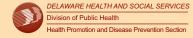


Learn more about Delaware's prevention, screening, and treatment programs.



Health Insurance is available for all.

It's important to get the care you need to get and stay healthy. Health insurance can make your care affordable. There are a number of ways you can get health insurance. You may be eligible for Medicaid or for health insurance through the Health Insurance Marketplace.

Marketplace Guides can provide one-on-one guidance for the Health Insurance Marketplace.

- Visit ChooseHealthDE.com for details or scan the code below with your smartphone.
- Apply for Medicaid benefits online anytime by visiting assist.dhss.delaware.gov or calling 302-255-9500.
- Still have questions? Call the 24/7 Helpline at 800-318-2596 (TTY: 855-889-4325).





Your guide to the health insurance marketplace

DID YOU KNOW?

Many chronic diseases are preventable and often treatable.

Don't smoke. Eat healthy. Be physically active.

This booklet contains information about making healthy choices as well as programs and services in Delaware that can help you stay healthy—and find treatment.

From cancer screenings to diabetes monitoring, you'll find it all in this brochure. Keep it in a convenient place and reference it for all your health and wellness needs.

If you ever have a question about a program, call 2-1-1 toll-free or go to HealthyDelaware.org.

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Living well is as easy as...

1. PREVENT:

Find out how you can lower your risk of certain diseases and get information on ways to stay healthy, including how to enroll in a health insurance plan.

- The Delaware Ouitline
- Healthy living tips
- Farmers' markets
- Women, Infants, and Children Program (WIC)
- Choose Health Delaware insurance program
- Immunization programs
- Diabetes and Heart Disease Prevention and Control Program

2. TEST:

Specific tests are available to you that can find the signs of a disease early, before it becomes a major health problem. Many life-threatening diseases don't have symptoms, so getting screened increases your odds of treating and beating most chronic diseases.

- Cancer screening information
- Screening Nurse Navigators
- Radon testing

3. TREAT:

Learn about the many programs that are available to you that can help you get and stay healthy:

- Delaware Cancer Treatment Program
- Cancer Care Coordinators
- Emergency Medical Diabetes Fund
- Chronic disease self-management programs
- Diabetes management



YOU CAN PREVENT SOME CHRONIC DISEASES AND THEIR COMPLICATIONS

There are lifestyle changes you can make to lower the risk of developing heart disease, cancer, chronic lower respiratory diseases, diabetes, and many other chronic diseases.



Don't smoke or use other tobacco products. Each year, approximately 480,000 people in the United States die from tobacco use. It is the number one preventable cause of death in the country. Tobacco use is also the leading cause of lung cancer and causes heart disease, emphysema, bronchitis, diabetes, and chronic airway obstruction.

You don't have to use tobacco to be affected by it. Exposure to secondhand smoke (SHS) can also cause heart disease, stroke, and lung cancer. Mothers who are exposed to SHS are more likely to have infants with lower birth weights. SHS is a known cause of sudden infant death syndrome (SIDS) amongst newborns. And children who are exposed to SHS are more likely to have digestive problems, ear infections, and severe asthma.

The effects of quitting smoking are immediate:

Time	Effects
After 12 hours	Carbon monoxide in your blood drops
After 2 weeks to 3 months	Lung function increases
After 1 to 9 months	Coughing and shortness of breath decrease and normal function of the lungs is regained
After 1 year	Excess risk of heart disease is half that of a smoker
After 5 years	Risk of cancer of the mouth, throat, esophagus, and bladder are cut in half; cervical cancer risk falls to that of a nonsmoker

The Delaware Quitline can help you quit smoking.

- Get help from people trained to work with you to help you quit
- Work with a counselor on the phone or in person
- Get follow-up support, hints, and tips
- You may be offered free nicotine patches and gum or other medications

To quit smoking, call the Delaware Quitline at **866-409-1858** or visit **QuitSupport.com**.



Eat healthy. Add more fruits and vegetables to your meals and eat smaller portions. Avoid foods that are high in saturated fat.

Think about what you eat and drink:

- Increase consumption of whole grains, wheat bread, and brown rice, instead of highly processed grains like white breads
- Make healthier choices; replace high-fat dairy with lowerfat options, and substitute meat and poultry for seafood at some meals
- Use less salt and consume less processed sugar
- Drink alcohol only in moderation or not at all
- Reduce consumption of solid fats like butter, cream, shortening, and fats from meats; cook with healthier oils like vegetable and olive oils



Need an interactive food and fitness planner or need help making smart choices about healthy eating? Visit www.choosemyplate.gov.

Shop for fruits and vegetables.

Farmers' markets are great places to find fresh, local produce. To find the farmers' markets close to you, scan the code to the right or go to www.dda.delaware.gov and search for farmers' markets.



Women, Infants, and Children Program (WIC)

is a supplemental nutrition program.

WIC provides:

- Nutritious foods to supplement diets
- Information on healthy eating
- Breastfeeding support and referrals to other health care, welfare, and social services

The program is available to pregnant women, breastfeeding women, women who are not breastfeeding but who delivered a child six months prior, and children or infants who are less than five years old who:

- Reside in Delaware
- Have a nutritional risk
- Meet income guidelines

Call 800-222-2189 or 2-1-1 toll-free for more information.



Be physically active. How much you move during the day is important for your health.

- Pick activities you like doing, such as walking, biking, dancing, or playing with kids.
- Start out slow, just 10 minutes a day, and build up to 60 minutes every day.
- Mix it up—have variety in your physical activity to work your muscles and keep yourself from being bored.
- Don't beat yourself up if you miss a day. Just start again.

Did you know Delaware State Parks offer lots of ways to be active and have fun? You can hike, bike, boat, climb rocks, or play disc golf and more. Visit our state parks. Scan the QR code to the right or go to www.destateparks.com.







To maintain a healthy weight, follow the recommendations of the 5-2-1-Almost None formula.

- Eat 5 or more fruits and vegetables each day.
 They fight disease and are full of natural energy.
- Limit screen time to no more than 2 hours of recreational screen time each day (includes TV, computer, gaming).
- Get 1 or more hours of physical activity each day.
- Drink almost no sugary beverages.

For more about these recommendations, scan the QR code at right or go to dhss.delaware.gov/dhss/dph/dpc/521almostnone.html



do something!

Get Up and Do Something is a website that offers information on nutrition—including recipes and menu advice—fitness, motivational inspiration, and even news on the latest tools and trends to help you get and maintain a healthy body and mind. You'll also find a list of community programs you can access along with other valuable information that can help you stay healthy.

To get recipes and nutritional advice, or to learn about fitness and community programs, scan the QR code at the right or go to www.getupanddosomething.org.



Have an annual check-up. Your doctor is a partner in your wellness. He or she will provide the guidance you need to stay well, and will help you recognize changes in your health that could mean you have developed a chronic disease that requires more medical attention.

- Find a doctor in your area
- Visit your doctor at least once a year for a check-up
- Your doctor should give you a blood pressure check and a blood test (check your blood cholesterol)
- Your doctor will weigh you to see if you have gained or lost weight, which could indicate a health problem
- Your doctor will recommend screenings that can include a mammogram, a Pap test, a colonoscopy, or a prostate screening



Get immunized. Vaccines are extremely important and are required from infancy through adulthood. Vaccines such as the hepatitis vaccine and the human papilloma virus (HPV) vaccine can prevent certain forms of cancer. Other vaccines such as the flu vaccine and the pneumonia vaccine can prevent the occurrence of complications from these illnesses in persons with certain underlying medical conditions such as diabetes, asthma, heart disease, and chronic lower respiratory disease.

Speak with your doctor about which vaccine(s) you may need.

If your doctor does not provide the HPV vaccine, contact the **Adult Immunization Program**.

Call 800-282-8672 or 2-1-1 toll-free for more information.

The Diabetes and Heart Disease Prevention and Control Program partners with local libraries to provide Public Library Information Assistance. This partnership allows you to find information at public libraries throughout the state about how to manage diabetes, eat healthy, and stay active.

Call 302-744-1020 or 2-1-1 toll-free for information on diabetes and heart disease prevention and control.



EARLY DETECTION SAVES LIVES

Many chronic diseases are life-threatening and impact your quality of life. But there are tests that can alert you to a problem before it becomes a major health issue. Many types of diseases don't have symptoms so it's important to have screenings regularly. Early detection can help protect your health and preserve your quality of life.



Find heart disease, diabetes, and chronic lower respiratory diseases early. Most chronic diseases can be detected through annual check-ups. Your doctor will take your blood pressure, and have your blood tested to learn if you have elevated glucose or abnormal cholesterol levels.

Get screened for cancer. Three of the most commonly diagnosed cancers—breast, colorectal, and prostate cancers—can be detected in their earliest stages. Routine cancer screenings can increase the chances of finding cancer early. The chart below indicates the age at which you should be screened and how often.

	Recommended Age	Screening or Vaccine	How Often
BREAST	Women 18 to 39 Women 40 and Older*+◆	Clinical Breast Exam (CBE) Mammogram & CBE	Annually Annually
CERVICAL	Women 21 to 29*+ Women 21 to 64*+ Women 30 to 64	Pap Test Pelvic Exam Pap Test/Pelvic Exam and HPV Test	Every 3 years Annually Every 5 years with co-testing or every 3 years
COLON	Men and Women 50 and Older*+◆	Colonoscopy	Every 10 years
PROSTATE	Average Risk: Men 50 and Older*+◆ High Risk: African-American Men 40 and Older	Prostate-Specific Antigen (PSA) Test with or without a Digital Rectal Exam (DRE)	Talk to your doctor to determine if prostate screening is recommended

- * Talk with your doctor about individual screening recommendations.
- ⁺ Individuals 65 years of age and older who are not eligible for Medicare also may qualify for free screening.
- Individuals with a family history of cancer may qualify for screening at an earlier age.

Per Screening for Life guidelines dated April 4, 2014.

For more information, call 302-744-1040 or 2-1-1 toll-free and ask for Screening for Life.

Screening for Life offers free screenings for breast, prostate, cervical, and colon cancer.

You may be eligible if you:

- Are a Delaware resident
- Have health insurance that doesn't cover screenings
- Are age 18 to 64 and not eligible for Medicaid
- Are 65 years of age or older and do not qualify for Medicare
- Meet income guidelines
- Are not eligible for health insurace

Call 302-744-1040 or 2-1-1 toll-free for more information.

Screening Nurse Navigators can schedule a screening for you—whether you have insurance or not.

- Bayhealth Medical Center: 302-430-5064
- Beebe Medical Center: 302-645-3169
- Christiana Care Health System: 302-623-4651
- Nanticoke Health Services: 302-629-6611, ext. 3765
- Saint Francis Hospital: 302-421-4970

Detect dangerous radon gas in your home. Radon is a radioactive gas that you can't see or smell. It is the second-leading cause of lung cancer in the U.S. Radon can seep into homes through cracks in the floors and foundations. A simple test can find it.

- Test kits may be available to Delaware residents while supplies last. Or you can buy a test kit at most hardware stores for \$20
- If radon is found, it can be removed by installing a mitigation system that moves the gas from around your home's foundation, preventing radon gas from entering your home

Call 302-744-4546 or visit DelawareHealthyHomes.org for more information.





TREATMENT PROGRAMS AND CHRONIC DISEASE HELP

If you're struggling with a disease and you need care, our programs can be lifesaving. Whether you need treatment or education, we can help you get the care and information you need.



Cancer treatment from the Delaware Cancer Treatment Program. If you've been diagnosed with cancer and don't have insurance, you may be eligible for assistance with covering cancer treatment costs. The program is available to Delaware residents who:

- Were residents of Delaware when diagnosed with cancer
- Were diagnosed with cancer on or after July 1, 2004
- Have no comprehensive health insurance
- Do not receive benefits through the Medicaid breast and cervical cancer treatment program
- Meet income guidelines (up to 650% of the Federal Poverty Level)
- Are not eligible for heath insurance

Call 800-996-9969 to apply or call 2-1-1 toll-free for more information.

Ask a Cancer Care Coordinator to help you through all the stages of treatment. This specially trained health professional can give you practical help, lend emotional support, and locate services you need to fight cancer. Services are free to Delaware residents.

- A.I. duPont Hospital: 302-651-5754
- Bayhealth Medical Center: 302-430-5324
- Beebe Medical Center: 302-645-3087
- Christiana Care Health System: 302-623-4500
- Nanticoke Health Services: 302-629-6615, ext. 2577
- Saint Francis Hospital: 302-421-4970
- Veterans Affairs Medical Center: 302-994-2511, ext. 4702

Manage your diabetes. If you suffer from diabetes, it's important to be sure you follow your doctor's advice to control your diabetes and help you have a better quality of life. It's important that you:

- Maintain a healthy blood glucose level
- Maintain a healthy body weight
- Maintain a healthy blood pressure
- Maintain a healthy cholesterol level
- Keep physically active
- If you smoke—quit
- Have an annual flu shot
- Have your feet checked every doctor's visit
- Have a dilated eye exam annually
- Get a blood test (quarterly as needed)

The Emergency Medical Diabetes Fund can help you get the care you need. This statewide service provides medications, supplies, and other services to alleviate an emergency condition.

You may be eligible to receive help with diabetes medications, services, or supplies. Contact your local state service center (or call 302-744-1020) and ask to talk to someone about emergency medical services, and tell them you are calling to apply for the Emergency Medical Diabetes Fund. Additional funds are available for women who are pregnant; ask for the Emergency Medical Gestational Diabetes Fund.

Call 302-744-1020 or 2-1-1 toll-free for more information.

Chronic Disease Self-Management programs are available for those who have chronic diseases.

Sign up for a free chronic disease or diabetes education program. The classes are $2\frac{1}{2}$ hours once a week for six weeks in a community setting. The programs are designed to help people gain self-confidence with their ability to control their chronic disease or diabetes, and live a healthy lifestyle.

Call 302-744-1020 to schedule a class today.



RESOURCES

Adult Immunization Program 800-282-8672

Cancer Prevention and Control Program 302-744-1020

Cancer Care Coordinators

A.I. duPont Hospital

302-651-5754

Bayhealth Medical Center

302-430-5324

Beebe Medical Center

302-645-3087

Christiana Care Health System

302-623-4500

Nanticoke Health Services

302-629-6615, ext. 2577

Saint Francis Hospital

302-421-4970

Veterans Affairs Medical Center

302-994-2511, ext. 4702

Cancer Screening Nurse Navigators

Bayhealth Medical Center

302-430-5064

Beebe Medical Center

302-645-3169

Christiana Care Health System

302-623-4651

Nanticoke Health Services

302-629-6611, ext. 3765

Saint Francis Hospital

302-421-4970

Choose Health Delaware

ChooseHealthDE.com

24/7 Helpline: 800-318-2596

TTY: 855-889-4325

Community Healthcare Access

Program (CHAP)

302-744-1040

Delaware Cancer Treatment Program

800-996-9969

Delaware Quitline

866-409-1858

Diabetes Prevention and Control Program

302-744-1020

Physical Activity and Nutrition Program

302-744-1010

Radon Program

302-744-4546

Screening for Life

302-744-1040

Tobacco Prevention and Control Program

302-744-1010

Women, Infants, and Children Program (WIC)

800-222-2189

3 ways to get started now:

For Health Promotion and Disease Prevention program information, call **2-1-1 toll-free**, go to http://dhss.delaware.gov/dhss/dph/dpc/dpcsection.html or scan this code with your smartphone.



For more information about health programs and to create a healthy checklist, visit **HealthyDelaware.org** or scan this code with your smartphone.



To enroll in health insurance, visit ChooseHealthDE.com or call the 24/7 helpline: **800-318-2596**

or TTY: 855-889-4325

Questions to ask your doctor

- 1. Given my age, what screening tests are appropriate?
- 2. What is my overall risk for heart disease?
- 3. How is my blood pressure?
- 4. How is my cholesterol level?
- 5. Am I at a healthy weight?
- 6. What are my risk factors for getting cancer?
- 7. Does my lifestyle put me at a health risk for any chronic conditions?
- 8. Are all of my current medications still necessary, and am I taking the correct dose?
- 9. What can I do besides take medication to improve my health?
- 10. What can I do to stay healthy?

Physicians

Doctor	Phone #	
Address		
Doctor	Phone #	
Address		
Doctor	Phone #	
Address		
Doctor	Phone #	
Address		
Doctor	Phone #	
Address		

Medications

Family Member	_Illness
Prescription	
Family Member	_Illness
Prescription	
Family Member	_Illness
Prescription	
Family Member	
Prescription	
Family Member	
Prescription	
Family Member	
Prescription	
Allergies	
Family Member	_Allergy
Reaction	
Family Member	_Allergy
Reaction	
Family Member	_Allergy
Reaction	
Family Member	_Allergy
Reaction	

Keep track of your numbers here. Variations in your blood pressure, cholesterol, and weight can be the sign of a health problem. It's important to track your numbers and share them with your health care provider. Use the chart below.

Test	Date	Result								
Blood Pressure										
Total Cholesterol										
HDL (Cholesterol)										
Triglycerides										
Glucose										
A1C*										
Weight**										
Pulse Rate										

Health History

amily Member	Date
est Result	
amily Member	_Date
Test Result	
Family Member	_Date
Fest Result	
Family Member	_Date
Fest Result	
Family Member	_Date
Fest Result	
Family Member	_Date
Foot Docult	

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^{*}For people with diabetes.
**If known, you can substitute % of body fat or waist measurement, for weight.



Call 2-1-1 toll-free or go to HealthyDelaware.org for more information.

Learn more about health insurance options at ChooseHealthDE.com.



For more information on state programs, scan this code or go to: http://dhss.delaware.gov/dhss/dph/dpc/dpcsection.html

Go to www.q-r.co to get a free QR code reader app for your phone.