



A COMMUNICATIONS TOOL FOR HEALTHSPAN MEMBERS

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HealthSpan *matters!*

HealthSpan Health News Fighting the Flu Bug

Flu viruses change from year to year, keeping the dreaded flu bug one step ahead of our immune systems. Disease-fighting antibodies that we produce after exposure to this year's virus will not recognize next year's strain – so we have no defense from previous exposure. That's why **flu shots** have to be taken yearly.

Flu Shot Side Effects. Most people have little or no reaction to the vaccine. Some may temporarily develop a slightly swollen, red, tender area where the vaccination was given. A very small number of people may develop a low-grade fever within 24 hours, or they may develop chills or a headache. Usually none of these reactions last for more than a couple of days. People who **already** have a respiratory disease should postpone their flu shot until their symptoms are gone. Adverse **allergic** reactions have been observed in some people – possibly due to an egg protein allergy. (Flu serum is developed in eggs.) **These people should be vaccinated only if their personal physician believes it is necessary.**

If the Flu Bug Bites You ...

- ▶ **Pick one drug – not several.** Avoid taking multiple over-the-counter drugs for multiple symptoms. **Drugs interact!** Pick your most bothersome symptom – for example, your headache – and treat it.
- ▶ **Get vaporized.** Plug in that vaporizer and get **two days** worth of bed rest and take hot, steamy showers.
- ▶ **Fill the cup and don't say when.** Experts recommend drinking at least **2 quarts of liquid a day** to keep your body from becoming dehydrated. **Avoid caffeine** – caffeine is a diuretic, and can speed dehydration.
- ▶ **Gargle with saltwater.** To relieve a sore throat, gargle with one teaspoon of salt mixed into an eight-ounce of warm water.
- ▶ **Go to bed early.** If you **must** go to work, at least go to bed earlier than usual to lessen the stress on your body so it can fight the infection.
- ▶ **Listen to your body.** It knows what it needs. If you feel tired, get bed rest. People who ignore the symptoms take longer to recuperate. Put yourself first – and you will feel better much faster.

Mr. Kenneth C. Page Joins HealthSpan as New President/CEO

We are pleased to announce that Kenneth C. Page has been named President/CEO of HealthSpan Inc. effective with Robert Campbell's retirement on October 1, 2007. Mr. Page has served on the HealthSpan Board for many years and as the Board Chairman for the past five years. Mr. Page is also a Senior Vice President with Mercy Health Partners (MHP) and has been with that organization for 14 years. HealthSpan is a wholly owned subsidiary of MHP.

Mr. Page brings over 35 years of health care experience to his new role with emphasis in the areas of managed care, health services administration, and health care policy. Mr. Page is also very active in the Southwest Ohio community serving on numerous Boards, including the St. Joseph Orphanage (Board Chair), Santa Maria, Mercy Professional Services, as well as, Co-Chairing the "Regional Primary Care Access Initiative" sponsored by the Health Foundation of Greater Cincinnati.

Mr. Page has a Masters Degree from The Ohio State University and has three adult children. He and his wife Joy reside in eastern Cincinnati.

HealthSpan Directory Price Increase

We encourage members to access our website for provider information at www.HealthSpanNetwork.com. Directories are available at a cost of \$4.50 plus shipping and handling. If you need directories, please contact Customer Service at 513-551-1400 or 1-888-914-7726.



HealthSpan Holiday Hours

HealthSpan will be closed on Monday, December 24th; Tuesday, December 25th; and Tuesday, January 1st. We will operate normal business hours of 8:30 a.m. to 5:00 p.m. Monday through Friday all other days during the holiday season.