Go Ahead. Laugh!

Laughing is one of the greatest medicines. It is free, has zero unhealthy side effects, and can help the body in a myriad of ways. Scientists have linked laughing to lowering stress levels, boosting the immune system, protecting the heart, lowering blood pressure, and also lowering blood-glucose levels for people with type 2 diabetes. It also has been proven to be a fat burner. Laughing out loud for 10-15 minutes a day can burn 10-40 calories! While this may translate to around 4 pounds per year, adding laughter could be a kick-starter to the diet you may have been planning to go on.

Not only has laughing been linked to helping improve your physical health, but laughing every day can also help boost your mental well-being. This is because laughing every day gives you more personal enjoyment out of everyday life. Some ways to add more laughter to your life could be to see or call your closest friends or family members a couple times per week, watch a comedy movie or TV show, or try laughter yoga. Choose whatever makes you feel comfortable, but as long as it gets you to laugh, your body and mind will be thankful for it.

Words to Live By
A day without laughter is a day wasted.
– Charlie Chaplin
Live Healthy, Live Longer

Making just a few small changes in your lifestyle can help you live longer. The Diabetes Prevention Program (DPP) is a year-long class to help reduce the risk of diabetes. It is offered at no-cost to L.A. Care members who meet certain guidelines. In a fun and caring way, trained Lifestyle Coaches help members make changes in the foods they eat and how much they move their bodies. These changes work together to prevent diabetes.

To qualify for the DPP, adult members must:

- Be overweight
- Have not been told they have diabetes
- Have a blood test in the prediabetes range or have had gestational diabetes (diabetes during pregnancy)

Ask your doctor if you meet these guidelines.

To learn more or to sign up for the DPP, call Member Services at 1.855.270.2327 (TTY 711).

You Can Earn Rewards for Healthy Living

L.A. Care offers rewards* for taking steps to improve your health! Healthy choices earn points. These points can then be traded for gift cards to 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 meal plans and recipes plus workout tips and videos. You can take an online workshop to learn about things like 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):

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

To get started, go to lacare.org. 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.
Have a Very Berry Breakfast
Start your day off right with this fruit-packed juice recipe.

Ingredients
- 1 cup fresh raspberries
- 1 cup fresh blueberries
- 1 cup fresh blackberries
- 2 apples

Instructions
1. Wash all the fruit.
2. Core the apples and cut into quarters.
3. Juice all the fruit.
4. Mix well and serve chilled.

Check out the L.A. Care Family Resource Centers in Pacoima, Lynwood, Palmdale, Inglewood and Boyle Heights for free nutrition classes. Sign up for “Juicing for a Healthy Life” to learn how juicing allows you to take in a large serving of vegetables and fruits at one time and can be key to optimal health.

View the calendar of activities on our website at lacare.org/frc or call 1.877.287.6290.
Special Enrollment Is Happening Now!

Did you know that certain life events make you eligible to apply for L.A. Care Covered™? Special Enrollment is a period outside of Open Enrollment when you can apply for health coverage.

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. To read more about Special Enrollment and qualifying life events, visit lacarecovered.org. To apply for coverage through Special Enrollment, call us at 1.855.222.4239 (TTY 711).

Protect Yourself!

If someone gets your medical ID or Social Security number, you could become a victim of medical identity theft. 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 (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 1.855.270.2327 (TTY 711).
June Is Men’s Health Month

L.A. Care Covered™ encourages all members to make their health a priority. During Men’s Health Month, we especially want men to see their doctor for a health exam and screenings. Depression and heart disease affect millions of men—and many experience both at the same time. Depression is when feelings of hopelessness, sadness, loss or frustration interfere with activities of daily living.

**What is the connection between heart disease and depression?**
Depression that lasts longer than a couple of weeks can lead to certain behaviors, such as abusing alcohol or not sleeping well, that put heart health at risk. People with depression are more likely to have other conditions that can lead to heart disease, including obesity and diabetes.

**How do depression and heart disease affect men?**
Although both men and women get depression, men often have different symptoms than women, including feeling angry, acting aggressively, abusing drugs or alcohol, and having trouble sleeping. These symptoms can put men at risk for heart conditions by raising blood pressure and putting extra stress on the heart.

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**For good mental and heart health throughout your life, try these steps:**

**See a professional.**
If you have depression, talk to a mental health professional about treatment. If you have been diagnosed with a heart condition, talk to your doctor about medicines and healthy living habits that can help both your heart and your mental health.

**Stay physically active.**
Physical activity boosts your mood and keeps your blood vessels healthy. Exercise may be as effective as medicine in reducing symptoms of depression.

**Watch what you eat and drink.**
Eat plenty of fresh fruits and veggies. Avoid caffeine, alcohol and foods high in sodium (salt).

**Do not smoke.**
Smoking tobacco is linked to both depression and heart disease. If you do smoke, learn how to quit.

**Get support from loved ones.**
Talk to trusted family or friends about what you are feeling. Loved ones can help by being exercise partners or reminding you to take your medicines.

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If you need more information, please call Member Services at 1.855.270.2327 (TTY 711). If you have a medical emergency and need help right away, dial 911 or go to your nearest emergency room.

Source: cdc.gov
Do You Need to See a Doctor?

Getting in to see your doctor doesn’t have to be hard. L.A. Care has implemented rules about how long you should wait to get a doctor appointment. You should be able to get an appointment within these timeframes:

<table>
<thead>
<tr>
<th>Primary Care Doctors</th>
<th>Routine Appointment (non-urgent)</th>
<th>10 Business Days</th>
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<td>48 Hours</td>
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<td>Specialists</td>
<td>Routine Appointment (non-urgent)</td>
<td>15 Business Days</td>
</tr>
<tr>
<td></td>
<td>Urgent Appointment (no authorization required)</td>
<td>96 Hours</td>
</tr>
</tbody>
</table>

Did you know you can get health advice when your doctor’s office is closed and on weekends or holidays?

- L.A. Care doctors must be available, or have someone available, to help you at all times.
- If you need to talk to your doctor when the office is closed, call your doctor’s office phone number. Follow their instructions.
- A doctor or nurse should call you back within 30 minutes.

If you have trouble reaching your doctor, call L.A. Care’s Nurse Advice Line at 1.800.249.3619 (TTY 711) 24 hours per day/7 days per week. A nurse will give you the health information you need. Remember, if you have a medical emergency and need help right away, dial 911 or go to your nearest emergency room.

Get Connected With L.A. Care’s Formulary

L.A. Care has a Formulary (list of covered drugs) that is reviewed, approved, and updated monthly by pharmacists and doctors. The Formulary, updates, and procedures are on the L.A. Care website at lacare.org. The Formulary is available in your language, large print, or audio. Call Member Services at 1.855.270.2327 (TTY 711) for questions.

How to use the Formulary

- L.A. Care covers brand and generic medications. When available, FDA approved generics are used.
- Generic drugs are listed with the brand name next to it in CAPITAL letters. If a drug only comes as brand, just the brand name will show.
- To search for a drug on the Formulary, press “Ctrl + F” on your computer, or scroll the Alphabetical Index. If you cannot find a drug on the Formulary, it is non-formulary.

Formulary restrictions

- Certain covered drugs have restrictions such as Step Therapy (ST), Quantity Limits (QL), and prior authorization (PA). For a full list and explanation, visit lacare.org.
- If your drug is non-formulary (not covered) or has restrictions, your doctor must submit a request to L.A. Care. It can be approved if there is a documented medical need.

Where to pick up your medication

- You can fill your prescription at any pharmacy that partners with L.A. Care. Visit our website to locate one. You can use the mail-order pharmacy for drugs used to treat chronic conditions like diabetes and high blood pressure. Always follow your doctor’s instructions when you take your medication, for safe and effective therapy.
Important Phone Numbers

L.A. Care Covered™
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 www.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

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Thank you for being an L.A. Care Covered™ Member.

Together we rise to a healthier place.