



CARES Connection

A Publication for CARES Members

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Best Doctors



CARES is happy to announce a new partnership with Best Doctors. You will receive information at your home. If you have not received a letter from Best Doctors please contact your Human Resources

office for information. Be sure to check out next month's special edition of the CARES Connection to find out more about Best Doctors.

Convenience Care

Treatment for common ailments and injuries just got easier! In the Dallas - Fort Worth area there are now **Minute Clinic Health Care Centers** (in select area CVS Pharmacies) and **MedBasics Family Health Centers** (found in select Carnival Grocery stores).

Imagine:

- Not waiting for an appointment—when you need care, you walk right in (appointments usually take about 15 minutes.)
- Receiving high-quality medical care in a facility overseen by doctors and staffed by certified nurse practioners and physician assistants.

These clinics are designed to help you get the care you need for routine conditions that are generally easy to diagnose and treat. Vaccinations and immunizations are also available (all services may not be provided at each clinic or location).

With your permission, the results of your diagnosis and treatment are sent to your doctor for any appropriate follow-up.

If you have a more severe condition, or require treatment in a different setting, the Convenience Care provider will refer you to your doctor or an Emergency Room.

Source: www.myCIGNA.com

DID YOU KNOW?

Patients receive the proper diagnosis and treatment...only about 55% of the time.

Source: *The New England Journal of Medicine, 2003*

Children's Illness: Top 5 Causes of Missed School

The **Common cold** spreads easily through contact with infected respiratory droplets coughed or sneezed into the air. Signs and symptoms may include runny or stuffy nose, itchy or sore throat, cough, sneezing and low-grade fever.

Stomach flu or viral gastroenteritis typically develops after contact with an infected person or after eating or drinking contaminated food or water. Signs include vomiting and diarrhea.

Ear infection usually start with a viral infection, such as a cold. Your child may complain of ear pain, tug or pull at the affected ear, be unusually irritable or have trouble sleeping.

Pink eye (conjunctivitis) is an inflammation or infection of the clear membrane that lines the eyelid and part of the eyeball. When pink eye is caused by a virus or bacteria, it's highly contagious. You may notice redness and discharge in one or both of your child's eyes.

Sore throats are mostly caused by viruses and go away without treatment. If the sore throat lasts longer than a week, causes severe pain, or is accompanied by a fever or red or swollen tonsils, contact your child's doctor.



Although the specific school or facility guidelines may vary, your child will probably need to stay home if he or she:

Has a fever higher than 100.4 F,

Is Vomiting,

Has diarrhea, or

Is in the first 24 hours of antibiotic treatment for pink eye or strep throat.

Source: www.MayoClinic.com



CARES Connection is a publication of Collegiate Association REsource of the Southwest, Inc. Send your comments, recommendations, or questions to: connection@caresbenefits.org

The information in CARES Connection is intended to complement the advice of your health care provider and not to replace it. Before making any changes in your medication, diet or exercise, consult with your health care professional.