

vantagePoint

VANTAGE HEALTH PLAN NEWSLETTER SPRING/SUMMER 2009



Medicare Matters

Making Healthcare Work for You!

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We would like to welcome over 3,500 Medicare members to the Vantage Medicare Advantage plans. During October, November, and December 2008, Vantage representatives had the privilege of traveling across the state to meet and speak to retirees about our Medicare Advantage plans.

We have new members from all corners of the state- from Lake Charles to Lake Providence, from Shreveport to Houma! Many of you attended our informational meetings and have enjoyed meeting and speaking with our representatives.

Vantage has been adding physicians, specialists, hospitals, and ancillary providers across Louisiana to give our members more options when selecting in-network providers. For the most current directory of in-network providers, please call Member Services or visit our website, www.vhp-medicare.com. If your doctor is not an in-network provider, please call Member Services. In many cases, with prior notification, we will cover your physician visits as if you were seeing an in-network provider.

Don't forget to show your Vantage Medicare Advantage card when you sign in at your doctor appointments. You no longer need to show your traditional red, white, and blue Medicare card. Instead, you will need to present your Vantage Medicare Advantage card at every visit. Make sure your doctor's office updates your records to show that you are a Vantage Medicare Advantage member.

The information on your Vantage Medicare Advantage card will allow the provider or supplier to bill correctly and contact Vantage on your behalf if there are any billing questions or pre-authorization requirements. If you receive a bill by mistake, please mail or fax it to us. We will review the bill and process accordingly.

Our mission is to provide the personal attention and service that you want with the exceptional coverage and prices that you need and deserve. Vantage is willing to go the extra mile to ensure you are satisfied with your health coverage.

Louisiana Strawberries

Sweet and healthy treats

Louisiana strawberry growers have had a jump on success with an earlier-than-usual season.

Regina Bracy, LSU AgCenter professor and research coordinator of the Hammond Research Station, said there are several reasons why this season's crop was earlier. "Farmers are planting earlier, and they're using what we call floating row covers to minimize damage," she said. Rather than bare-root transplants, growers are planting earlier using plants grown in cell packs, which allow plants to get started faster and help suppress diseases, Bracy said.

Bracy said the number of Louisiana strawberry growers has remained steady for the past few years at about 50. Because of improved techniques, growers are getting higher yields on fewer acres.

Louisiana strawberries taste better because the berries are sun-ripened and delivered from field to consumer in one day or less. "By being locally grown, there is less shipping time, and we know that shipping reduces berry quality," Bracy said. "Locally grown means farmers can pick the fruit riper and sweeter."

Strawberries are one of the healthier fruits to eat, said Beth Reames, LSU AgCenter nutritionist. They are low in fat and calories and naturally high in fiber, vitamin C, folate, potassium and antioxidants.

Louisiana strawberry season peaks in March and April and lasts into May.



Strawberry-Banana Smoothie Recipe

1/2 banana
1/2 cup fresh or frozen strawberries
1 cup milk, low fat
1/4 cup cold water
Honey to taste

Peel banana and cut into small pieces. Rinse and cut strawberries into cubes. Place all ingredients in a blender. Blend and serve.

Preventing Falls

Tips to keep you moving

Falls are the leading cause of injury among senior citizens in the U.S., but there are ways to reduce risks, says the American Academy of Orthopaedic Surgeons. Each year, more than 11 million American senior citizens, or one out of three people over age 65, suffer a fall. Falls can occur during simple, everyday activities like getting out of a bathtub or climbing stairs.



Medical risk factors for falls include: osteoporosis; walking difficulties; arthritis; blood pressure fluctuation; depression; neurological problems, such as stroke and Parkinson's disease; vision or hearing loss; cancer that affects bones; and urinary dysfunction.

The AAOS offered these fall prevention tips:

- Get an annual physical and eye exam, particularly an evaluation of heart and blood pressure problems.
- Consume adequate calcium and vitamin D.
- Quit smoking and avoid too much alcohol.
- Exercise to improve agility, strength, balance and coordination.
- Eliminate tripping hazards and clutter and install grab bars and handrails.
- Wear properly-fitting shoes with nonskid soles.
- Never walk in your stocking feet.
- Place a lamp, telephone and flashlight near your bed.
- Sleep on a bed that is easy to get into and out of.
- Install a night light along the route between your bedroom and bathroom.
- Arrange furniture so that you have a clear pathway between rooms.

Article content provided by the National Institute on Aging, Senior Health Division and is available online at <http://www.nlm.nih.gov/medlineplus/falls.html>.

Cleaning Solutions

Eco- and budget-friendly formulas for your family

The cost of commercial, chemical-based products can be high -- long term health concerns and environmental pollution caused by their manufacture and disposal. Combinations of basic ingredients can provide less harmful substitutions and in most cases, they're also less expensive. Here are some formulas for safe, alternative home care products:

Make sure to keep all home-made formulas well-labeled, and out of the reach of children.

All-Purpose Cleaner: Mix 1/2 cup vinegar and 1/4 cup baking soda (or 2 teaspoons borax) into 1/2 gallon water. Use for removal of water deposit stains on shower stalls, bathroom fixtures, windows, bathroom mirrors, etc.

Carpet stains: Mix equal parts white vinegar and water in a spray bottle. Spray directly on stain, let sit for several minutes, and clean with a brush and warm soapy water. For a heavy stain, mix 1/4 cup each of salt, borax and vinegar. Rub paste into carpet and leave for a few hours. Vacuum.

Deodorize:

- Plastic storage containers - soak overnight in warm water and baking soda
- Garbage disposal units - grind up lemon or orange peel in the unit
- Carpets - sprinkle baking soda several hours before vacuuming

Disinfectant: Mix 2 teaspoons borax, 4 tablespoons vinegar and 3 cups hot water. For stronger cleaning power, add 1/4 teaspoon liquid castile soap. Wipe on with dampened cloth. To disinfect kitchen sponges, put them in when running a load in the dishwasher.

Scouring Powder: On stove tops, refrigerators and surfaces that should not be scratched, apply baking soda directly with a damp sponge.

Mold and Mildew: Use white vinegar or lemon juice full strength. Apply with a scrubber.



Furniture

Polish:

For varnished wood, add a few drops of lemon oil into a 1/2 cup warm water. Mix well and spray onto a soft cotton cloth. Wipe furniture with the cloth, and finish by wiping once more using a dry soft cotton cloth.

Oven Cleaner: Moisten oven surfaces with sponge and water. Use 3/4 cup baking soda, 1/4 cup salt and 1/4 cup water to make a paste, and spread throughout oven. Avoid bare metal and any openings. Let sit overnight. Wipe clean. Rub gently with fine steel wool for tough spots.

Toilet Bowl Cleaner: Mix 1/4 cup baking soda and 1 cup vinegar, pour into basin and let set for a few minutes. Scrub with brush and rinse.

Tub and Tile Cleaner: Rub in baking soda with a damp sponge and rinse with fresh water. For tougher jobs, wipe surfaces with vinegar (use sparingly) first and follow with baking soda.

Window Cleaner: Mix 2 teaspoons of white vinegar with 1 quart warm water. Use crumpled newspaper or cotton cloth to clean. Don't clean windows if the sun is on them, or if they are warm, or streaks will show on drying.

Article content provided by and printed with the permission of www.eartheasy.com. For more cleaning formulas and ideas, visit http://www.eartheasy.com/live_nontoxic_solutions.htm.

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Monroe, LA 71201

Shreveport Office: 318.678.0008

Shreveport Address: 855 Pierremont Rd.

Shreveport, LA 71106

Visit us online at: www.vhpla.com or

<http://www.stategrouphealth.com>, or e-mail your questions to: marketing@vhpla.com.



Welcome New Providers

SPRING/SUMMER 2009



VANTAGE HEALTH PLAN, INC.
Making Healthcare Work!

Physicians

- Adeosun, Anthony K., MD
Family Practice, Lake Charles
- Adhvaryu, Dhaval, MD
General Surgery,
Baton Rouge, Plaquemine
- Allie, David E., MD
Cardiology, Lafayette
- Ardoin, Brent C., MD
Geriatric, Mamou
- Atkins, Steven, MD
Neurology, Marrero
- Banks, Raynando L., SR., MD
Family Practice, Baton Rouge
- Bessent, Richard, MD
Ophthalmology, Covington
- Blue, Kenneth M. III, MD
Urology, Baton Rouge
- Boyd, Molly, MD
Hospitalist, Shreveport
- Boykin, Kevin, MD
Pediatric Surgery, Shreveport
- Braedt, Gary, MD
Internal Medicine, New Orleans
- Breaux, Jeryl F., MD
Family Practice, Livonia
- Bridges, Charlie H., MD
Urology, Baton Rouge
- Brogie, Brian, MD
Urology, LaPlace
- Broussard, Emile D., MD
Ophthalmology, Abbeville
- Byrd, Lori, MD
Dermatology, Baton Rouge
- Capps, Stephen J., MD
Ophthalmology, Covington
- Caskey, David M., Jr., MD
Cardiology, West Monroe
- Caulfield, John J., MD
Urology, LaPlace
- Coburn, David A., MD
Hospitalist, Monroe
- Colon, Elsie M., MD
Physical Medicine/Rehabilitation,
Baton Rouge
- Colvin, Meda K., MD
Physical Medicine/Rehabilitation,
Marrero
- Davis, Wesley W., MD
Cardiology, Alexandria
- Estes, Jacob M., MD
OB/GYN, Baton Rouge
- Fiore, Ronald C. Jr., MD
Neurology, New Orleans
- Fontenot, James B., MD
Internal Medicine, Ville Platte
- Fort, III, Milton G., MD
GYN/Oncology, Baton Rouge
- Freiberg, John L., Jr., MD
Neurology, Marrero
- Frengell, Nilgun C., MD
Hospitalist, Monroe
- Fuller, Jeffrey, MD
Ophthalmology, Baton Rouge
- Ghanta, M.R., MD
Pediatrics, Oakdale
- Guidry, Gerard, MD
Ophthalmology, Baton Rouge
- Gurwara, Dharam P., MD
Neuro-Rehabilitation, Shreveport
- Hauck, Erin R., MD
Pediatrics, Baton Rouge
- Holloway, R. Ashton, MD
Ophthalmology, Baton Rouge
- Hubbard, William J., MD
Orthopedic Surgery,
Baton Rouge
- Ingram, Johnny P., MD
Family Practice, Vidalia
- Kampert, Amanda, MD
Hospitalist, Shreveport
- Kleinpeter, Kenneth P., MD
General Surgery, Baton Rouge
- Kokemore, John J., MD
Internal Medicine, New Orleans
- Kramm, Paul, MD
Physical Medicine/Rehabilitation,
Baton Rouge
- Kubricht, William S., III, MD
Urology, Baton Rouge
- Laique, Firdous, MD
Critical Care, Baton Rouge
- Landreneau, Joseph W., MD
Cardiology, Alexandria
- Lord, Gregory, MD
Family Practice, Leesville
- Loupe, Jack F., MD
Orthopaedic, Baton Rouge
- Markowitz, Ira, MD
Vascular Surgery, New Orleans
- Maxwell, Stephen, MD
Hospitalist, Shreveport
- McCarthy, Paul J., MD
Hospitalist, Monroe
- McClelland, John S., MD
Cardiology, Baton Rouge
- Meyer, JoAnn, MD
Ophthalmology, Ruston
- Morehouse, Janet, MD
Family Practice, Leesville
- Morris, James S., MD
Urology, Baton Rouge
- Moss, Janet, MD
Family Practice, Leesville
- Moukarzel, Robert N., MD
Orthopedic Surgery,
Baton Rouge
- Nelson, Scott K., MD
Ophthalmology, Baton Rouge
- Njoku, Patrick O., MD
Infectious Disease, Baton Rouge
- Nunnally, Richard M., MD
Pathology, Baton Rouge
- Oliver, Victor, MD
Ophthalmology, Baton Rouge
- Pandya, Mahesh R. MD
Hematology/Oncology,
DeRidder
- Parris, Cordel Y., MD
Cardiology, Baton Rouge
- Peavy, Donald R., MD
Ophthalmology, Baton Rouge
- Perkowski, Paul E., MD
Vascular Surgery, Baton Rouge
- Portacci, Mark A., MD
Family Practice, Oak Grove
- Puente, Michael A., MD
Vascular Surgery, Baton Rouge
- Puyau, Michael K., MD
General Surgery, Baton Rouge

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New Providers cont.

Rowden, Phillip, MD
Psychiatry, Olla

Rynick, Stephen, MD
Physical Medicine/Rehabilitation,
Marrero

Saraswat, Shantanu, MD
Hospitalist, Shreveport

Sarrat, Stephanie, MD
Internal Medicine, New Orleans

Singh, Krishna R., MD
Internal Medicine, Shreveport

Slocki, Lawrence, MD
OB/GYN, Picayune, MS

Spady, Malik C., MD
Rheumatology, Hammond

Stell, Gerald M., MD
Family Practice, Minden

Thomas, Marykutty J., MD
Family Practice, Baton Rouge

Thomas, Sherine J., MD
Hospitalist, Shreveport

Truax, Walter D., MD
Neurology, Marrero

Valcourt, Karl M., MD
Hospitalist, Shreveport

Vick, Stephen, MD
Urology, Baton Rouge

Walker, Joan, MD
Family Practice, Livonia

Warner, Naysha M., MD
Family Practice, Baton Rouge

Williams, Leon D., MD
Family Practice, Innis

Williams, Baron J., MD
Ophthalmology, Baton Rouge

Wills, Thomas E., MD
Urology, Baton Rouge

Young, III, Robert J., MD
Ophthalmology, Abbeville

Ancillary Providers

Cavanaugh, Michael R., DC
Chiropractor, Lafayette

Coullard, Glenn, OD
Optometry, Baton Rouge

Ford, Patrick, DC
Chiropractor, Metairie

Grimsley, Connie, DC
Chiropractor, Lafayette

Hall, Otto Christian, DPM
Podiatry, Baton Rouge

Hoefler, Janet, RN, CDE
Diabetes & Nutrition, Shreveport

Kilgore, Meda, LCSW
Substance Abuse/Psych, Ruston

Lamendola, Eva L., OD
Optometry, Gonzales

Menard, Keith, OD
Optometry, Lake Charles

Moss, Joseph, OD
Optometry, Monroe

Nolan, Charles, OD
Optometry, Baton Rouge

Roth, Richie, DC
Chiropractor, Denham Springs

Saleem, Amir, CRNA
Anesthesia, Baton Rouge

Silbernagel, Jeffrey S., OD
Optometry, Covington

Stansburg, Lisa, MS, LDN, RD, CDE
Diabetes & Nutrition, Shreveport

Thomas, Charles, OD
Optometry, Hammond

Turk, Joe E., DC
Chiropractor, Eunice

Ancillary Facilities

A & A Home Health Equipment
DME, Greenville, MS

Bayou State Therapy
Physical Therapy, Shreveport

CardioSom of Houma
DME, Houma

Central Louisiana Home Health
Home Health, Alexandria

Diabetes Management & Supplies
DME, New Orleans

Eye Care Surgery Center
Ambulatory Surgery Center,
Baton Rouge

Liberty Medical Supply
DME/Diabetic Supplies,
Salem, VA

Medical Technologies
DME, Lake Charles

Reliant Healthcare
DME/Infusion, Monroe

The Scooter Store
DME, Baton Rouge, Shreveport

Hospitals

Bienville Medical Center, LLC
HospitalArcadia



VANTAGE HEALTH PLAN, INC.
Making Healthcare Work!

Termed Medicare Providers

("Termed Providers" are providers that are no longer in the Vantage Health Plan network.)

Barwick, Loring, MD
Family Practice, Arcadia

Bravo, Julio, MD
Rheumatology, Metairie

Bruce, Jinnie, MD
General Surgery, Alexandria

Chan, Roscoe, MD
Oncology, Shreveport

Gordon, Robert, MD
Ophthalmology, New Orleans

Grayson, Patrick, MD
Hospitalist, Many

Holy, Michael, MD
Ophthalmology, Shreveport

Nakhlawi, Yasser, MD
Pediatrician, Alexandria

Parmar, Vikram, MD
Orthopedic, Opelousas

Scheuermann, Christian A., MD
Radiology, Alexandria

Texada, David, MD
OB/GYN, Alexandria

Yates, William T., MD
Anesthesiology, Ruston

Zeller, Stacy H., MD
Family Practice, Ferriday