Summer Travel: Don’t Forget Your Medicine!

Travel creates excitement as we look forward to taking a trip to see family, friends or to visit a new place. Be prepared before you head out on the road. If you take medications, make sure you have enough to last your trip.

Tips for Getting Ready to Travel

- At least a week before traveling, check your prescriptions. If you need a refill, go to the pharmacy if you have refills left. If not, contact your doctor for a new prescription.
- Make a list of your medications by name, strength and directions. Do not pack the list in your luggage – keep it with you.
- Even if you use a pill box, keep your medications in the original container until you arrive at your destination. You can put them in your pill box then.
- Keep your medications in your carry-on bags. If checked luggage is lost or delayed, you will still have what you need. Don’t miss a dose just because you are in transit.
- If you are traveling outside the U.S., be sure your medicine is allowed in the place you are visiting.

- Always travel with your medical insurance card.
- If you run out of your medicine or lose it, call L.A. Care at 1.888.839.9909 (TTY 711).

To find out more about the L.A. Care list of covered drugs called the Formulary, and monthly updates, visit the L.A. Care website at lacare.org. You will also find information about limits or quotas, generic and brand medications, restrictions on medication coverage, the request process, drug preferences, and how to use the Formulary.
Q: What is stress?
A: Stress is the body’s physical and emotional response to a demand, change or challenge. A little bit of stress may be healthy and normal to help us stay motivated. It can be caused by work, family or health situations – good or bad. Long-term stress can be harmful to your health and relationships. Symptoms may include emotional outbursts or shortness of temper, headaches, muscle tension, sleep problems, and upset stomach. Know your symptoms of stress and triggers - situations that cause you to feel anxious.

Q: How can I manage stress?
A: Recognizing your symptoms and triggers are the first steps in managing stress. Here are some ways to help you cope with stress:

Plan and Prepare
Planning and preparing ahead of time will help you be ready to handle tasks and relax. Give yourself enough time and arrive early to appointments.

Live Healthy
Eat vegetables, fruits, whole grains, low-fat dairy, and lean protein. Drink water. Get moderate exercise daily and 7-8 hours of sleep nightly. Avoid drinking too much alcohol or using illegal drugs.

Relaxation Activities
Do relaxing activities that you enjoy such as walking, reading, playing an instrument, meditating, or gardening. Exercising can help release stress and make you more relaxed afterwards.

Seek Support and Help
Behavioral health services are included as part of your L.A. Care benefits. If your stress is unmanageable, schedule an appointment to talk to your primary care physician (PCP). You may be referred for additional help. You can also contact L.A. Care’s behavioral health partner, Beacon Health Options at 1.877.344.2858 (TTY 1.800.735.2929).

New Transportation Provider!
L.A. Care Health Plan is committed to providing quality health care and services to its members. As of May 1, L.A. Care is now providing all transportation services with Call the Car. With this new partnership, branded L.A. Care vehicles are now available exclusively for members.

The way you access transportation services has not changed. If you are a Medi-Cal member, please call L.A. Care’s Member Services at 1.888.839.9909 (TTY 711). If you are a Cal MediConnect member, please call L.A. Care’s Member Services at 1.888.522.1298 (TTY 711). Call these numbers 24 hours a day, 7 days a week, including holidays to schedule transportation for medical visits for help using the transportation benefit.
New! Diabetes Prevention Program

L.A. Care’s new Diabetes Prevention Program (DPP) helps members lower their risk for diabetes through healthy choices and weight loss.

L.A. Care is partnering with Solera Health to offer the DPP. This year-long program includes:

• Health coaching
• Small group, in-person classes
• Weekly meetings for the first six months
• Monthly meetings for the next six months

The DPP is free to members who qualify. To qualify, you must:

• Be at least 18 years old and
• Be overweight based on your height and weight
• Not have diabetes
• Have a blood test in the prediabetes range or have had gestational diabetes (diabetes during pregnancy)

To learn more about the program, go to solera4me.com/lacare or call 1.866.690.6202 (TTY 711), Monday through Friday from 6 a.m. – 6 p.m.

Pregnancy Cycle of Care

Pregnancy can be one of the most joyous times in a woman’s life. Allow L.A. Care to share in this joy by seeing your doctor as soon as you think you’re pregnant. Early visits let you and your doctor get to know each other and you can plan for the birth of your baby together. During your pregnancy, your doctor will keep track of how you and your baby are doing. After giving birth, close the cycle of care by seeing your doctor in three to eight weeks. The postpartum visit gives your doctor one more chance to make sure that you’re healing well.

L.A. Care’s Health Education Unit offers additional support for pregnant members. Through our “Healthy Pregnancy” program, we’ll send you information on how to take care of yourself along with breastfeeding tips. We can also help you make your first prenatal care appointment. Our “Healthy Mom” program encourages women who have recently given birth to make and keep their post-partum doctor visit.

Let us share this exciting time with you! To learn more about pre- and post-natal programs, call L.A. Care’s Health Education Unit at 1.855.856.6943.
Drink Your H₂O

It’s summer! You may be spending time in the sun and sweating more. Without proper hydration, you can get overheated. Make sure you stay hydrated by drinking lots of water. Sugar-sweetened drinks can have a lot of calories and can cause weight gain. Water has no calories and is the best way to keep your body hydrated. Try to drink 8-12 cups of water daily. Adding a few slices of lemon, a sliced strawberry, or an herb can make water more tasty and fun to drink.

LOL Water

Ingredients:
✓ 2 slices lemon
✓ 1 slice orange
✓ 2 slices lime
✓ Ice

Place ice and slices of fruits in a glass.
Fill with water and enjoy.

Cucumber Mint Breeze

Ingredients:
✓ ½ cup sliced cucumbers
✓ 1-2 sprigs of fresh mint
✓ Ice

Fill a pitcher halfway with ice. Add cucumbers and mint. Fill with water and chill for at least 20 minutes. Store in refrigerator and drink within 24 hours.

Green and Red Salad

Ingredients:
✓ 8 cups salad greens (baby spinach, spring mix, or lettuce mix), torn into bite-sized pieces
✓ 2 cups sliced strawberries
✓ 1½ tablespoons strawberry or raspberry jam
✓ ¼ cup 100% orange juice
✓ 2 teaspoons olive, canola, or vegetable oil
✓ Pinch of salt & black pepper
✓ ½ cup sliced almonds

Preparation:
1. Put salad greens and strawberries in a large bowl.
2. Whisk together jam, juice, oil, salt, and black pepper.

Makes 4 servings - 2 cups per serving.

Eat a Rainbow!

Salads are a cool way to eat your vegetables when it’s hot outside. Buying in season also helps save money. Choose your favorite summer vegetables!

Avocados
Beets
Bell peppers
Carrots
Celery
Corn
Cucumbers
Eggplant
Green beans
Lima beans
Okra
Summer squash
Tomatillos
Tomatoes
Zucchini

Try this colorful salad recipe. Making your own dressing is easy and will have less salt and sugar than in a store-bought salad dressing.
Health Education and Wellness Programs Available To Support You!

L.A. Care offers programs and services to help manage disease and support healthy behaviors. We can also help you get social services to improve your health and overall quality of life.

The following are some of the services that L.A. Care offers to members:

- Health education and wellness programs
  - The “Healthy Mom” program, support for new moms after delivery
- Asthma, diabetes and heart health disease management programs
  - The L.A. Cares About Diabetes® program supports members with diabetes. They work with a nurse to get the right care and tests done to manage diabetes.
- Case Management programs to help members with multiple health conditions understand their care, navigate the health care system and connect with community resources
  - The Complex Case Management program helps members with several health conditions. They can work with a nurse to coordinate all their healthcare needs.

Each year, L.A. Care reviews its members’ most common health care concerns and develops new programs to meet your needs.

For information about L.A. Care programs and services, please call Member Services at 1.888.839.9909 (TTY 711), 24 hours a day, 7 days a week and holidays.

Family Resource Centers: Your Centers for Health and Wellness!

Come to L.A. Care’s Family Resource Centers (FRCs) to improve your health and elevate your knowledge with a variety of classes and services that are FREE and OPEN to anyone! The Centers offer classes like CPR, Dance, Healthy Cooking, Parenting Support, Yoga, Zumba®, children’s classes and much more. Earn rewards when you attend six health education classes and receive a gift! L.A. Care members can attend a Member Orientation to learn how to get a Member ID card, choose or change a doctor, and fill a prescription. At the Centers, L.A. Care members can also speak to a Member Services Representative or Care Manager to learn more about their health plan benefits.

There are now six FRCs conveniently located throughout Los Angeles County. For more information and to view the schedule of classes, visit lacare.org/frc or call 1.877.287.6290 (TTY 711).

Boyle Heights
(The Wellness Center)
Phone: 213.294.2840

East L.A.
Phone: 213.438.5570

Inglewood
Phone: 310.330.3130

Lynwood
Phone: 310.661.3000

Pacoima
Phone: 213.438.5497

Palmdale
Phone: 213.438.5580
Know Your Rights and Responsibilities
As a member of L.A. Care, you have the right to…

Respectful and courteous treatment.
- You have the right to be treated with respect and courtesy by your health plan’s providers and staff.
- You have the right to be free from consequences of any kind when making decisions about your care.

Privacy and confidentiality.
- You have the right to have a private relationship with your provider and to have your medical record kept confidential.
- You also have the right to receive a copy of and request corrections to your medical record.
- If you are a minor, you have the right to certain services that do not need your parents’ approval.

Choice and involvement in your care.
- You have the right to receive information about your health plan, its services, its doctors and other providers.
- You also have the right to get appointments within a reasonable amount of time.
- You have the right to talk candidly with your doctor about all treatment options for your condition, regardless of the cost or benefit coverage, and participate in making decisions about your care.
- You have the right to say “no” to treatment, and the right to a second opinion.
- You have the right to decide how you want to be cared for in case you get a life-threatening illness or injury.

Receive timely customer service.
- You have the right to wait no more than 10 minutes to speak to a customer service representative during L.A. Care’s normal business hours.

Voice your concerns.
- You have the right to complain about L.A. Care, the health plans and providers we work with, or the care you get without fear of losing your benefits.
- L.A. Care will help you with the process. If you don’t agree with a decision, you have the right to appeal, which is to ask for a review of the decision.
- You have the right to disenroll from your health plan whenever you want. As a Medi-Cal member, you have the right to request a State Fair Hearing.

Service outside of your health plan’s provider network.
- You have the right to receive emergency or urgent services, as well as family planning and sexually transmitted disease services, outside of your health plan’s network.
- You have the right to receive emergency treatment as follows:
  - Medi-Cal and Cal MediConnect members: Emergency care services are covered at all times anywhere in the United States, Mexico, and Canada. For Medicare-covered services, emergency is NOT covered outside of the United States and its territories. For Medicare-covered emergency care provided outside of the United States and its territories that are not covered by Medi-Cal, you may receive a bill from the provider.
  - PASC-SEIU members: Emergency care services are covered 24 hours a day, 7 days a week, anywhere.

Service and information in your language.
You have the right to request an interpreter at no charge. You have the right to get all member information in your language or in another format (such as audio or large print).

Know your rights.
- You have the right to receive information about your rights and responsibilities.
- You have the right to make recommendations about these rights and responsibilities.
As a member of L.A. Care, you have the responsibility to…

Act courteously and respectfully.
- You are responsible for treating your doctor, all providers, and staff with courtesy and respect.
- You are responsible for being on time for your visits or calling your doctor’s office at least 24 hours before the visit to cancel or reschedule.

Give up-to-date, accurate, and complete information.
- You are responsible for giving correct information that your providers and L.A. Care need in order to provide care.
- You are responsible for getting regular checkups and telling your doctor about health problems before they become serious.

Follow your doctor’s advice and take part in your care.
- You are responsible for talking over your health care needs with your doctor, developing and agreeing on goals, doing your best to understand your health problems, and following the treatment plans you and your doctor agree on.

Use the Emergency Room only in an emergency.
- You are responsible for using the emergency room in cases of an emergency or as directed by your doctor.

Report wrongdoing.
- You are responsible for reporting health care fraud or wrongdoing to L.A. Care.
- You can do this without giving your name by calling the L.A. Care Compliance Helpline toll free at 1.800.400.4889, going to lacare.ethicspoint.com calling the California Department of Health Care Services (DHCS) Medi-Cal Fraud and Abuse Hotline toll-free at 1.800.822.6222.

Get fit for life. Not just for summer.

L.A. Care Receives NCQA Multicultural Health Care Distinction Award

The National Committee for Quality Assurance (NCQA) recently awarded L.A. Care with its Multicultural Health Care Distinction award for the fourth time since 2013. The award recognizes organizations that make an effort to improve culturally and linguistically appropriate services for all members.

L.A. Care earned this award by:
- Improving access to services to its diverse membership
- Providing members with documents in their preferred language and format
- Offering interpreting services at no cost, 7 days a week, 24 hours a day

John Baackes, L.A. Care’s CEO, said it best: “Given the tremendous cultural diversity of our members, we could not be more thrilled to earn this top honor. We are more energized than ever to continue delivering the highest quality care that our members deserve.”

The Multicultural Health Care Distinction award acknowledges L.A. Care’s commitment and dedication to providing accessible, high quality health care to its diverse membership.
Can You Name Your Managed Long-Term Services and Support Benefits?

Do you know what services are part of Managed Long-Term Services and Supports (MLTSS)? See if you can name each one by its description. (Answers follow the article.)

1. This service lets people hire a homecare worker to help with their daily needs at home. Some examples are: cooking, cleaning, and taking medicines.
   a. In-Home Supportive Services
   b. Long-Term Care
   c. Community-Based Adult Services
   d. Multipurpose Senior Services

2. This is a program that offers social and health care coordination services for people age 65 and older.
   a. In-Home Supportive Services
   b. Long-Term Care
   c. Multipurpose Senior Services Program
   d. Community-Based Adult Services

3. This program provides daytime health care at a center. Services include, nursing services, therapy, activities, socialization, and meals for eligible people.
   a. Long-Term Care
   b. Multipurpose Senior Services Program
   c. In-Home Supportive Services
   d. Community-Based Adult Services

4. This service refers to ongoing care in a nursing home or other facility.
   a. Multipurpose Senior Services Program
   b. Long-Term Care
   c. In-Home Supportive Services
   d. Community-Based Adult Services Centers

5. L.A. Care’s MLTSS team works with members to coordinate access to these services that can help people live independently.
   a. Community-Based Adult Services
   b. Long-Term Care
   c. Multipurpose Senior Services Program
   d. In-Home Supportive Services
   e. All of the above

If you, a family member, or someone you care for could benefit from these services, call L.A. Care Managed Long-Term Services and Supports (MLTSS) at 1.855.427.1223 (TTY 711) and ask to talk with a MLTSS team member.


Don’t wait. Don’t stress. Test.

Chlamydia is a sexually transmitted disease (STD). It is very common and can infect both men and women. Most people with chlamydia have no symptoms. The only way to know for sure if you have chlamydia is to get tested, which is easy and painless with a simple urine test.

Sexually active young women under 25 years old need to get tested each year. If you are older than age 25, talk to your doctor about how often you need to get tested.
Looking for L.A. Care Members to Join the Community Advisory Committees

Do you want to learn how the health care system works? Would you like to share your thoughts on how L.A. Care can improve their services? L.A. Care is looking for people to join the Community Advisory Committees (CACs). As a CAC member, you can help L.A. Care meet the needs of the neighborhoods we serve. Your voice can really make a difference in improving the health care for the over 2 million L.A. Care members in L.A. County!

For more information, please call the Community Outreach & Engagement Department at 1.888.522.2732 (TTY 711), Monday – Friday, 8 a.m. – 5 p.m.
Learn About Your Coverage

When you first join L.A. Care, and then every year after, you will get a package of important information about your health care coverage. Please read it and call us if you have any questions. You can visit L.A. Care’s website at lacare.org for the information listed below and more:

**Basic Information**
- What benefits and services are covered
- What benefits and services are not covered
- How your health plan makes decisions about when new treatments will become benefits
- What care you can and cannot get when you are out of Los Angeles County or the L.A. Care network
- How to access care when you are out of Los Angeles County
- How to change or get care from your primary care physician (PCP)
- How to get information about doctors
- How to get a referral for special care or to go to the hospital
- What to do when you need care right away or when the office is closed
- What to do if you have an emergency
- How to get prescriptions filled, other pharmacy program information and updates
- Co-payments and other charges
- What to do if you get a bill
- How to keep you and your family healthy guide
- How your health plan evaluates new technology to decide if it should be a covered benefit

**Special Programs**
L.A. Care has the following special programs:
- **Quality Improvement Programs** improve quality of care, safety, and services for our members. These programs measure our progress so that we can meet our goals and provide quality services and decide what we may need to change

**How Decisions Are Made About Your Care**
- How our doctors and staff make decisions about your care based only on need and benefits. We do not encourage doctors to provide less care than you need and doctors are not paid to deny care.
- How to reach us if you want to know more about how decisions are made about your care
- How to appeal a decision about your care

**Member Issues**
- Your rights and responsibilities as a health plan member
- How to complain when you are unhappy
- What to do if you are disenrolled from your plan
- How L.A. Care protects and uses your personal health information
- How to get help if you speak a different language

If you would like paper copies of your health care coverage, please call us at 1.888.839.9909 (TTY 711), 24 hours a day, 7 days a week and holidays.

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**Go Green and Get Be Well Electronically!**

Would you like to get *Be Well* by email? Please sign up on our website at lacare.org/be-well to receive it by email. Be sure to like us on Facebook, Twitter and LinkedIn.
Medical Identity Theft: How to Keep Yourself Safe

If someone gets your medical ID or Social Security number, you could become a victim of medical identity theft. They can use it to see the doctor, buy prescription drugs, or submit fake bills in your name. Your credit rating and your health could also be harmed by medical identity theft. If false information gets into your medical records, you may get the wrong treatment.

Tips to protect yourself against medical identity theft include:

- Do not trust strangers who offer free or discounted medical services.
- File paperwork and shred what you do not need.
- Keep your insurance and Social Security numbers safe.
- Never share your information with persons who say they are bill collectors. If they really are bill collectors, they will already have your information.
- Review your medical bills and statements (if any) and/or your Explanation of Benefits. Check for items or services you did not receive. If you see something strange or wrong, call your health care provider.

If you have questions about your bill and/or Explanation of Benefits or think there is a mistake, please call L.A. Care Member Services at 1.888.839.9909 (TTY 711), 24 hours a day, 7 days a week and holidays.

Important Numbers

Do you have questions about your health plan or your benefits? Call your health plan directly or call L.A. Care Health Plan.

L.A. CARE

L.A. Care Health Plan
1.888.839.9909 (TTY 711)
24 hours a day, 7 days a week and holidays

PASC-SEIU 1.844.854.7272 (TTY 711)
24 hours a day, 7 days a week and holidays

L.A. Care Cal MediConnect
1.888.522.1298 (TTY 711)
24 hours a day, 7 days a week and holidays

L.A. Care Family Resource Centers
(Your Centers for Health and Wellness)
1.877.287.6290 (TTY 711)

L.A. Care Covered™
1.855.270.2327 (TTY 711)

L.A. Care Compliance Helpline
(to report fraud or abuse)
1.800.400.4889 (TTY 711)
24 hours a day, 7 days a week and holidays

L.A. Care Language/Interpreter Services
1.888.839.9909 (TTY 711)
24 hours a day, 7 days a week and holidays

L.A. Care’s Nurse Advice Line
(for non-emergency medical advice)
1.800.249.3619 (TTY 711)
24 hours a day, 7 days a week and holidays

OTHERS

Transportation Services
(No Cost Medi-Ride to the Doctor)
1.888.839.9909 (TTY 711)
24 hours a day, 7 days a week

Beacon Health Options
(Behavioral Health Care)
1.877.344.2858 (TTY 1.800.735.2929)
beaconhs.com
24 hours a day, 7 days a week

MEDI-CAL PLAN PARTNERS

Anthem Blue Cross
1.888.285.7801

Blue Shield of California (BSC)
Promise Health Plan
1.800.605.2556
Kaiser Permanente
1.800.464.4000

Plan Partners’ Nurse Advice Lines
(for non-emergency medical advice)

Anthem Blue Cross: 1.800.224.0336
1.800.366.4424

Blue Shield California Promise
Health Plan: 1.800.609.4166
1.800.735.2929
Kaiser Permanente: 1.888.576.6225

IN CASE OF EMERGENCY, CALL 911
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Health and wellness or prevention information

The benefit information provided is a brief summary, not a complete description of benefits. Limitations, co-payments, and restrictions may apply. Benefits may change on January 1 of each year. To learn more, please call the L.A. Care Member Services at 1.888.839.9909 (TTY: 711), 24 hours a day, 7 days a week, and holidays.

Be Well is a member news publication by L.A. Care for members of L.A. Care's Health Plan. If you would like the information contained in this newsletter in another language or another format, please call Member Services at 1.888.839.9909 (TTY: 711), 24 hours a day, 7 days a week including holidays.

Nondiscrimination and Accessibility Statement
L.A. Care complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.