It’s Summertime!

Who doesn’t want to be outside, sunbathing, swimming, playing catch on the beach or just barbecuing in the backyard? While summer means fun in the sun, make sure you’re not getting too much of a good thing.

Here are some tips to keep in mind:

1. **Apply sunblock.** When outdoors, protect your skin from damage by wearing a hat, sunglasses and a sunscreen of SPF 30 or higher.

2. **Drink plenty of liquids.** Drink at least eight 8-ounce glasses of water daily. Talk to your doctor to determine the amount of water that’s right for you every day.

3. **Avoid caffeinated and alcoholic beverages.** Alcohol, soda, coffee and even tea can leave you dehydrated quickly. Reduce the amount of these beverages.

4. **Dress appropriately.** Wear loose-fitting clothes in natural fabrics like cotton. Dress in light colors that will deflect the sun and heat.

5. **Stay indoors during extreme heat.** In high heat and humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature.

6. **Use air conditioning.** If you do not have air conditioning in your home, go somewhere that does. A movie theater, the mall, a friend or relative’s home are all good options.

7. **Take a cool shower or bath.** This is a good way to lower your body temperature on extremely hot days.

Know the signs of heat stroke (e.g. flushed face, high body temperature, headache, nausea, rapid pulse, dizziness and confusion). Take immediate action if you feel ill.

Talk to your doctor if you have any questions. You can also call our Nurse Advice Line at 1.800.249.3619 (TTY 711) to talk to a nurse any time of day or night, 7 days a 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 L.A. Care’s Family Resource Centers (FRCs). Our FRCs are a fun and engaging space for the community to come together and learn new, healthy skills. 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. Free child care is available at some Centers. Call for details.

There are six FRCs conveniently located throughout Los Angeles County:

- **Pacoima**
  In the Zocalito Plaza  
  10807 San Fernando Road  
  Pacoima, CA 91331  
  Phone: **213.438.5497**  
  Mon-Thurs 10 a.m. – 6:30 p.m.  
  Friday 8 a.m. – 5 p.m.  
  Sat 8 a.m. – 1 p.m.

- **Palmade**
  In the Towne Square  
  2072 E. Palmdale Blvd.  
  Los Angeles, CA 93350  
  Phone: **213.438.5580**  
  Mon-Fri 9 a.m. – 6 p.m.  
  Sat 9 a.m. – 1 p.m.

- **Lynwood**
  In Plaza Mexico  
  3180 E. Imperial Highway  
  Lynwood, CA 90262  
  Phone: **310.661.3000**  
  Mon-Fri 10 a.m. – 6:30 p.m.  
  Sat 9 a.m. – 4:30 p.m.

- **Boyle Heights**
  The Wellness Center at the Old General Hospital  
  1200 N. State St. Ste., 1069  
  Los Angeles, CA 90033  
  Phone: **213.294.2840**  
  Mon-Fri 8:30 a.m. – 5 p.m.  
  Sat 9 a.m. – 12 p.m.

- **Inglewood**
  Corner of Century and Crenshaw  
  3111 W. Century Blvd. Ste., 100  
  Inglewood, CA 90303  
  Phone: **310.330.3130**  
  Mon-Thurs 10 a.m. – 7 p.m.  
  Friday 9 a.m. – 6 p.m.  
  Sat 9 a.m. – 12 p.m.  
  (Open 8:30 a.m. to 2:30 p.m. every 4th Saturday)

- **East Los Angeles**
  4803 E. Whittier Blvd.  
  Los Angeles, CA 90022  
  **Opening Fall 2018!**

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**.

Nurse Advice Line

Do you have questions about your health? Need medical advice fast? The Nurse Advice Line is available 24 hours a day, 7 days a week. Registered nurses will answer your health questions and help you take care of your family. When you call the Nurse Advice Line, you can also choose to get information about a health issue through the Health Education Audio Reference Library. Call **1.800.249.3619** (TTY **711**) or chat with a nurse online for free. Please visit lacare.org and log onto the member sign-in to access the nurse chat function.
Pineapple Mango Lemonade

Yield: About 10 servings

Ingredients

- 1 1/4 cups freshly squeezed and strained lemon juice, chilled
- 3 1/2 cups cold water
- 1 (46 oz) can pineapple juice, chilled
- 1 (32 oz) bottle mango nectar (100% juice), chilled
- Frozen pineapple chunks or mango chunks (optional)
- Sugar or natural sweetener to taste (optional)
- Ice

Instructions

In a 1-gallon pitcher or larger, whisk together lemon juice, water and sugar until sugar has dissolved. Stir in pineapple juice and mango nectar. Add pineapple or mango chunks and ice. Serve cold.

Source: Cooking Classy
Immunizations Are for Everyone

No matter what you call them — immunizations, vaccines, or shots — we all need them at some point in our lives. Infants and small children need a series of shots starting at birth up until about two years old. School-age children must be up to date with their shots before entering kindergarten. California schools are required to check immunization records (yellow card) for new students from kindergarten through 12th grade and all students entering 7th grade.

Immunizations aren’t just for the young! It is a good idea for almost everyone six months of age and older to get a flu shot each year. It is especially important for older adults and people with a long-term health condition, such as asthma. The best time of the year to get a flu shot is before flu season hits as early as August or September. Older adults should get a pneumonia shot as well.

August is National Immunization Awareness Month. It is the perfect time to make sure your children’s vaccinations are up to date before school starts. It’s also a good time to check in with the doctor about your own immunization status. For more information on immunizations and easy-to-read schedules for all ages, go to www.cdc.gov/vaccines/schedules/index.html

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 L.A. Care Member Services at 1.855.270.2327 (TTY 711).
Get Your Groove On and Improve Your Health

Do you find yourself tapping your feet or shaking to the beat when you hear music? That means your body wants to dance! And dancing isn’t just fun, it’s also good for your health.

Dancing has many physical benefits. It can strengthen your heart and lungs. It can improve your strength and endurance. Dancing can boost your balance, coordination and flexibility. And it can strengthen your bones. It’s a great way to burn calories and help with managing your weight. Depending on the type of dancing you do, you can burn between 200 and 500 calories an hour.

Dancing can also give you a mental boost. It can reduce depression, anxiety and stress. It can improve your self-esteem, body image and sense of well-being. When you dance, your body releases endorphins, chemicals that make you feel good. Dancing may improve the brain’s flexibility, too.

Although you can dance alone, you’ll get extra benefit when you dance with other people. The social element improves feelings of well-being and decreases feelings of depression.

Dancing is convenient and doesn’t have to cost any money. You can do it anywhere without needing a gym or special gear. People of all ages and at all levels of skill can dance.

So go ahead, dance like there’s nobody watching. It’s for your health. Just be sure to clear it with your doctor first, especially if you have any difficulties with balance or fall risks.

You can take free classes including Line Dancing, Zumba, Cardio Dance and Salsa Dance Aerobics at our Family Resource Centers. There are classes for adults, seniors, children and families. For more information and a schedule of classes, go to lacare.org/frc or call 1.877.287.6290.

Source: SHM Publishing

Words to Live By

Your body is your most priceless possession. Take care of it!
–Jack LaLanne
Filling Your Prescriptions
With L.A. Care Is Easy

L.A. Care has a network of pharmacies ready to help. When your doctor gives you a prescription, please fill it right away. You can find a list of pharmacies near you on L.A. Care’s website at lacare.org.

Taking your prescription drugs as instructed by your doctor will help you feel and stay healthy. If you are taking medicine for chronic conditions like high blood pressure, diabetes, and heart issues, make sure that you don’t run out. Don’t stop taking your medicine unless your doctor tells you so.

Easy Tips to Stay on Track With Your Medicine

• Always fill your prescriptions a few days before they run out.
• When you pick up your medicines from the pharmacy, check the bottles to see if you have refills left. If you need help figuring it out, ask your pharmacist.
• If you run out of refills, call your doctor. Again, if you need help, ask your pharmacist they can also call your doctor about a refill.
• If you have side effects or questions about your medicine, talk to your doctor or pharmacist.
• At least a week before leaving for vacation, check your prescriptions to be sure you have enough to last throughout your travels. If not, have your prescription(s) refilled before you go.

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, restrictions on medication coverage, the medication request process, drug preferences and Formulary procedures.

Preventive Care Is Free

Staying healthy starts with prevention! If you haven’t seen your primary care provider (PCP) this year, now is the time to make an appointment. Ask your PCP what preventive screenings and care you need.

Preventive care is free for L.A. Care members. You don’t need a referral or authorization for most preventive services.

Here are a few important preventive health services to ask your PCP about:

<table>
<thead>
<tr>
<th>Preventive Health Service</th>
<th>Who needs the service</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annual physical or checkup</td>
<td>Everyone</td>
</tr>
<tr>
<td>Immunizations or shots</td>
<td>Ask your PCP</td>
</tr>
<tr>
<td>Pap and HPV tests</td>
<td>Women ages 21-65</td>
</tr>
<tr>
<td>Mammograms</td>
<td>Women ages 50-75</td>
</tr>
<tr>
<td>Colorectal cancer screening</td>
<td>Men &amp; women ages 50-75</td>
</tr>
<tr>
<td>Chlamydia screening</td>
<td>Women ages 16-24</td>
</tr>
</tbody>
</table>
Important Phone Numbers

L.A. Care Covered Direct™
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
1.855.270.2327 (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

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), 24 horas del día, 7 días de la semana, incluso los días festivos. La llamada es gratuita.

Arabic
خدمات المساعدة اللغوية متاحة مجانًا. يمكنك طلب خدمات الترجمة والترجمة أو خدمات الإشارة والترجمة أو خدمات الترجمة والعروض في أي وقت من اليوم على الرقم 1.855.270.2327.

Armenian

Chinese
提供免费语言协助服务，您可申请口译或笔译服务。您使用之语言版本或其他格式的资料、辅助性设备和服务。请致电 L.A. Care 电话 1.855.270.2327 (TTY 711)。服务时间为7天/24小时。请在留言时留名。（使用中文电话时，请使用第24天的留言服务。）

Farsi
لیست شماره‌های مهم

Hindi
मुख्य मामले सुझाव देने की सेवा मुफ्त है। आप दस्तावेज या अन्य सेवाओं, आपकी भाषा के लिए अन्य प्रथा जैसे आमतौर पर जानते नहीं हैं, तो सहायता सर्वेक्षणों और सेवाओं के लिए अनुरोध कर सकते हैं। आप L.A. Care की 1.855.270.2327 (TTY 711) नंबर पर लोग करें, दिन में 24 घंटे, सप्ताह में 7 दिन, प्रति दिन से है।

Hmong
Muaj kev pab txhais lus pub dawb rau koj. Koj muaj teym thov kom muab cov ntub tawv txhais uas luas losisi txhais ua ntwv rau koj losisi muab txhais ua lwm yam losisi muab khowm phab tawv bwm yam kev phab cuan. Hu rau L.A. Care ntawm tus xov tooj 1.855.270.2327 (TTY 711), teuy muaj hau taw txhais txhua 24 teev hauv ib hluav, 7 hnuab hauv ib vij vaa txhav nga cov hluav sa hauv si, tus xov tooj no hau dawb xwb.

Japanese
言語支援サービスをお気軽にご利用いただけます。翻訳・通訳サービス、日本語や他の形式での情報、補助具・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。営業日を含め毎日 24時間、年中無休で受け付けています。

Korean
무료 언어 지원 서비스를 이용하실 수 있습니다. 서비스 또는 언어 서비스, 개별 사용하는 언어 또는 다른 언어와 정보 또는 보조 장비 및 서비스 등을 요청하실 수 있습니다. 문의는 포함된 7개의 문의 항목으로 되어 있으며, 이 외의 지원을 원하시는 경우, 문의를 통해 지원하실 수 있습니다.

Lao
Lao language assistance services are available at www.lacare.org/stay-well. For services, please call 1.855.270.2327 (TTY 711), 24 hours a day, 7 days a week.

Panjabi
ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਸੇਰ ਦੀ ਸਰਦਾਰਾਂ ਦੀ ਸਜਾਂ ਵਿਚ ਕੋਲ ਕੀਤਾ ਜਾਂਦਾ ਹੈ। ਅਲਾਫਜ਼ ਦੀ ਹੋਰ ਵਿਸ਼ੇਸ਼ ਤੌਰ ਤੇ ਕੋਲ ਕੀਤਾ ਜਾਂਦਾ ਹੈ ਕਿ ਕੋਲ ਦੇ ਕੀਸ਼ੇ ਹੋਣ ਵਾਲਾ ਹੋ ਵਾਲੀ ਹੋ ਜਾਂਦੀਆਂ ਹੋ। L.A. Care ਦੀ 1.855.270.2327 (TTY 711) ਸੇਰ ਦੁਆਰਾ ਸੜਕ ਵਾਲੀ ਹੋ ਵਾਲੀ ਹੋ ਜਾਂ ਹੋ ਵਾਲੀ ਹੋ ਜਾਂਦੀਆਂ ਹੋ।

Russian
Мы предоставляем бесплатные услуги перевода. Если вы хотите написать нам письмо о предоставлении услуг перевода, информация о вашем языке или в другом формате, а также информационных средств и услуг, свяжитесь с L.A. Care по телефону 1.855.270.2327 (TTY 711) 24 часа в сутки, 7 дней в неделю, включая праздничные дни. Этот номер является бесплатным.

Tagalog

Thai
มีบริการแปลภาษาไทย ที่สามารถรับบริการแปลหรือซื้อแบบไปรษณีย์หรือทางไปรษณีย์หรือบริการสื่อสารต่าง ๆ ได้ โทร L.A. Care ที่ 1.855.270.2327 (TTY 711) ตลอด 24 ชั่วโมง 7 วันต่อสัปดาห์.

Vietnamese
Có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho người. Quy trình cơ thể yêu cầu dịch vụ diễn dịch hoặc phiên dịch, thông tin bằng ngôn ngữ của người với hoặc bằng cách dùng khác, hãy dịch vụ và thư tín 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 lễ. Cuối cùng này miễn phí.
Thank you for being an L.A. Care Covered Direct™ Member.

Complete the enclosed survey for a chance to win a $50 gift card!