated to delivering an excellent customer service experience to its members. We care about your thoughts and opinions. We would appreciate it if you could please take a moment to complete and return the enclosed Member Satisfaction Survey to help us improve the quality of our services. We look forward to hearing from you.

Asthma Management

Asthma is a chronic disease that can affect your airways. While there is no “cure” for asthma, there are ways that you can manage this disease.

1. **Identify and Avoid Triggers**, such as smoke, pollen, dust, mold, changes in the weather, and stress.
2. **Take your medication, as prescribed.** Your PCP may prescribe

Flu Season is right around the corner!

Influenza or “the Flu” is an illness caused by viruses that infect the nose, throat, and sometimes the lungs. The Flu can cause mild to severe illness, and at times can lead to death. The CDC recommends a Flu vaccine as the first and most important step towards keeping your family protected from the virus. Everyone 6 months of age and older should get a flu vaccine by the end of October, if possible. Contact your PCP today to schedule your appointment to get the Flu vaccine.

3. **Follow your PCP’s Asthma Action Plan.**
4. **Get a Flu vaccine annually.**

a “controller” inhaler for daily use, and a “rescue” inhaler for quick relief situations. It is important that you are following the prescribed use for your inhaler.

Controlling Your Blood Pressure

Did you know that it is important to check your blood pressure regularly? It is even more important to check your pressure if you have been diagnosed with High Blood Pressure also known as “Hypertension.” Individuals who have Hypertension should monitor their blood pressure at least twice a day with a blood pressure device; once in the morning after taking any prescribed medication and again in the evening.

In order to lower or “control” your blood pressure, your PCP may prescribe a daily medication for you to take. It is important for you to take the medication, as prescribed, and to visit your PCP prior to running out of your prescribed medication.

In addition, there are simple steps that you can take today that will help you in your journey to control your blood pressure, including:

1. **Diet.** Be sure to include fresh fruit and vegetables. If you do not have access to fresh fruit and vegetables, search for frozen options and/or “low to no sodium” canned options.
2. **Exercise.** It is recommended that adults exercise for a minimum of 30 minutes a day. Be sure to take 30 minutes out of your day to go for a brisk walk, jog, play a sport, or do strength training such as weight lifting.
3. **Do not smoke.** If you currently smoke, it is important to quit smoking today. For information or assistance with quitting for good, please contact the Maryland Quitline at 1-800-QUIT-NOW.

Blood Pressure	Systolic (Upper#)	Diastolic (Lower#)
Normal	Under 120	Under 80
Prehypertension	120-139	80-89
Hypertension (Stage 1)	140-159	90-99
Hypertension (Stage 2)	Above 160	Above 100
Hypertensive Crisis	Above 180	Above 110



Health Education Class Schedule

Jai Medical Systems members are invited to attend our Health Education Classes held weekly at 1235 East Monument Street, Baltimore, MD.

Join us for classes that focus on topics such as stress management, men’s health, primary care/emergency department visits, and weight management.

Below, please see a schedule of our upcoming Health Education classes:

October 4

- 10:00am: Women’s Health
- 11:30am: Men’s Health
- 2:00pm: Women’s Health
- 3:30pm: All About Substance Abuse

October 11

- 10:00am: Healthy Eating
- 11:30am: Diabetes
- 2:00pm: Hypertension
- 3:30pm: Healthy Eating

October 18

- 10:00am: Healthy Eating
- 11:30am: Asthma
- 2:00pm: Smoking Cessation
- 3:30pm: Stress Management

For more information regarding our health education classes, please feel free to contact our Customer Service Department today at 1-888-JAI-1999.