

# Montana Health Care Programs

# MESSENGER

## Melanoma and Skin Cancer Awareness Month

Spring has finally made it to Montana, so everyone is anxious to get out and enjoy the outdoors. Fresh air and sunshine are good for both physical and mental health. Let's enjoy this season while being smart and skin cancer aware.

According to the Skin Cancer Foundation there are six types of skin photo-types, ranging from very light skin to very dark skin. All skin photo-types can develop skin cancer, but the risks are higher for those with lighter skin.

Here's a list of skin cancer prevention tips:

- **Seek the shade**, especially between 10 AM and 4 PM.
- **Do not burn.**
- **Avoid tanning and UV tanning beds.**
- **Cover up** with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- **Use a broad spectrum (UVA/UVB) sunscreen** with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.
- **Apply 1 ounce** (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours or immediately after swimming or excessive sweating.
- **Keep newborns out of the sun.** Sunscreens should be used on babies over the age of six months.
- **Examine your skin** head-to-toe every month.
- **See your physician every year** for a professional skin exam.

For more information please visit the [Skin Cancer Foundation website](#).

## Prevent Wildfires and Be Prepared

- Wildfires can occur naturally, but approximately [85% are human caused](#).
- Make sure your summer plans include fire safety for [campfires, BBQs, and fireworks](#).
- [Prepare](#) your home and surrounding area and [have an evacuation kit and action plan](#) for your family and your animals.



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## What's All the Fuss About MEASLES?

- [Measles](#) is a highly contagious disease that is quickly [spread](#) through the air when an infected person talks, coughs or sneezes.
- Know your [immunity status](#) which may include: written documentation of adequate vaccination, laboratory evidence of immunity, birth before 1957, or laboratory confirmation of disease. If not immune, get vaccinated!
- If you think you have been exposed to measles, avoid public places and call your healthcare provider BEFORE going directly to a healthcare facility to be [evaluated](#).

# Senior Farmer's Market Coupons

The USDA **Senior Farmers Market Nutrition Program (SFMNP)** serves seniors 60 years of age and over. Seniors must meet income requirements – average monthly income at or below 185% of federal poverty level (2019) \$1,875 for one person or \$2,538 for a couple. Eligible clients receive \$50 worth of free coupons used to purchase fresh fruits, vegetables and raw honey from Montana. Applications become available in mid-May or early June of each year and can only be redeemed at the participating summer farmers' markets from June up to October 19<sup>th</sup>.

There are currently several community markets that are participating in the program: Arlee, Bozeman (and Gallatin County), Butte, Darby, Eureka, Great Falls, Hamilton, Helena and East Helena, Livingston, Manhattan, Miles City, Missoula, Libby, Polson, Red Lodge, Ronan, Troy, and Stevensville. Anaconda and Seely Lake are currently considering the coupon program. Other markets in the southwestern part of the state have requested consideration and may be added to the list as funding allows. Local coalitions operate the programs in these participating areas including: senior centers, County Councils on Aging, Area Agencies on Aging, food banks and local farmer's market managers. Check out our [website](#) for our most current SFMNP local agencies and communities contact information. Seniors interested in applying for the SFMNP program coupons are encouraged to contact these local agencies in their area.

Produce and honey farmers interested in accepting senior coupons during the Farmer's Markets in the participating areas are required to take part in a brief training. For more information on this program and Farmer training, contact **Jackie Stoeckel at the State Office on Aging at 1-800-332-2272** during normal business hours.



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## Can Medicaid Members be Charged for Missed Appointments?

The Billing Procedures chapter of the General Manual provides a list of specific situations when providers may *not* bill members. Included in that list is, "When a member fails to arrive for a scheduled appointment." Therefore, **Medicaid members may not be charged for missed appointments.**



## Wildfire Season

Wildfire season may begin at any time bringing poor air quality to your area. Poor air quality caused by wildfires can have negative health effects. The Montana Department of Public Health and Human Services has set up a [website](#) to house information related to wildfire smoke and health. On this page you can find answers to frequently asked questions, guidance for when to cancel or adjust outdoor activities, and how to keep indoor air quality good. You can also find links to current air quality data conditions, information for tourists, and updated information about active wildfires. Visit [dphhs.mt.gov/air quality](http://dphhs.mt.gov/air-quality) for more information.

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## Youth Behavioral Health Problems?

Click on these links for tools to identify and address possible behavior issues in young people.

- [Montana Prevention Needs Assessment \(MPNA\)](#)
- [Risk Factors and Protective Factors](#)
- [Montana Social Indicators Data System](#)

# What's *Your* Risk for Cervical Cancer?

The good news is that the cervical cancer death rate is down by more than 50 percent over the last 40 years. Early detection is key: Pap test screening to detect the *human papillomavirus* (HPV) in its early, curable stages can take credit for that. The bad news? The American Cancer Society predicted that almost 13,350 cases of cervical cancer would be diagnosed in 2018, with about 4,170 expected to die of the disease by year's end. Women must stay up to date on ob-gyn visits, get tested within doctor's recommended guidelines, and reduce lifestyle risk to prevent the disease.

Risk factors for cervical cancer include:

- African-American, Asian, Hispanic, Pacific Islander, or white under age 50
- Sexually active and exposed to HPV or chlamydia, or the hormone *diethylstilbestrol* (DES)
- *Not* having a timely Pap test
- Long-time use of birth control pills
- Younger than 17 for a first-full-term pregnancy
- Multiple full-term pregnancies
- Diet low in fruits and vegetables
- Overweight
- Smoker
- Weak immune system
- Family history of cervical cancer

If you're younger than 20 and over age 50 you can still get cervical cancer. Native American and Alaskan natives are at lowest risk (but still need to be careful to avoid getting it).

The National Cervical Cancer Coalition estimates that 79 million Americans have HPV at any one time. In fact, most sexually active persons have had *harmless* HPVs (a normally healthy immune system usually clears them out). The best defenses against cervical cancer are the Pap test (starting at age 21 up to age 65 every three years), the HPV vaccine, and HPV test, using condoms for safe sex, and not smoking. A Pap/HPV co-test is recommended for women age 30 and above every five years. If your doctor has concerns, he/she may want more frequent screenings. Both the American Cancer Society, and the Centers for Disease Control and Prevention (CDC) recommend that routine HPV vaccinations for girls and boys begin at age 11 or 12. (The shot can be given as early as age nine, especially to children with a history of sexual abuse or assault). Your doctor will know the right vaccine schedule depending on age and dose. Ask about specific guidelines for those with allergies, or who are pregnant.

You *can't* change family history. But you *can* reduce cervical cancer risk through healthy lifestyle choices, screenings, and vaccines, to stop the disease before it starts.

*For more information, contact the Breast and Cervical Health Program at the Montana Department of Health and Human Services (1-888-803-9343 and 404-444-0063; The Montana Vaccines for Children (VFC) Program offers free vaccines to Medicaid-eligible, American Indian, Alaska Native, or uninsured children and teens under age 19. [Visit their website.](#) Find a cervical cancer and HPV support group [here.](#)*



## Key Contacts

### Medicaid/HMK Plus Member Help Line

For questions regarding benefits copayments, or Passport to Health:

**1-800-362-8312**

[MT Healthcare Programs](#)

### Nurse First Advice Line

For questions when you are sick, hurt, or have health questions.

**1-800-330-7847**

[MT NurseFirst](#)

### Montana Relay Service

For the deaf or hard of hearing.

**1-800-253-4091 or 711**

### Montana Public Assistance Help Line

For eligibility questions.

**1-888-706-1535**

[MT Public Assistance](#)

### Transportation Center

For questions regarding travel or approval. **Call before you travel, or you may not be reimbursed.**

**1-800-292-7114**