Summer is a great time for children to enjoy indoor and outdoor activities. Whether they are young children or teens, learn ways to keep them safe and healthy while they enjoy the summer fun.

Here are some safety tips to keep in mind:

**Master water safety**

Water-related activities are popular and have many health benefits.
- Teach your children about water safety.
- Always supervise children when in or around water. A responsible adult should constantly watch young children.
- Teach children to swim. Formal swimming lessons can help protect them from drowning.
- Learn cardiopulmonary resuscitation (CPR). Your CPR skills could save someone’s life.
- Install a four-sided fence around home pools.
- Wear a properly fitted life jacket every time you and your loved ones are on the water.

**Beat the heat and sun**

Heat-related illness happens when the body’s temperature control system is overloaded. Infants and children up to 4 years of age are at greatest risk. Even young and healthy people can get sick from the heat if they participate in strenuous physical activities during hot weather.
- Never leave infants, children, or pets in a parked car, even if the windows are open.
- Dress infants and children in loose, lightweight, light-colored clothing.
- Schedule outdoor activities carefully for morning and evening hours.
- Stay cool with cold showers or baths.

If your child has symptoms of a heat-related illness such as muscle cramping, weakness, heavy sweating, fainting, nausea or cold, pale or clammy skin, seek medical care immediately.

Your family’s health is our priority. If you have questions or need more information, call Member Services at 1.855.270.2327 (TTY 711). You can also call the Nurse Advice Line at 1.800.249.3619 (TTY 711) to talk to a nurse 24 hours per day, 7 days per week. However, if you have a medical emergency and need help right away, dial 911 or go to your nearest Emergency Room.

Source: cdc.gov
Bring Your Family and Friends!

This summer come check out the L.A. Care Family Resource Centers (FRCs). Our FRCs are a fun and engaging space to learn, prevent, and improve your health. The Centers offer health education and exercise classes that are free and open to everyone. You and your family can sign up for CPR, Dance, Cooking, Yoga, Zumba®, Parenting, Children’s classes, and much more. Classes are offered in English and Spanish and free child care is provided while you attend a class. L.A. Care members can attend an orientation, request a member ID card, and get help choosing a doctor or making an appointment.

There are five FRCs conveniently located throughout Los Angeles County:

**Pacoima**
In the Zocalito Plaza  
10807 San Fernando Road  
Pacoima, CA 91331  
Phone: 1.213.438.5497  
Mon-Fri 10 a.m. – 7 p.m.  
Sat 9 a.m. – 2 p.m.

**Palmale**
In the Towne Square  
2072 E. Palmdale Blvd.  
Palmdale, CA 93350  
Phone: 1.213.438.5580  
Mon-Fri 10 a.m. – 7 p.m.  
Sat 9 a.m. – 12 p.m.

**Boyle Heights**
The Wellness Center at the Old General Hospital  
1200 N. State St. Ste., 1069  
Los Angeles, CA 90033  
Phone: 1.213.294.2840  
Mon-Fri 8:30 a.m. – 5 p.m. 
Sat 9 a.m. – 12 p.m.

**Lynwood**
In Plaza Mexico  
3180 E. Imperial Highway  
Lynwood, CA 90262  
Phone: 1.310.661.3000  
Mon-Fri 10 a.m. – 6:30 p.m.  
Sat 9 a.m. – 2 p.m.

**Inglewood**
Corner of Century and Crenshaw  
3111 W. Century Blvd. Ste., 100  
Inglewood, CA 90303  
Phone: 1.310.330.3130  
Mon-Fri 10 a.m. – 7 p.m.  
Sat 9 a.m. – 12 p.m.

Visit an L.A. Care Family Resource Center today or view the calendar of activities on our website at lacare.org/frc. For more information, call 1.877.287.6290.

Words to Live By
*The greatest wealth is health.* - Virgil
Earn Rewards for Healthy Living

L.A. Care offers rewards* for taking steps to improve your health! Healthy choices earn points that can be traded for gift cards to one or more stores of your choice. The rewards program is part of the My Health In Motion™ wellness site on L.A. Care Connect™.

On the My Health In Motion™ site, you’ll find personalized tools such as meal plans and recipes, workout tips and videos, and interactive online workshops on topics like managing stress, headaches, and asthma. You can even work one-on-one with a health coach and ask a dietitian or personal trainer questions.

**Here’s how to earn points that can be traded for gift cards (1 point = $1):**

- **Take your Health Appraisal survey** – **40 points**
- **Sign up for Health Coaching, set goals, and report your progress** – **25 points**
- **Complete a six-week online workshop for tobacco cessation or weight management** – **75 points**

To get started, go to lacare.org and click on “Member Sign In.” Sign in and then click on the “My Health In Motion” tab. Start your profile, take your Health Appraisal, and earn points for gift cards.

To qualify for rewards, you must be at least 18 years old, enrolled in L.A. Care Covered™, and up to date on your premium payments.

*The My Health In Motion™ Rewards Program may be modified or terminated at any time, with or without notice, at L.A. Care’s sole discretion.

Start Your Summer off Right by Protecting Your Skin

The skin is our body’s largest protective organ and can be easily damaged by sunlight. Use water-resistant, broad spectrum sunscreen with a Sun Protection Factor (SPF) of 30 or more. Sunburn occurs when our skin is overexposed to sunlight. The sun’s rays can damage the skin in less than 15 minutes. Sunburn can also occur on cloudy days because the sun’s ultraviolet (UV) rays are strong enough to pass through the clouds. It can lead to skin cancer, regardless of skin color.*

Get helpful tips about protecting your skin from the sun by calling the Nurse Advice Line at 1.800.249.3619 (TTY 711). Talk to a nurse 24 hours per day, 7 days per week. You can also chat with a nurse online for free or listen to the audio library to learn more about many different health topics. Please visit lacare.org and log onto the member sign-in to access the nurse chat function.

*Source: skincancer.org
Take Care of Your Mental Health!

Mental health refers to how you feel, think, and act. It consists of the way you feel about yourself and your ability to manage your emotions and handle difficulties. Anxiety is a word to describe the feeling of worry, tension, or even fear.

Anxiety is normal. We all worry at times about things such as money, family, or our health. Anxiety can also come from good things, such as getting married, a new job, or moving.

When does anxiety become a concern?
If your worrying does not go away or interferes with your life, you may have a behavioral illness. Ask your doctor for help. He or she can refer you to an expert. You can get better.

What are some signs of anxiety?
In your mind:
• Worry or fear
• Having trouble focusing
• Feeling impatient or irritable

In your body:
• Headaches or muscle tension
• Heart beating fast (palpitations)
• Nausea or vomiting

What can I do about anxiety?
• Exercise on most days of the week
• Eat healthy foods
• Talk about issues with people you care about and trust
• Think positively
• Pray or meditate (think deeply or spiritually)

Many people think they are born worriers or that they can “handle it.” However, anxiety is real. Some people may need to talk to a health care professional or take medicine.

Coverage for mental or behavioral health care and substance use treatment is included in the benefits for L.A. Care Covered™ members. If you or a loved one are in need of these services, please visit your primary care provider (PCP) or contact Beacon Health Options at 1.877.344.2858 (TTY 1.800.735.2929), 24 hours a day, 7 days a week, including holidays. In case of an emergency, please call 911.
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, and your Explanations 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 Member Services at 1.855.270.2327 (TTY 711).
Are You Ready to Live Smoke-Free?

L.A. Care Health Plan encourages you to live a smoke-free life. Smoking affects your health, loved ones, lifestyle, and appearance. Quitting can improve your health and lower your risk for health problems. Smoking causes heart attacks, lung cancer, and even death.

Talk to your doctor about a quit plan. Ask for help on how to control your cravings. Some doctors prescribe drugs that work like nicotine and can help you quit over time. These drugs are called nicotine replacement therapy or smoking cessation drugs. A combination of a long lasting (nicotine patch) and a short lasting (nicotine gum, lozenge, spray, or inhaler) drug has been shown to help people quit.

We cover prescription and over-the-counter drugs that can help you quit. Over-the-counter drugs need a prescription from your doctor in order to be covered.

You can get smoking cessation drugs at any L.A. Care network pharmacy and do not need to prove to your doctor or pharmacist that you have been counseled about the drug. You do not need to try one type of smoking cessation drug before you can get another.

Electronic cigarettes are not safe or effective over time to help you quit smoking.

For getting help to quit smoking or for information about covered drugs that can help you quit smoking, call Member Services at 1.855.270.2327 (TTY 711). You may also visit lacare.org for a list of covered drugs in the Formulary.

Please visit CDC.gov/tips or Smokefree.gov for more resources to help you quit smoking.

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Keep Track of Your Medications While on Vacation

Whether at home or traveling, always take your medications as prescribed by your doctor. Being aware of the following important tips will help you enjoy your vacation and stay healthy!

- At least a week before leaving, check your prescriptions to be sure you have enough to last through your vacation. If not, have your prescription(s) refilled.
- 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 medication in the original container until you arrive at your destination. Then you can put them in your pill box.
- Keep your medication in your carry-on bags. If checked luggage is lost or delayed, you will have what you need. Don’t miss a dose just because you are in transit.
- If you need to fill a prescription while traveling in the U.S., you can go to the nearest pharmacy and request a vacation supply. The pharmacy will have to call L.A. Care to get an “okay” to give you the vacation supply. You can get it one time per calendar year.
- If leaving the U.S., be sure your medicine is allowed in the destination country.
- Always travel with your medical insurance card.

To find out more about the L.A. Care list of covered drugs called the Formulary, and monthly Formulary updates, visit the L.A. Care website at lacare.org. You will also find information about: Formulary limits or quotas, generic and brand medications, restriction on medication coverage, medication request process, drug preferences, and how to use the Formulary.
About L.A. Care Health Plan

L.A. Care Health Plan (Local Initiative Health Authority of Los Angeles County) is a public entity and community-accountable health plan serving residents of Los Angeles County since 1997 through a variety of health coverage programs including L.A. Care Covered™, L.A. Care Covered Direct™, Medi-Cal, L.A. Care Cal MediConnect Plan, and PASC-SEIU Homecare Workers Health Care Plan.

L.A. Care is a leader in developing new programs through innovative partnerships designed to provide health coverage to vulnerable populations and to support the safety net. With more than 2 million members, L.A. Care is the nation’s largest publicly operated health plan.

It is L.A. Care Health Plan’s 20th Anniversary of serving our members across Los Angeles County. We are here for you at each step of the way and at every stage of life. L.A. Care is committed to helping you get quality health care and reach your health and wellness goals. Thank you for being an L.A. Care Covered member. We look forward to serving you for many more years.

Important Phone Numbers

**L.A. Care Covered™ Member Services**
1.855.270.2327 (TTY 711)

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

**L.A. Care Language/Interpreter Services**
1.888.839.9909 (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)
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Stay Well is a newsletter by L.A. Care for L.A. Care Covered™ members.

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