

TOP NEWS INSIDE

Staying Healthy During the COVID-19 Pandemic

CalOptima Health
Rewards Program

Get Adult
Immunizations



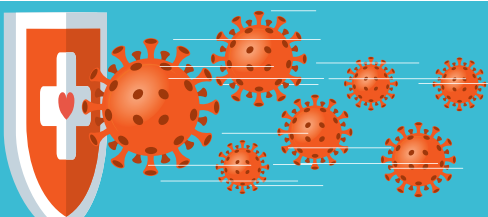
COVID-19 VACCINE MEMBER HEALTH REWARDS

CalOptima is working with the County of Orange to see when you are eligible for your COVID-19 vaccine. You might hear about it before we can tell you. The vaccines will be given to you at no cost.

Getting vaccinated will help protect you and members of your family from COVID-19. The Pfizer and Moderna vaccines require 2 shots, but others being developed may only require 1 shot. All the vaccines are effective and will help to protect you from COVID-19.

Eligible CalOptima members 16 years of age or older can receive a \$25 gift card for each COVID-19 dose received or a \$25 gift card if you get the single dose vaccine. These no cost gift cards will be available for members less than 16 years of age once the vaccine is approved for children 15 years and younger.

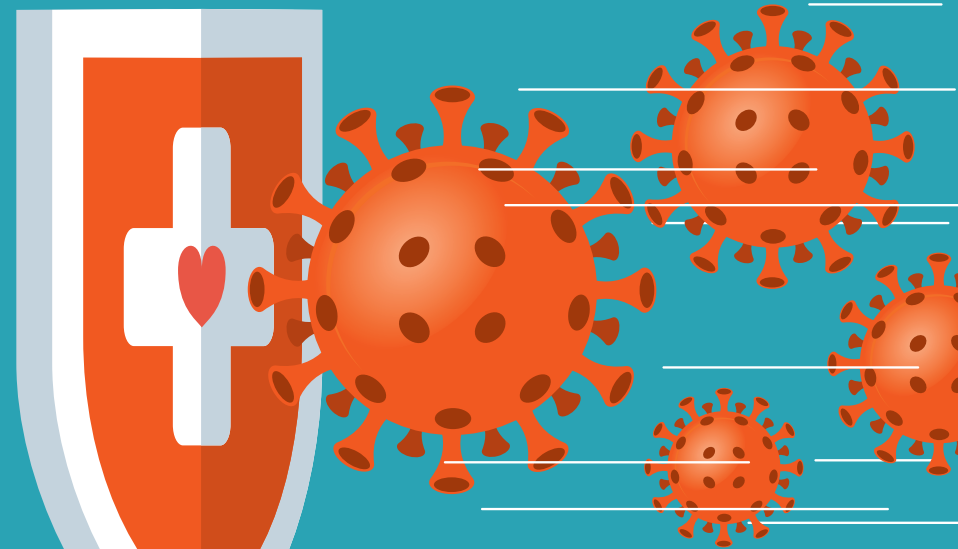
Gift cards will be mailed after CalOptima confirms through the California Immunization Registry that you received your COVID-19 vaccine. For more details on the COVID-19 vaccine and other health rewards programs visit www.caloptima.org/healthrewards.



To schedule a vaccine appointment on the Othena application, register at www.othena.com.

For more details visit covidvaccinefacts.com.

PROTECT YOURSELF FROM COVID-19



Getting vaccinated is
SAFE and **EFFECTIVE**

If you live or work in Orange County you can register at **othena.com** to be notified when you are eligible to sign up for the COVID-19 vaccine.



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STAYING HEALTHY DURING THE COVID-19 PANDEMIC

With so much attention focused on COVID-19, it is easy to forget about routine health care for you and your family. Stay healthy by scheduling and accessing routine health checks and health care services.

Call your doctor first to seek advice if you are due for an exam or other health care services. Your doctor will let you know if you need to come in for a COVID-19-safe doctor's visit.

Some of the tests and checkups that your doctor may not want you to wait on are:



Well-Care Visits and Checkups for Adults and Children

- Blood pressure screening
- Physical exam
- Prenatal exam
- Postpartum check
- Post-surgical checkup



Cancer Screenings

- Breast cancer screening: mammogram
- Cervical cancer screening: Pap test
- Colorectal cancer screening: colonoscopy



Labs and Exams

- A1C test
- Diabetic eye exam
- Cholesterol Checkup



Medicine Refills with 90-day prescriptions for:

- Blood pressure medicines
- Cholesterol medicines
- Asthma controller medicines



Vaccinations

- Flu vaccine
- Pneumonia vaccine
- COVID-19 vaccine (if eligible)

We hope that you will take an active role in staying healthy! Getting the health care you need at the right time can improve your chances of living a healthier life.

TO LEARN MORE VISIT

www.caloptima.org/en/HealthAndWellness.aspx



2021 CALOPTIMA HEALTH REWARDS PROGRAM

CalOptima offers health rewards to eligible OneCare Connect and OneCare members for taking an active role in their health.

Visit www.caloptima.org/healthrewards to view or print current incentive forms.

To learn more, call CalOptima’s Health Management department at 1-714-246-8895. We are here to help you Monday through Friday, from 8 a.m. to 5 p.m. We have staff who speak your language.

Important: Kaiser members are excluded from all CalOptima health reward and incentive offers. Health rewards can be discontinued at any time.



Breast Cancer Screening

No-Cost Reward
\$25 gift card

Eligibility Criteria

Members ages 50–74 who are due for and complete a breast cancer screening mammogram



Colorectal Cancer Screening

No-Cost Reward
\$50 gift card

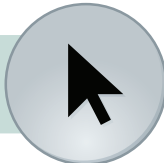
Eligibility Criteria

Members ages 50–75 who complete a colonoscopy or sigmoidoscopy

Disclaimer: You must meet **all** health reward eligibility requirements to qualify for the gift card. Kaiser members are excluded. It takes at least 8 weeks after we receive the completed form to process your gift card. The gift card cannot be used to purchase alcohol, tobacco or firearms. Gift card has no cash value, and CalOptima is not responsible if it is lost or stolen. You may only receive 1 gift card per calendar year for this health reward. Gift cards are available while supplies last. This health reward may be discontinued at any time without notice. OneCare (HMO SNP) is a Medicare Advantage Organization with a Medicare contract. Enrollment in OneCare depends on contract renewal. OneCare Connect Cal MediConnect Plan (Medicare-Medicaid Plan) is a health plan that contracts with both Medicare and Medi-Cal to provide benefits of both programs to enrollees. OneCare and OneCare Connect comply with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

TO LEARN MORE VISIT

www.caloptima.org/healthrewards



WHAT IS A STATIN AND IS IT RIGHT FOR YOU?

A statin is a type of medicine that can help lower the “bad” cholesterol in your body. Over time, high levels of “bad” cholesterol in your body can cause heart disease, which can lead to a heart attack or stroke. There are other types of medicines that can help treat high cholesterol, but statins have been shown to lower your risk for heart disease. Statins include:

- ▷ Atorvastatin (Lipitor)
- ▷ Rosuvastatin (Crestor)
- ▷ Lovastatin (Mevacor)
- ▷ Simvastatin (Zocor)
- ▷ Pravastatin (Pravachol)

People who have diabetes or heart disease can benefit from taking a statin. Diabetes is a disease that affects how your body uses glucose or blood sugar. Diabetes can cause high blood pressure, blindness and nerve damage. It can also increase your risk for heart disease.

If you have diabetes or heart disease, ask your doctor if adding a statin to your treatment is right for you. Statin medicines may interact with certain foods and other medicines. They may also cause side effects such as diarrhea, muscle and joint pain, headache, weakness and swelling of the nose and throat.



It is also important to keep a current list of your medicines with you.

TALK WITH YOUR DOCTOR

Discuss the medicines you are taking with your doctor and let your doctor know if you have experienced any side effects as a result of taking a statin. Your doctor may be able to change your medicine to a different statin.





HOW TO PROTECT YOURSELF FROM SERIOUS ILLNESSES

Get Adult Immunizations

As an adult, you may be busy with family, work and many other responsibilities. It is important to take care of yourself and stay healthy too! Immunizations — or vaccines — can help you stay healthy and protect you against serious illnesses, like flu and pneumonia. Getting the vaccines your doctor recommends at the right time will give you the most protection.

You may have received some of these vaccines as a child. Benefits from these vaccines may wear off over time, so it is important to talk with your doctor about what vaccines you need as an adult. You may also need the same vaccines more than one time during your life. Following your doctor’s advice can help you stay healthy for many years to come!

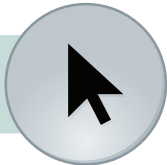
If you have any questions, please call CalOptima’s Health Management department at **1-714-246-8895**. We are here to help you Monday through Friday from 8 a.m. to 5 p.m. TTY users can call toll-free at **1-800-735-2929**. We have staff who speak your language.

Be sure to talk with your doctor about these vaccines:

- Seasonal Influenza (flu)
- Shingles (zoster)
- Pneumococcal (pneumonia)
- Whooping Cough (pertussis)
- Tetanus and diphtheria (Td)
- Hepatitis A
- Human Papillomavirus (HPV)

TO LEARN MORE VISIT

www.caloptima.org/HealthEducation



SLEEP IMPROVES YOUR HEALTH!

Sleep plays a key role in good health. Healthy living includes eating balanced meals, keeping active and getting enough sleep. Lack of sleep can be a health risk. If you are having trouble sleeping, you may want to talk to your doctor.



Benefits

- ▷ Your brain works better
- ▷ More energy throughout the day
- ▷ Gives your heart time to rest
- ▷ Supports a healthy immune system
- ▷ Helps you learn and remember
- ▷ Improve your focus and decision-making skills

Risks

- ▷ Harder to learn, focus or react
- ▷ Can cause you to make poor choices
- ▷ Poor control of actions or feelings
- ▷ May cause depression or lack of motivation
- ▷ Greater chance of health problems such as obesity, heart disease, kidney disease, high blood pressure, diabetes or stroke

Tips for better sleep

- ▷ Wake up and go to sleep at the same time, even on weekends.
- ▷ Limit caffeine to the first half of your day.
- ▷ Adults should limit naps (20 minutes or less).
- ▷ Avoid alcohol and nicotine.
- ▷ Be active, but not too close to your bedtime.
- ▷ Avoid large meals or drinks close to bedtime.
- ▷ Keep your sleeping space quiet and dark.
- ▷ Remove all distractions 1 hour before bed such as screens, lights and noises.
- ▷ Relax by reading, playing calming music or taking a warm bath.

How much average sleep should you get?	
Ages	Total Sleep Per Day
Infants 4–12 months	12–16 hours, including naps
1–2 years old	11–14 hours, including naps
3–5 years old	10–13 hours, including naps
6–12 years old	9–12 hours
13–18 years old	8–10 hours
18 years and older	7–8 hours

DIABETES AND HEART DISEASE

People who have diabetes are at risk of developing other health problems, such as heart disease.



The A1C test reflects your average blood sugar over the past 3 months. The higher your A1C level, the less your blood sugar is under control. A higher A1C level puts you at risk for diabetes-related health problems. Schedule your next A1C test so your doctor can see how your blood sugar levels have been over the past few months.

If you have diabetes, you may also have high levels of “bad” cholesterol in your body. Over time, high levels of “bad” cholesterol can cause heart disease. Heart disease can increase your risk of a heart attack or stroke.

A statin is a type of medicine that can prevent heart attacks or strokes by decreasing the “bad” cholesterol in your body. Some examples of statin medicines include:

- ▷ Atorvastatin (Lipitor)
- ▷ Lovastatin (Mevacor)
- ▷ Pravastatin (Pravachol)
- ▷ Rosuvastatin (Crestor)
- ▷ Simvastatin (Zocor)

If you have diabetes or heart disease, ask your doctor if adding a statin to your treatment is right for you.

Statin medicines may interact with certain foods and other medicines. Talk to your doctor about possible side effects and interactions. Let your doctor know if you have taken a statin before and if you had any side effects. Your doctor may be able to change your medicine to a different statin. Make sure to keep a current list of your medicines with you.

UNDERSTAND ASTHMA INHALERS

When your asthma is well controlled, you can live a healthier and more active life!

Work with your doctor to create an Asthma Action Plan so that you know how to take your medicines. The 2 main types of asthma medicines are:

1. Long-acting controller medicines (inhaled corticosteroids)

- ▷ Keeps the airways in the lungs from swelling
- ▷ Used daily to prevent asthma symptoms
- ▷ Rinse your mouth after each use to prevent infections.
- ▷ These medicines work slowly. It may take up to 2 weeks to start working.
- ▷ Take even when the symptoms are gone.

2. Short-acting medicines (rescue inhalers)

- ▷ Opens the airways fast when you have asthma symptoms or an asthma attack
- ▷ Use only if you are wheezing, having trouble breathing or feeling tightness in the chest.
- ▷ These medicines do not reduce swelling or mucus.
- ▷ These medicines should not be used daily.
- ▷ If you need to use your rescue inhaler more than 2 days a week, ask your doctor if you need a controller medicine.

Call your doctor if you have questions about your asthma care.

Remember to use your controller medicine every day:

1. Take it at the same time every day. Set an alarm.
2. Leave yourself a note on the bathroom mirror.
3. Keep your inhaler in a place where you will see it every day.

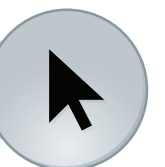
Remember to refill your inhaler:

1. Write “refill inhaler” on your calendar 2 weeks before it runs out.
2. Get refills to last you until your next doctor’s visit.
3. Ask your pharmacy to send you reminders to refill your medicines.



TO LEARN MORE VISIT

www.caloptima.org/en/HealthAndWellness.aspx





NEW MEMBERS START HERE

You need to do these 2 things

As a new OneCare Connect member, you will get a “Welcome to OneCare Connect” package in the mail. Please open it right away and do these 2 things:

1. Read and keep your OneCare Connect member handbook

Your OneCare Connect member handbook has key information about OneCare Connect’s programs and services. Refer to your handbook to find out what we cover, how to change your health network, how to change your PCP and many other details.

2. Schedule your first health exam

Schedule the first health exam within 90 days (3 months) of joining OneCare Connect. We believe preventive care is the best way to keep you and your family healthy. That means seeing your doctor for the first time, even if you do not feel sick. Your doctor can find health issues early, before they turn into big problems.

GET INFORMATION IN OTHER LANGUAGES OR FORMATS

Information and materials are available in large-size print and other formats and languages. Please call our Customer Service department and tell us your preferred spoken and written language, and if you need information or materials in another format.

ONECARE CONNECT MEMBER HANDBOOK

The most current OneCare Connect member handbook is available on our website at www.caloptima.org and upon request. To get a handbook mailed to you, please call OneCare Connect Customer Service department.



PREGNANT?

What to do if you are planning on getting pregnant

Family planning services are covered by your health network or OneCare Connect. These include counseling, pregnancy testing, and birth control methods. Call the OneCare Connect Customer Service department.

What to do if you are pregnant

You need to see your doctor as soon as you think you are pregnant to begin prenatal care. Ask your doctor about Perinatal Support Services. This is a program that gives you more information while you are pregnant and for two months after your baby is born.

IMPORTANT PHONE NUMBERS

After-Hours Advice

If you need after-hours medical advice, call your PCP’s office or the phone number on the back of your health network or medical group card.

Medical Emergency

Dial 9-1-1 or go to the nearest emergency rooms for a true emergency.

CalOptima

Customer Service

24 hours a day, 7 days a week.

Toll-free: **1-855-705-8823** | TTY: **711**

Behavioral Health

For help with outpatient mental health services for mild to moderate impairments due to a mental health condition

Toll-free: **1-855-877-3885** | TTY: **711**

Health Education

For help with health and wellness materials to help you stay healthy

Local: **1-714-246-8895**

Toll-Free: **1-888-587-8088** | TTY: **711**

Nurse Advice Phone Line

24 hours a day, 7 days a week.

For help to find out if you need care at the doctor’s office, urgent care or emergency room.

Toll-free: **1-844-447-8441** | TTY: **1-844-514-3774**

Denti-Cal

For help with dental benefits

Toll-free: **1-800-322-6384** | TTY: **1-800-735-2922**

VSP (Vision Service Plan)

Call OneCare Connect Customer Service department to see if you are eligible for vision care services. These numbers are for VSP.

Toll-free: **1-800-438-4560** | TTY: **1-800-428-4833**

Silver & Fit

For help with no-cost access to a wide network of fitness facilities or exercise centers at www.SilverandFit.com

Toll-free: **1-877-427-4788** | TTY: **1-877-710-2746**

**The people in the photographs that appear in this document are models and used for illustrative purposes only.*



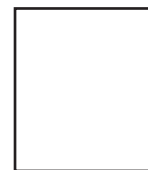


CalOptima

A Public Agency

Better. Together.

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E-Cigarettes Pose Many Risks

- 1 e-cigarette pod can have as much nicotine as a pack of cigarettes.
- Aerosol from e-cigarettes has harmful chemicals.
- Aerosol from e-cigarettes is NOT harmless "water vapor."
- It is as bad as secondhand smoke.
- Vaping liquids have caused poisoning in children and adults.

Help to Quit Smoking

Call CalOptima's Health Management department for Tobacco Cessation Services at
1-714-246-8895.

STAY CONNECTED

CalOptima.org



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Talk to Your Doctor About COVID-19 Testing

If you have been in contact with someone diagnosed with COVID-19, it is important to keep your distance from others. Call your doctor right away if you have any signs or symptoms and he or she will decide if you should get tested.

If your doctor does not offer testing, call your health network. You can also get tested through the Orange County COVID-19 Testing Network or the Testing Super Sites. To learn more, visit <https://occovid19.ochealthinfo.com/covid-19-testing>.

Talk with your doctor about getting the vaccine.

