



FUNDamentals

October 2007

The newsletter from your Wisconsin Health Fund
PO Box 601 Milwaukee WI 53201

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Remember to notify
WHF if you have a
change of address,
phone number, or
other insurance
coverage

OUR MISSION

Enriching lives
through progressive
benefits,
compassionate care,
and exceptional
service.

WHF 12th Annual Health Fair You, your family and friends are invited to attend

Thursday, November 1, 2007 5:00-7:15pm & Saturday, November 3, 2007 8:00-11:45am

Free Admission Includes:

Blood Pressure Testing, Carotid Doppler Screening, Bone Density Testing, Cholesterol Screening (Thurs - non-fasting; Sat - requires fasting 12 hours prior), Spirometry/Lung Capacity Testing, Blood Sugar Testing, and Heart Risk Assessment. Test results will be confidentially relayed to you.



Talk to WHF Doctors, Dentists, Pharmacists, Chiropractors, Diabetic Nurses, Dieticians, and Physical Therapists, along with, several other organizations regarding Advance Directive, Arthritis, Asthma and Lung Disease, Cancer, Children's Health, Domestic Abuse, Epilepsy, Eye Care, Hepatitis, Men's Health, Neurology, Parkinson's Disease, Personal Wellness, Smoking Cessation, Women's Health.

And Much More!

Flu Shots

WHF Members - \$10 or \$15 Co-Pay
WHF Active Retirees - \$15

Pneumonia Vaccine Available for Those 65 and Older Only



Please bring a non-perishable food item for our Hunger Task Force Food Drive

WHF PEDIATRIC FLU SHOT DAYS

It is now being recommended by the Center for Disease Control (CDC) that all children receive the flu vaccine.

WHO: Pediatric patients aged 6 months through 17 years without an allergy to eggs.

WHEN: TUESDAY, OCTOBER 30th, 2007 from 4:00 TO 6:00 P.M. and

TUESDAY, NOVEMBER 27th, 2007 from 4:00 TO 6:00 P.M.

No appointment needed for either date.

Pediatric patients who are aged 6 months to 8 years, who have NEVER had a flu shot require 2 doses. Plan to attend both Flu Shot Days to ensure proper immunity. These two shots must be 4 weeks apart.**

COST: Co-pay for active WHF Insurance, \$20.00 for non-members.

**For a child who requires two doses there will be a charge for each injection.

WHERE: WHF Medical & Dental Center, 2nd Floor (Medical Center) 414-771-5600.

PEDIATRIC FLU SHOTS WILL **NOT** BE AVAILABLE AT THE HEALTH FAIR.

Dental care and rates that will keep you smiling!
Get great rates at the WHF Dental Center. We intentionally keep our prices low for members and retirees.



We recently lowered our rates again to ensure that your best deal is right here at the WHF Dental Center. See for yourself, call for a quote and schedule your appointment today.

WHF Annual Food Drive October 31th - November 8th

Please bring in a non-perishable food item to donate to the Hunger Task Force. Items can be brought to the Health Fair or any time you visit the WHF Dental, Medical, Pharmacy or Benefits Departments during the Food Drive.

**Hunger is a big
problem in Milwaukee.
Be a solution.**



ANNUAL OPEN ENROLLMENT

Each year during the Annual Open Enrollment you are asked to review your health and welfare benefits to see if they continue to meet your needs for the upcoming year. You may add or delete dependents without a “qualifying event”. These changes may be made during the month of November, any changes made during open enrollment become effective January 1, 2008.

How May I Direct Your Call?

In an effort to improve member access to clinic personnel and administrative services we have implemented a new phone system. The old system was over 12 years old and had reached the end of its useful life. The new system represents a significant upgrade and offers many opportunities for improved customer service. We recognize that you want to talk to a live person when you call and we believe the new system will enable us to make that occur more often than in the past. As with any major change there are bound to be some growing pains, so please bear with us as we work out the kinks. As always we welcome your comments or concerns, 1-888-208-8808.

Woman’s Health and Cancer Rights

The Women’s Health and Cancer Rights Act of 1998 requires the Fund to notify you, as a participant or beneficiary of the Wisconsin Health Fund Plan, of your rights related to benefits provided through the plan in connection with mastectomy. As a participant or beneficiary of Wisconsin Health Fund you have a right to coverage provided in a manner determined in consultation with your attending physician for: (a) all stages of reconstruction of the breast on which the mastectomy was performed; (b) surgery and reconstruction of the other breast to produce a symmetrical appearance; and (c) prostheses and treatment of physical complications of the mastectomy, including lymphedema.

These benefits are subject to the plan’s regular deductible and co-insurance described in the Plan Document. For further details, refer to your Summary Plan Description (SPD).

Keep this notice for your records and call your Plan Administrator at Wisconsin Health Fund, (888)208-8808 for more information.

From the Doctor

Breast Cancer Awareness

This Issue: Breast Cancer



**Joseph Battista
M.D., F.A.C.S.**

Presently there is a breast cancer epidemic in the United States. One in every seven to eight women in the United States will come down with the unfortunate diagnosis of breast cancer. Fortunately, if diagnosed early, breast cancer has a survival or cure rate of 70 to 90 percent depending on the stage of the cancer at time of diagnosis. It is extremely important for every woman to pay attention to their breasts in hopes of diagnosing breast cancer at its earliest stage. After the age of 20 all women should begin doing a monthly breast exam as outlined by their physician or by any standard medical instruction sheet. Between the ages of 20 and 40 a woman should see a trained physician or breast specialist for a breast exam every three years. All women after the age of 40 should start getting annual mammograms as well as annual breast exams.

It is also very important to note that all women are at risk for breast cancer regardless of their family history or history of normal mammograms in the past. Because of this it is very important that every single woman pay attention to their breasts with a routine self-breast exam and follow the diagnostic screening criteria as noted above. The usual

patient that I see is the first patient in their family with breast cancer and usually they have had normal mammograms and normal self-breast exams as well as normal physical exams in the past one to three years. Unfortunately the breast cancer epidemic reaches far beyond the United States, we are seeing a dramatic increase of breast cancer in all countries. The good news is with strict self-breast exam, screening mammography, ultrasound and seeing a trained specialist, your likelihood of finding breast cancer early will usually lead to an excellent outcome without losing your breast and being cured from breast cancer.

Welcome to Wisconsin Health Fund:

Pedro Banda M.D., Urology
 Stephen Haughey M.D., Family Practice
 Don McClellan R.N., C.D.E., Diabetic Educator
 David Peterson, Physical Therapist
 Amy Tamburrino M.D., OB/GYN
 Kelly Wood D.D.S., M.S., Dentist

Breast Cancer Information. Can you find all the words in pink?

Words can be forward, backwards, up, down and diagonal

Y W O M E N S S G S S S
 R S O G M U U U S T A T
 O E E P O G O R M H K V
 T L C I M T I V A O N R
 S F N N M E T I R O R E
 I E O K A H I V G H K F
 H X V R G C R O O O A T
 Y A W I T T T R M M O R
 L M E B T Y U S M S S C
 I W R B G C N T A V I F
 M M W O O H A A M E R O
 A M I N C R E A S E R M
 F A L C O H O L N I N B

- 1) October is **Breast Cancer** Awareness Month
- 2) The **Pink Ribbon** is the an international symbol
- 3) Get yearly **mammograms** after the age of **forty**
- 4) Effects both **men** and **women**
- 5) Know your **family history** of breast cancer
- 6) Keep **weight** at healthy level
- 7) Stay **active**
- 8) Limit amount of **alcohol**
- 9) Eat a low-fat **nutritious** diet
- 10) Don't **smoke**
- 11) Give yourself a monthly breast **self-exam**
- 12) Number of breast cancer **survivors** continues to **increase**



Wordsearch answer key can be found on our website: www.whfund.org. Click on the October 2007 FUNDamental, answer key is the last page

Wisconsin Health Fund FUNDamentals

PO Box 601
Milwaukee, WI
53201

(414) 771-5600
or Toll-free
(800) 524-3538

WHF Customer
Service
(888) 208-8808

WHF On-line
www.whfund.org

Schedule a private tour by calling Director of Member Services Gail Stelmaszewski at (414) 479-3693
The WHF Medical Center is conveniently located at 6200 W. Bluemound Rd. in Milwaukee. Bluemound Rd. is one half mile north of I-94.



WHF Holiday Schedule

Thanksgiving:

November 22nd (Thursday), closed

November 23rd (Friday), closed for Administration Staff only

Christmas:

December 24rd (Monday), closed at noon

December 25th (Tuesday), closed

New Years:

December 31st (Monday), closed at noon

January 1st (Tuesday), closed

Wordsearch Answer Key

	a	b	c	d	e	f	g	h	i	j	k	l	
1	Y	W	O	M	E	N	S	S	G	S	S	S	(l13, NW) breast cancer
2	R	S	O	G	M	U	U	U	S	T	A	T	(d3, S) pink ribbon
3	O	E	P	O	G	O	R	M	H	K	V		(i11, N) mammograms
4	T	L	C	I	M	T	I	V	A	O	N	R	(b5, SE) forty
5	S	F	N	N	M	E	T	I	R	O	R	E	(i11, SE) men
6	I	E	O	K	A	H	I	V	G	H	K	F	(b1, E) women
7	H	X	V	R	G	C	R	O	O	O	A	T	(a13, N) family history
8	Y	A	W	I	T	T	T	R	M	M	O	R	(b10, NE) weight
9	L	M	E	B	T	Y	U	S	M	S	S	C	(g11,NW) active
10	I	W	R	B	G	C	N	T	A	V	I	F	(b13, E) alcohol
11	M	M	W	O	O	H	A	A	M	E	R	O	(g10, N) nutritious
12	A	M	I	N	C	R	E	A	S	E	R	M	(h9, NE) smoke
13	F	A	L	C	O	H	O	L	N	I	N	B	(b2, S) self-exam (h1, S) survivors (c12, E) increase