Staying Healthy in the New Year

As one year ends and the new year begins, we often look at ways to improve our health and shed extra pounds gained from enjoying our favorite foods and treats over the holidays. It is a time to reset our routine and let go of unhealthy habits. Following are some tips to help you have long-lasting success and improve your health:

• **Stop unhealthy habits** – If you smoke, take steps to quit. If you need help to quit, call L.A. Care at 1.855.856.6943 to learn about in-person workshops and online self-paced programs and resources. Talk to your doctor about medications covered by your health plan that can help you quit smoking. Limit your alcohol use.

• **Set easy goals** – Break your goals into small parts that you can do easily. Aim to lose 1-2 pounds a week, instead of 20 pounds a month. Walk or run for 20 minutes a day to build up to reaching a goal of walking or running a marathon.

• **Reboot your diet** – Clean out your cabinets and refrigerator. Get rid of fattening, sugary foods and snacks like chips and sodas. Buy healthier foods and snacks such as fruits and vegetables. Enjoy lean protein meats and dairy. Choose turkey or chicken and low-fat yogurt. Snack on air-popped popcorn, crunchy celery and carrots. Drink more water.

• **Go to bed and get some zzzs** – Sleep is important for our body to feel good, to have more energy and better concentration. Set a regular bedtime that allows you to get 7-8 hours of deep sleep. Don’t use electronics before bed – watch television, use your cell phone, laptop, etc. They stimulate brain activity and may make it harder to get to sleep.

Be sure to make an appointment to get an annual checkup from your doctor. Practicing healthy habits is one of the best New Year’s resolutions we can make. Cheers to good health!
Five Ways to Stay Connected

Eating healthy and being active are good for your health, but did you know that strong social relationships also promote good health? People with good, supportive relationships tend to have better health and live longer. Good relationships may also lower stress and give a sense of meaning to life.

With the existence of social media and new ways to digitally communicate in our society, it may feel like we are more connected than ever but, is that really the case? Human interaction is essential to our lives and health, so it’s important to stop and think just how engaged are we really. Here are five simple ways to focus on what truly is important.

1. **Set your phone to do not disturb.**
   If you are meeting with a friend, be present in the moment and fully engaged. It’s okay to put away your phone and anything else that may distract you. It shows your friends and loved ones that they are important to you, and it is easier to stay genuinely engaged.

2. **Arrange a face-to-face gathering.**
   Have a few friends over so they can update you on their lives in person. Appreciate a casual get-together and see where the spontaneity takes you. It could be a lunch, catching up over tea, a walk in the park you never visit, or an afternoon watching movies.

3. **Dust off your board game collection.**
   Invite friends, family or neighbors and bond over some friendly competition. Whether it’s Bingo, Uno, or Monopoly, you’ll set the stage for good times and lasting memories.

4. **Send a letter to a loved one.**
   Take a moment to write and send a letter to a friend or family member. It will show them that you cared enough to pack some extra thought into the relationship, and it will surely make for a nice surprise.

5. **Take a class or join a club.**
   Whatever your interest may be, go for it. A great place to meet people and do fun, health-related activities is at one of our six Family Resource Centers (FRCs). You can attend classes such as Healthy Cooking, Yoga, Zumba® and Aerobics.

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**Do You Need Help Getting Care in Your Language?**

You have the right to no-cost interpreting services, including American Sign Language. L.A. Care Covered™ Direct provides these services 24 hours a day, 7 days a week. It is important to use a professional interpreter at your medical appointment. You should not use friends, family, or children to interpret for you, except in an emergency.

To ask for an interpreter for health visits, please call Member Services at 1.855.270.2327 (TTY 711) at least 10 business days prior to your appointment.
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

Health Education Just for You

L.A. Care offers health education services just for you! No matter what your health needs are, or how you like to learn, we have something for you. If you enjoy meeting people and talking face-to-face, join an in-person group workshop. Busy schedule? We can talk with you over the phone. Prefer to learn online? Go to L.A. Care’s website at lacare.org and log in to the member portal. You can earn up to $215 in rewards for completing a health appraisal, participating in workshops and working with a health coach! Like to read? We have health education materials in many languages and on many health topics.

To learn more about health education services, call us at 1.855.856.6943 or visit us online at lacare.org/healthy-living/health-resources/health-education.
Special Enrollment Is Happening Now!

Did you know that certain life events make you eligible to apply for L.A. Care Covered™ Direct?

Special Enrollment is a period outside of the Open Enrollment Period when you can apply for health coverage. (Open Enrollment for 2020 ended January 31.)

You may be able to apply for health coverage if you experience any of these qualifying life events:

- **Loss of health coverage.** For example, you are no longer eligible for Medi-Cal or you lose health coverage through your job.
- **Income changes.** For example, if you are already getting help paying for your insurance premium and your income goes down, you may be able to get extra help.
- **Getting married or entering into a domestic partnership.**
- **Becoming citizens, national or lawfully present individuals.** This event applies only to people who were not previously citizens, nationals or lawfully present.
- **Having a child or adopting a child.** Also includes receiving a child into foster care or placing a child in adoption or in a foster home.

These are just some of the common qualifying life events. Call one of our Enrollment Specialists at 1.855.222.4239 (TTY 711) to find out more about Special Enrollment.

Prescription Drugs Listed on the L.A. Care Website

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](http://lacare.org). You will also find information about limits or quotas, generic and brand medications, restrictions, on medication coverage, the medication request process, drug preferences and procedures on how to use the Formulary.

Steps to Fight the Flu

Start off the new year by getting the flu shot. The flu season peaks in January and February and the best way to protect yourself and your family is to get vaccinated. Go to your doctor or any of our network pharmacies such as Walgreens, Rite Aid and CVS, and show your member ID card. Questions? Call 1.855.270.2327 (TTY 711).
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. Testing is easy and painless with a simple urine test. All sexually active young women under 25 years old need to get tested each year. If you are older than 25 years, talk to your doctor about how often you need to get tested.

Take Care of Your Heart This Valentine’s Day

Along with Valentine’s Day, February marks American Heart Month. It is a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health. By living a healthy lifestyle, you can help keep your blood pressure, cholesterol, and sugar levels normal and lower your risk for heart disease and heart attack.

Key changes can make a big difference

Schedule a checkup with your doctor.
It’s important to schedule regular checkups even if you think you are not sick. Partner with your doctor and health care team to set goals for improving your heart health.

Don’t smoke. Cigarette smoking greatly increases your risk for heart disease. If you don’t smoke, don’t start. If you do smoke, quitting will lower your risk for heart disease. Your doctor can suggest ways to help you quit.

Limit alcohol. Avoid drinking too much alcohol, which can raise your blood pressure. Men should have no more than two drinks per day, and women only one.

Have a Happy Valentine’s Day and, remember, L.A. Care Covered™ Direct helps keep you and your family healthy! If you have any questions or need more information, call us at 1.855.270.2327 (TTY 711).

Source: cdc.gov
Your Child Can Have a Great Smile!

February is Children's Dental Health Month. A great smile starts with healthy baby teeth. Start taking care of your baby’s teeth as soon as they appear. Then teach your child good habits to keep his/her mouth healthy.

L.A. Care partners with LIBERTY Dental Plan to provide coverage to L.A. Care Covered Direct members under the age of 19. Your child’s teeth deserve the best care to keep them healthy year after year.

Covered benefits include:

- Preventive and diagnostic care including oral exams, preventive cleanings, sealants and topical fluoride application
- Basic and major dental services including amalgam fillings, root canals, extraction services, and crowns

Orthodontia services LIBERTY Dental Plan provides pediatric dental services through its extensive network of dental providers. Members may visit the LIBERTY Dental Plan website at libertydentalplan.com to find an available dentist or call 1.888.700.5243 (TTY 711).

Medical Identity Theft: Protect Yourself!

You could become a victim of medical identity theft if someone gets your medical ID or Social Security number. Once they have it, they can use it to see the doctor, buy prescription drugs, or submit fake bills in your name. Medical identity theft can also damage your credit rating and harm your health. If false information gets into your medical records, you may get the wrong treatment. Here are some ways to protect yourself against medical identity theft:

- 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. 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 or think there is a mistake, please call Member Services at 1.855.270.2327 (TTY 711).
Important Phone Numbers

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

L.A. Care Family Resource Centers
1.877.287.6290

L.A. Care Compliance Helpline
(to report fraud or abuse) 1.800.400.4889

L.A. Care Language/Interpreter Services
1.855.270.2327 (TTY 711)

L.A. Care Nurse Advice Line
(for non-emergency medical advice) 1.800.249.3619 (TTY 711)

Beacon Health Options
(behavioral health care)
1.877.344.2858 (TTY 1.800.735.2929)

Would you like to receive Stay Well via email?
Sign up now at lacare.org/stay-well.
It’s that simple!

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.

L.A. Care Health Plan cumple con las leyes federales de derechos civiles y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo.

Language Assistance Services in Your Language

English Free language assistance services are available. You can request interpreting or translation services, information in your language or in another format, or auxiliary aids and services. Call L.A. Care at 1.855.270.2327 (TTY 711), 24 hours a day, 7 days a week, including holidays. The call is free.

Spanish Los servicios de asistencia de idiomas están disponibles de forma gratuita. Puede solicitar servicios de traducción e interpretación, información en su idioma o en otro formato, o servicios o dispositivos auxiliares. Llame a L.A. Care al 1.855.270.2327 (TTY 711), las 24 horas del día, los 7 días de la semana, incluso los días festivos. La llamada es gratuita.

Arabic خدمات الخدمة اللغوية متوفرة للجميع. يمكن طلب الخدمة الإعتراحي أو الترجمة، أو الخدمات التي تُقدمها باللغة الخاصة أو في شكل آخر، أو المعدات الإضافية. اتصل بنا على الرقم 1.855.270.2327 (TTY 711).

Armenian Լ.Ա.Կերը չեն պատճառվում ճանաչիչների համար, ասպատական հետաքրքրությունների համար, համարակալության համար, հեռախոսային համակարգում կամ հեռախոսային սերուգի համար.

Chinese 提供免费语言援助服务。您可申请口译或服务，您使用之语言版本或其他格式的资讯，或辅助设备和服务。请致电 L.A. Care 電話 1.855.270.2327 (TTY 711)。服务时间为纽约时间7天，每天24小时（包含假日）。上述服务均为免费。

Farsi خدمات زبانی رایگان می‌باشد. می‌توانید در مورد خدمات ترجمه یا خدمات پرداخت به لیست تلفن L.A. Care کنید. 

Hindi ल.ए के 1.855.270.2327 (TTY 711) पर कहने के आसानी से, वोल्ट, मात्र 24 घंटे, सापास में 7 दिन, प्रतिवारी परिवर्तनकर्ता को सुनाएँ है।

Hmong Muaj kev pab tshal xsav lus pab dawb rau koj. Koj taj yeem thov kom muab cov tiaj cov tselx xiaua ua lus xias tshais ka ssaw ru vao koj xias moob tshais lai lwm yam yloss muab khoob pab thib xwm kev pab paam. Hw xiau L.A. Care ntawm xay xov taoj 1.855.270.2327 (TTY 711), taj yeem hao tau tshau tshais xiaua 24 tee coo hib hib, 7 hmnabi hib vao thib thib muab cov hib hib taoj 7 sbi, xay xov taoj no hoo dawb xwm.

Japanese 翻訳・解釈サービス、日本語や他の形式での情報、補助機器、サービスをリクエストすることができます。L.A. Care までフリー ダイヤル 1.855.270.2327 (TTY 711) にてご連絡ください。祝休日を含め毎日 24時間、年中無休で受け付けています。

Korean 무료 인터프리 서비스 이용하실 수 있습니다. 해외 또는 내국의 시설에서, 고객이 사용하는 언어 또는 서비스를 이용할 수 있습니다. 종합 결과에 대한 정보는 72시간 동안 L.A. Care, 1.855.270.2327 (TTY 711)로 연락해 주십시오. 이 전화는 무료로 이용하실 수 있습니다.

Lao ເລືອກ ຖື້ນລະສັບ ປະຊາທິນຕິ ໂດຍສະຫ້ອາຍິນ ເນື້ອກ ການຊ່ວຍເຫຼືອ ໃນ ການຊ່ວຍເຫຼືອ ໃນ ການຊ່ວຍເຫຼືອ ເຊິ່ງ ການຊ່ວຍເຫຼືອ ບໍ່ ຢ່ານຈັກ ທີ່ ຮຽບແກ້ວ່ ຈາາຈາກ ຕັ້ງຢູ່ ການຊ່ວຍເຫຼືອ ບໍ່ ຢ່ານຈັກ ທີ່ ຮຽບແກ້ວ່ ການຊ່ວຍເຫຼືອ ບໍ່ ຢ່ານຈັກ ທີ່ ຮຽບແກ້ວ່ ການຊ່ວຍເຫຼືອ ບໍ່ ຢ່ານຈັກ ທີ່ ຮຽບແກ້ງ 

Panjabi ਲ.ਐ-ਟੇ ਕੈਰ 1.855.270.2327 (TTY 711) ਤੱਕ ਸੀ ਅਤੇ ਬਾਲਕ, ਹਿੰਦੀ ਹਿੰਦੀ ਸੀ ਜਾਂ ਪੰਜਾਬੀ ਹਿੰਦੀ ਹਿੰਦੀ 

Russian Мы предоставляем бесплатные услуги перевода. У Вас есть возможность подать заявление о предоставлении устных и письменных услуг переводчика, информации на Вашем языке и в другом формате, а также ассистивных средств и услуг. Звоните в L.A. Care по телефону 1.855.270.2327 (TTY 711) 24 часа в сутки, 7 дней в неделю, включая праздничные дни. Этот звонок является бесплатным.


Thai มีการเตรียมความพร้อมในการบริการภาษาต่างประเทศ ซึ่งคุณสามารถขอรับบริการจากเครือข่ายของปัจจุบัน หรือหน่วยงานหลักในบริการดังกล่าวได้ โดย L.A. Care ที่ 1.855.270.2327 (TTY 711) ตลอด 24 ชั่วโมง 7 วันต่อ สัปดาห์ สามารถติดต่อได้.

Vietnamese Có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho người. Quý vị có thể yêu cầu dịch vụ dịch hoặc dịch vụ, thông tin bằng ngôn ngữ của quý vị hoặc bằng các dạng khác, hay các dịch vụ và thực tế hỗ trợ ngôn ngữ. Xin vui lòng gọi L.A. Care tại 1.855.270.2327 (TTY 711), 24 giờ một ngày, 7 ngày một tuần, kể cả ngày nghỉ. Các gọi nay miễn phí.
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Happy New Year!