Francisco Oaxaca, Chief, Communications and Community Relations

September 2020 ECAC Update

- Department Update
- L.A. Care Statement of Principles
- FRC/CRC Update
- Food Pantry Events

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>Site Name</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pomona</td>
<td>Sat- Sep 19</td>
<td>9:00 am - 12:00 pm</td>
<td>God's Pantry</td>
<td>696 W Holt Ave, Pomona, CA 91768</td>
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<tr>
<td>Palmdale</td>
<td>Thur- Sep 24</td>
<td>1:00 pm - 4:00 pm</td>
<td>SOUTH ANTELOPE VALLEY EMERGENCY SERVICES (SAVES)</td>
<td>1001 E. Ave. Q-12, Palmdale, CA 93550</td>
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<tr>
<td>Pacoima</td>
<td>Fri- Sep 25</td>
<td>9:00 am - 11:00 am</td>
<td>MEND</td>
<td>10641 N. San Fernando Rd., Pacoima, CA 91331</td>
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</tbody>
</table>

- Upcoming Presentations to ECAC
Objectives

✓ Learn how to keep you and your family healthy

✓ Tips on how to stay healthy

✓ Resources available for you and your family
Keeping you and your family healthy

- Get the **right** health services at the **right** time

- Health services look for problems early, when they may be easier to treat

- Your provider can give you advice on what to expect at different stages of life

- You and your family may need health services more or less often
Keeping you and your family healthy

• A healthy lifestyle helps prevent health problems
• See your provider for well visits each year
• Take your medicine as asked by your provider
• Do not take medicines that are expired
Keeping you and your family healthy

• Follow up with your provider if you have been in the hospital
• Eat well balanced meals
• Keep a healthy weight
• Exercise and move the body more
• Quit smoking (your provider can help)
• Stay in touch and spend time with family and friends
Vaccines

- Vaccines (shots) help keep you and your family safe from serious diseases
- Get the right shots at the right time
- Shots are quick and can avoid years of illness
- Stay up to date with all shots
- If your child misses a shot, contact their provider
- The provider can tell you what each shot does
L.A. Care Community Link

https://communitylink.lacare.org/

Search for free or reduced cost services like housing assistance, food, help with bills, and more.

Zip 90210  Search

Take our Social Factors of Health Survey

L.A. Care Community Link helps you connect with community agencies for assistance with housing, food, bills, and lots more.

If you take our survey, it will help us identify your needs so we can connect you with community and social service programs in addition to the health services you get. Please answer the questions in your own way, there are no right or wrong answers.

Get connected now!

You have now left the L.A. Care website. L.A. Care does not work with any agency you may be referred to. We make no claims about the services these agencies offer.
Welcome to L.A. Care Connect

As a member of L.A. Care Medi-Cal, L.A. Care Covered, L.A. Care Covered Direct, Cal MediConnect and PASC-SEIU Plan, you can sign in to do the following:

- View your eligibility and benefits
- Request, view, and/or print your ID card
- Change your Doctor or Medical Group
- Manage your medications, view your medication history, find a pharmacy, and access all other Pharmacy benefits

Need assistance in creating your account?
Please refer to the Registration Guides below:

- English
- Español
How to set up your member account

Set up your online account today.

**STEP 1** Visit https://members.lacare.org.

**STEP 2** Select Create an Account.

**STEP 3** You will need a valid L.A. Care member ID number and email address.

**STEP 4** Create your user ID and password.

Note: L.A. Care connect is only available to members who are 18 years of age or older.
Member portal for Medi-Cal members

- More Personalized Content: View your health care information, eligibility, and prescription drug history.
- More Wellness: Take charge of your life. Connect to My Health in Motion, for programs tailored to your health needs.
- More Features: View or print your ID card to use at your doctor’s office or pharmacy.
- More Access: Chat with a nurse at a time that's right for you.
- More 24/7 Service: Find a doctor, request to change your doctor, or reach us at the touch of a button.

Welcome, JOHN

Coverage Summary

Status: Active

Need Help?
Contact us 24 hours, 7 days a week.
My Health in Motion

1. Update Your Health Appraisal
2. Check Out the Meal Planner
3. Track Your Exercise
4. View Health Tools
5. Sign up for a Wellness Workshop

Daily Fruit & Veggie Tracker

- 0 fruit servings
- 1 cup serving: 0 calories
- 0 vegetable servings
- 1 cup serving: 30 calories

Go to the Food Log

Water Tracker

Today's Cups: 0

Sign up here to receive more information about the Diabetes Prevention Program

Sign up for the 6-week Exercise Workshop here!

You can also check out the articles on the homepage for tips on working out at home.

Wellness Score

Goal

Weight:

Goal

Calories

Goal

Steps

Goal

Health Overview

Here are your current results:

BMI: 18.0
Healthy living and prevention

Healthy Living & Prevention

Resources to help you live your healthiest life.

Health in Motion™
L.A. Care’s Health in Motion™ program helps you reach your health goals with our experienced staff and members of your health community.

Health Library

- ADHD
- Asthma
- Breast Cancer
- Cervical Cancer
- Chlamydia
- Colon Cancer
- COPD
- Depression
- Diabetes
- Healthy Teeth
Questions?

Thank YOU for your time

Rachel Martinez, RN
Quality Management Nurse Specialist