

Have Fun in the Sun, but Protect Your Skin!

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. Sunburn occurs when our skin is overexposed to sunlight. It can lead to skin cancer, the most common form of cancer in the United States. Everyone, regardless of skin color, can get skin cancer*. According to the American Cancer Society, "people with light skin are much more likely to have sun damage, but darker-skinned people, including people of any ethnicity, can also be affected."

Take these simple steps to help protect your skin from the sun:

Cover Up

Wear protective clothing, such as long-sleeved shirts and pants. Light-colored clothing is better at deflecting the sun's harmful UV rays. Protect your face with a wide-brimmed hat and wear sunglasses with UV protection. Try to stay in the shade.

Apply Sunscreen

Use water-resistant, broad spectrum sunscreen with a Sun Protection Factor (SPF) of 30 or more. SPF refers to the amount of time you can stay in the sun without getting sunburned. Research shows that most people burn after 10 minutes. Therefore, the number of the SPF multiplied by 10 will determine how long you can stay in the sun. For example, an SPF of 30 will allow you to stay in the sun for up to 300 minutes without getting sunburned. Cover your body with sunscreen and remember to put it on your face, neck, ears, the tops of your feet and the backs of your hands.

Check Your Skin

If you have a mole that has changed size, is not round in shape, or is more than one shade of color, have your doctor take a look at it. Also see your doctor if you notice a mole that is larger than the size of a pencil eraser or that is bleeding, oozing, itching or painful.

Talk to your doctor if you have any questions. You can also call our Nurse Advice Line at **1.800.249.3619** (TTY/TDD **711**) to talk to a nurse any time of day or night, 7 days a week.

*Source: skincancer.org



Good Relationships for Good Health

Eating healthy and being active are good for your health, but did you know that strong social relationships also promote good health?

People with good, supportive relationships tend to have better health and live longer. They also have less inflammation and better immune function. These factors can boost heart health and wound healing. One ten-year study found that seniors with a large network of friends outlived those with the fewest friends by more than 20 percent. Good relationships may also lower stress and give a sense of meaning to life.

How can you create strong or stronger relationships?

Here are some places to start:

- **Reach out to your coworkers or neighbors.** You don't need to look far for potential new friends.
- **Become active in your place of worship.** Find meaning and make new friends.
- **Volunteer.** Help others and meet new people who care about the same cause. Check out volunteermatch.org for opportunities near you.

- **Take a class or join a club.** Connect with people with the same interests. A great place to meet people and do fun, health-related activities is at one of our four Family Resource Centers (FRCs). You can attend classes such as Healthy Cooking, Yoga, Zumba® and Aerobics. FRCs have classes for kids too. Some FRCs provide child care while you attend a class. For locations and schedules, go to lacare.org and click on "Healthy Living."



Video Remote Interpreting for American Sign Language Now Available!

Did you know that L.A. Care now offers video remote interpreting (VRI) for members who use American Sign Language (ASL)? This brand new tool is available at L.A. Care's Visitor Center for deaf and hard of hearing members.

Have questions about your plan? You can now talk to us in person to get them answered. VRI will help guarantee that an interpreter is available as needed for good communication.

Get Video Remote Interpreting in 3 easy steps:

1. Stop by the Visitor Center. It is in the lobby reception area.
2. Present your I Speak ASL card or let us know that you use ASL.
3. Get connected. An L.A. Care representative will answer your questions with the help of an interpreter connected through video. It's that simple.



The Visitor Center is located at 1055 W. 7th St., Los Angeles, CA 90017. It is open Monday through Friday, 8 a.m. - 5 p.m.

Important Phone Numbers

L.A. Care Covered

1.855.270.2327 (TTY/TDD 711)

L.A. Care Compliance Hotline

(to report fraud or abuse) 1.800.400.4889

L.A. Care Language/Interpreter Services

1.888.839.9909 (TTY/TDD 711)

L.A. Care Nurse Advice Line

(for non-emergency medical advice)

1.800.249.3619 (TTY/TDD 711)

Beacon Health Strategies

(mental health care) 1.877.344.2858

(TTY/TDD 1.800.735.2929)



Ask the Doctor: **Staying Cool in the Summer**

Q: How can I prevent overheating?

A: Here are some ways to keep your body cool as the weather heats up:

- Drink lots of fluids. Water is always a good choice. (Talk to your doctor if you take water pills or need to limit fluid intake.)
- Take a cool bath or shower.
- Stay inside during the hottest hours of the day, between 10 a.m. - 3 p.m.
- Spend time in cooling centers and other places that have air conditioning. A cooling center is an air-conditioned public place where people are encouraged to go to escape the heat. Los Angeles-area cooling centers include senior citizen centers, recreation and parks facilities, and libraries. To find a cooling center near you, visit the Los Angeles Department of Water and Power at ladwpnews.com and search "cooling centers."



Q: What are symptoms of overheating?

A: Some symptoms of overheating include: feeling tired, weak, dizzy or sick to your stomach; sweating or having cool, moist skin; breathing fast and shallow and fainting. These are warning signs that you may have heat exhaustion. Use the steps above to help cool off.

Q: What is heat stroke?

A: Heat stroke is more extreme than heat exhaustion and can be deadly. Signs include: a body temperature above 103°; skin that is red, hot, and dry, but not sweaty; a rapid, strong pulse; dizziness or upset stomach; and a throbbing headache. Call 911 if you think you or someone around you has heat stroke.

Keep Your Plan Working **Did you move? Change your phone number?**



If yes, please update your contact information. In order for us to best serve you, your contact information must be current. To update it, visit coveredca.org and log into your Covered California account. You can also call Covered California at **1.800.300.1506** (TTY/TDD **1.888.889.4500**). They are available Monday to Friday from 8 a.m. to 6 p.m.

Do You Know? **Health Fact or Health Myth: Looking at Some Common Beliefs**

Some often repeated health "wisdom" turns out not to be true. Can you tell the facts from the myths?

Staring at the sun can harm your eyes.

This one is true. The sun's rays can damage the eye. Wear sunglasses that block ultraviolet rays. Never look directly at the sun.

Candy and other sugary treats make children hyperactive.

False. There is no evidence that sugar makes children hyperactive. It's good to limit sugary foods because having too much can cause obesity and lead to health problems.

Put butter on a burn to ease the pain.

False. Butter or other greasy substances cause the skin to hold heat, which can increase damage. Treat a burn with cool (but not icy) water.

Reading in dim light ruins your eyes.

False. You won't harm your eyes, but you may get a headache because your eye muscles have to work harder to focus in dim light.

Cracking your knuckles causes arthritis.

False. It won't cause arthritis, but it can cause your hands to swell and weaken your grip.

You can catch a cold or flu from cold weather or when you go outside with wet hair.

False. Colds and flu may be more common during the winter months because people tend to stay indoors. That makes it easier for germs to be passed from one person to another. The best way to avoid germs is to wash hands often.

Talk to your doctor if you have any questions. Your doctor's name and phone number are on your member ID card. You can also call our Nurse Advice Line at **1.800.249.3619** (TTY/TDD **711**) to talk to a nurse any time of day or night, 7 days a week.

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Create Your Member Account on L.A. Care *Connect*™

Your member account gives you the tools to keep up with your coverage plan. You can view eligibility and benefits, request a new member ID card, change your doctor, chat with a nurse, view your prescriptions, pay your monthly premium and more.

Simply follow these steps:

1. Visit lacare.org.
2. Click the “Member Sign In” icon at the top of the page.
3. Select “Create an Account” and follow the instructions.

L.A. Care *Connect*™ on the go! Download our mobile app for Apple and Android devices to access the site on your phone.

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, L.A. Care’s Healthy Kids 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.



Stay Well is a member newsletter by L.A. Care for L.A. Care *Covered*™ Members. To request free interpreting services, information in your language or in another format, call L.A. Care at **1.855.270.2327** or TTY/TDD **711**.

Para solicitar servicios de interpretación gratuitos o información en su idioma o en otro formato, llame a L.A. Care al **1.855.270.2327** o al **711** para TTY/TDD.