Did you know you have personalized wellness information at your fingertips? With just a few clicks or swipes, you can access a wide range of health activities and tools online. Whether you want to quit smoking, lose weight, or manage stress, the L.A. Care My Health In Motion™ site has something for you! It allows you to go at your own pace with ease from your computer or phone. No making an appointment, traveling, or wait time. Log on any time, day or night. Sign in at lacare.org and click on the “My Health In Motion™” tab to see all the fun tools available to help you stay healthy. You’ll find:

- A lifestyle survey with a personal health report that offers real-world tips to improve your health
- Interactive guides on topics such as exercising, healthy eating, quitting smoking, managing stress, and managing your weight
- Health trackers to help you reach your health and wellness goals
- Interactive online health workshops
- A health information library
- Healthy recipes and meal plans

With My Health In Motion™ you can even send a message to a health coach, trainer or dietitian. Get your personal health questions answered by a qualified health professional!

If you have questions or need help with My Health In Motion™, please call the L.A. Care Health Education Department at 1.855.856.6943.
Ask the Doc: What Is Depression?

Depression is a health condition that affects your feelings, thoughts and ability to carry out your daily activities. It can be treated. People with depression may have difficulty getting up in the morning and feel very tired during the day. They may also lose hope for the future. Often depressed people want to avoid others. Depression can also make it hard to pay attention or to complete a task.

Common Signs of Depression
- Sadness, feeling empty or hopeless most of the day, almost daily for two or more weeks
- Loss of interest in activities
- Sleeping too much or too little
- Weight loss or gain
- Feeling worthless
- Trouble concentrating
- Having negative thoughts that don’t stop

What Can You Do?
Talking to your doctor is the first step in getting help for depression. There are many medications to treat it. Your doctor may suggest you see a mental health specialist who will assist you with understanding your thoughts and feelings. You can also learn actions and behaviors that can help improve your mood.

Therapy can help you change behaviors or thought patterns which contribute to depression. L.A. Care members can call 1.877.344.2858 to connect with a mental health professional for therapy and other behavioral health services.

Medication Treatment for Depression
It may take some time to find the right medication for you. Talk openly with your doctor about how you are feeling and doing.
- It may take up to three weeks for the medication to work.
- It may take six months or more to fully treat depression.
- Take your medication the way your doctor prescribed it.
- Don’t stop taking your medication, even if you are feeling better.
- Be sure to refill your medication on time.

Tell your Doctor:
- If you use home remedies or supplements.
- If you smoke or drink.
- If you use other drugs. This can affect how antidepressant medicine works.

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

Elevating Healthcare in the City of Angels since 1997...

L.A. Care recently unveiled a new brand campaign. Perhaps you have seen the uplifting design on billboards, bus stops and other “on-the-go” places around L.A. County. It builds on the common nickname of Los Angeles as the “City of Angels.” The use of wings serve as the creative connection point between this reference and the founding mission of L.A. Care. They are symbolic of the actions that L.A. Care leaders, employees, providers and community partners take to make a difference in the lives of those we serve to ensure that all Angelenos have access to health care. L.A. Care is committed to and firmly rooted in elevating the health care of all communities through the services we provide and our partnership with providers and local agencies. Look for our exciting new brand campaign in your neighborhood!
Find Your Reason to Quit for Good

The Great American Smokeout is November 16, 2017. On this day, L.A. Care and the American Cancer Society encourage you to find your reason to quit smoking for good. Anyone can do it. Start preparing now. Success starts with finding a reason that’s important to you.

Great Reasons to Quit Smoking

✓ To feel better, have more energy and breathe easier
✓ To reduce the chance of getting sick
✓ To have whiter teeth and a healthier mouth
✓ To taste and smell food better
✓ To improve the health of people around you
✓ To give your baby the best start if you’re pregnant
✓ To save up to $1,900 a year! (based on smoking a pack a day at the cost of $5 per pack)

If you need help quitting, L.A. Care can help. Call 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.

Steps to Fight the Flu

Flu season is here! Get a FREE flu shot to prevent getting sick. It’s simple. Go to your doctor or to local pharmacies and show your L.A. Care member ID card. Questions? Call 1.888.839.9909 (TTY 711).

Get your flu shot!

Wash your hands
Avoid touching your face
Cough/sneeze into your sleeve

Exercise
Eat healthy
Get plenty of sleep
Avoid contact with sick people

Doctor + Flu Shot = Protection for you and your family
Getting Connected With L.A. Care’s Formulary

L.A. Care uses a list of covered drugs called a Formulary. The drugs on the Formulary have been reviewed and approved by a team of pharmacists and doctors and is updated monthly. The Formulary, updates, and procedures are on the L.A. Care website at lacare.org. Click on the For Members tab. Under Member Services, select Pharmacy Services and you can check the Formulary to see if your drug is covered. You can get a copy of the Formulary in your language, large print or in audio. For questions about the Formulary, call Member Services at 1.888.522.1298 (TTY 711).

How Do I Use the Formulary?

- Generic drugs are listed by their generic names. The brand name is next to the generic name in CAPITAL letters. If a drug only comes as brand, only the brand name will show.
- Both brand name and generic medications are covered by L.A. Care. When available, FDA approved generics will be used.
- You can search for a brand or generic drug in the Formulary by pressing “Ctrl + F” on your computer, or by using the index on the Formulary page. If you cannot find a drug on the Formulary, it is non-Formulary and not covered unless your doctor submits a request to L.A. Care and the request is approved (see below).

Formulary Restrictions

- Certain covered drugs have restrictions such as Step Therapy (ST), Quantity Limits (QL), and prior authorization (PA). To see a full list and explanation of the restrictions, visit lacare.org.
- If your drug is non-Formulary, or has Formulary restrictions, your doctor will need to submit a request to L.A. Care. The request 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.

Nurse Advice Line Can Help You

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. Get tips on avoiding the flu, treating the common cold, and so much more. Use the audio library to listen to recorded messages on many different health topics. 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.

If you are a Medi-Cal member with one of our Plan Partners, you can call the Nurse Advice Line at:

**Anthem Blue Cross:** 1.800.224.0336 or TTY 1.800.368.4424  
**Care1st Health Plan:** 1.800.609.4166 or TTY 1.800.735.2929  
**Kaiser Permanente:** 1.888.576.6225

Go green and get Live Well electronically!

Would you like to get Live Well by email. To receive it by email please sign up on our website at www.lacare.org/live-well. Be sure to like us on Facebook, Twitter and LinkedIn.
We’re Listening!

Live Well Member Newsletter Reader Survey

We want to know! We truly value your feedback. Please complete and return by mail with this postage paid form. Please be sure to write your contact information here:

Your Name ____________________________ Member ID (CIN) ____________________________
Address/City/ZIP Code ________________________________________________________________

1. How do you feel about how often L.A. Care contacts you by mail and by phone?
   - By Mail:
     - ☐ Too much
     - ☐ Just right
     - ☐ I want to hear from L.A. Care more!
   - By Phone:
     - ☐ Too much
     - ☐ Just right
     - ☐ I want to hear from L.A. Care more!

2. In addition to regular U.S. Mail, how would you like L.A. Care to contact you as needed? (Please check all that apply.)
   - ☐ Phone call at this phone number: _________________
   - ☐ Cell phone text message at this cell phone number: _________________
   - ☐ Other:

3. What topics would you like to learn more about? (Please check all that apply.)
   - ☐ Health & wellness issues (like cancer, allergies, nutrition, heart health, HIV/AIDS, etc.)
   - ☐ L.A. Care programs (like L.A. Cares About Asthma® and L.A. Cares About Diabetes®, etc.)
   - ☐ Health benefits and services from L.A. Care (like access to care and medicine, etc.)
   - ☐ Family Resource Centers (FRCs) and events (like health classes, Zumba®, cooking, etc.)
   - ☐ Regional Community Advisory Committees (RCACs) & Health Promoters
   - ☐ Other:

4. Would you like to sign up to get your Live Well member news by email?
   - ☐ YES! My email is: _________________
   - ☐ No. I like it in print.

5. Are you satisfied with the service L.A. Care provides?
   - ☐ I am satisfied. If satisfied, what do you like most?
   - ☐ I am not satisfied. [If you are not satisfied, please call our Member Services Department at 1.888.839.9909 (TTY 711) and let us know how we can better serve you. We are here to help you 24 hours a day, 7 days a week and holidays.]

6. Does L.A. Care provide you with what you need to help you be as healthy as possible?
   - ☐ Yes.
   - ☐ No. If no, what would you like L.A. Care to offer to help you be as healthy as possible?

Remoistable seal
7. Are you interested in accessing services on your mobile phone or computer?

☐ YES!  ☐ No.

If YES, please check all that apply.

☐ Communicate with your doctor by chat/instant message instead of an office visit
☐ Find out your test and lab results
☐ Check your eligibility
☐ Track your fitness, diet, and well-being
☐ Search for answers to your health questions
☐ Get health tips
☐ Find medical services nearby (such as doctor, clinic, pharmacy, lab)

☐ Communicate with your doctor by email
☐ Make appointments to see your doctor
☐ Refill your prescriptions
☐ Search for answers to your health questions
☐ Get health tips
☐ Find medical services nearby (such as doctor, clinic, pharmacy, lab)

☐ Track your fitness, diet, and well-being
☐ Search for answers to your health questions
☐ Get health tips
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☐ Search for answers to your health questions
☐ Get health tips
☐ Find medical services nearby (such as doctor, clinic, pharmacy, lab)

☑ Email your medical records to your doctor
☐ Print your prescription history to give to your doctor

8. What devices do you use? (Please check all that apply.)

☐ Smartphone (for example, iPhone or Galaxy)
☐ Mobile phone
☐ Laptop computer

☐ Mobile phone
☐ Printer
☐ Desktop computer

☐ Tablet computer (for example, iPad)
☐ Printer
☐ Desktop computer

Thank you for your interest and feedback. We appreciate you!
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 (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 1.888.522.1298 (TTY 711).

Sleep Changes in Older Adults
All adults need between seven and nine hours of sleep each night. As we age, it may get more difficult to get a good night’s sleep. It is important to get enough rest for good health. Older people who have trouble falling asleep or staying asleep, may notice some of the following:

- Taking longer to fall asleep
- Sleep is less deep
- Waking up three or four times a night
- Frequent nighttime bathroom trips
- Sleep is not as restful or satisfying
- Tendency to fall asleep in the early evening and wake up in the early morning

Why Older Adults Sleep Less
Changes that can impact the length and quality of sleep may include:

- **Hormones**: Our bodies secrete less of two important sleep hormones: melatonin which controls the sleep cycle and the ability to fall asleep; and the growth hormone, which helps us to sleep deeply.
- **Health Conditions**: Pain or a chronic illness can interfere with sleep.
- **Lifestyle Changes**: Daily routine changes, especially after retirement, can affect sleep. Increase exercise and time outdoors, and decrease napping. Avoid or cut back on alcohol, caffeine and nicotine.
- **Medications**: Some medications may cause sleep issues. Your doctor may be able to change your medication to one that does not, or the time of day you take it.

What to Do About Improving Your Sleep?
Try to identify the cause of your sleep issues and make necessary changes. Take a walk and get some sunlight every day. If your sleep does not improve, call your doctor and make an appointment to talk about your sleep concerns and possible treatment.


L.A. Care Works for You
At L.A. Care, we inform, educate, and engage our members. We want to empower YOU to be well and happy with your health care. We reach more than 2 million members through mail, email, phone, websites, newsletters, and even through your doctor!

Let us help you with your health care when and how you need it. Call us at 1.888.522.1298 (TTY 711) 24 hours a day, 7 days a week and holidays. Also, visit our website and member portal at lacare.org.
L.A. Care recently opened its newest Family Resource Center (FRC) at 2072 E. Palmdale Blvd in the Towne Square shopping center. The Palmdale FRC is L.A. Care’s fifth FRC and is focused on helping to meet some of the most pressing health needs in the Antelope Valley community, home to approximately 120,000 L.A. Care members.

“After many months of planning and building, we are thrilled to open the doors to our Family Resource Center in Palmdale,” said CEO John Baackes. “Because the Antelope Valley has historically had fewer resources, we are proud to bring this much-needed space to deliver on our vision of creating healthy communities in which all have access to the health care they need.”

Like L.A. Care’s other four FRCs, the Palmdale FRC offers free health and wellness classes, including chronic disease management, prevention of asthma, diabetes and obesity and a variety of cooking, nutrition and exercise classes that promote a healthy lifestyle. All health education classes and services are free and open to everyone. The FRCs also offer assistance in applying for free or low-cost health care coverage. 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.

- **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.

- **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.

- **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.

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.

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**How Long Should I Wait for My Appointment?**

Your health is our top priority. We want to make sure you can get care when you need it. Did you know L.A. Care has rules about how long you should wait to get a doctor appointment? It’s true! Appointments must be offered within the timeframes listed here:

**Primary Care Doctors**

- Routine appointment (non-urgent): 10 business days
- Urgent appointment (no authorization required): 48 hours

**Specialists**

- Routine appointment (non-urgent): 15 business days
- Urgent appointment (requiring prior authorization): 96 hours

**Emergency Care:**

- Life-threatening conditions that need care right away: Immediate care, 24 hours, 7 days a week

You can get health advice when your doctor’s office is closed and on weekends and 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. Please remember, if you have a medical emergency and need help right away, dial 911 or go to your nearest emergency room.

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*Take care of your body. It’s the only place you have to live!*  
- Jim Rohn
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)
PASC-SEIU: 1.844.854.7272
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
L.A. Care Covered™
1.855.270.2327
L.A. Care Compliance Helpline
(to report fraud or abuse) 1.800.400.4889
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

MEDI-CAL PLAN PARTNERS
Anthem Blue Cross: 1.888.285.7801
Care1st Health Plan: 1.800.605.2556
Kaiser Permanente: 1.800.464.4000
Plan Partners’ Nurse Advice Lines
(for non-emergency medical advice)

L.A. Care Earns Multicultural Health Care Distinction by the NCQA

L.A. Care Health Plan has earned the Multicultural Health Care (MHC) Distinction from the National Committee for Quality Assurance (NCQA). L.A. Care received this distinction for its Medicaid (Medi-Cal), Medicare (L.A. Care Cal MediConnect) and Marketplace (L.A. Care Covered™) product lines.

The Multicultural Health Care Distinction recognizes organizations that engage in efforts to improve culturally and linguistically appropriate services and reduce health care disparities. The MHC Program evaluates how well an organization complies with the standards for:

- Collection of race/ethnicity and language data
- Provision of language assistance
- Cultural responsiveness
- Reduction of health care disparities

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

This achievement is a testimony to L.A. Care’s commitment and dedication to providing accessible, high quality multicultural health care to our diverse membership.

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 its 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, Monday – Friday, 8 a.m. – 5 p.m.

IN CASE OF EMERGENCY, CALL 911