

TOP NEWS INSIDE

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ALL ABOUT BLOOD PRESSURE

Do you know if your blood pressure is under control? If not, please talk with your doctor about testing your blood pressure. You should have a machine at home to test your blood pressure every day. A reading lower than 120/80 means that blood pressure is under control.

6 **What do the two blood pressure numbers mean?**

The first number is called systolic, and it measures the pressure in your arteries when your heart beats. The second number is called diastolic. It measures the pressure in your arteries when your heart rests between beats.

(CONTINUED ON PAGE 3)



Health Tip:

Getting the health care you need at the right time can improve your chances of living a healthier life.

What is CalFresh?

CalFresh (formerly known as food stamps) is a federal nutrition assistance program that helps eligible individuals and families purchase nutritious food. Eligible households will receive an electronic benefit transfer (EBT) card, similar to an ATM card, to purchase food at grocery stores and farmers markets that accept EBT cards.



How to Apply for CalFresh:

You can find out if you are eligible and apply through the County of Orange Social Services Agency (SSA). To help prevent the spread of COVID-19 and avoid long in-person wait times, please apply online or by phone.

Online: www.GetCalFresh.org

Phone: SSA Call Center at **1-800-281-9799**

Phone: CalOptima Customer Service at **1-888-587-8088**



ALL ABOUT BLOOD PRESSURE *(CONTINUED FROM COVER)*

Hypertension

High blood pressure, also called hypertension, is blood pressure that is higher than normal. Your blood pressure changes throughout the day based on what you do. Having blood pressure measures often above normal may result in a diagnosis of hypertension.

The higher your blood pressure levels, the more risk you have for other health problems, such as heart disease, heart attack and stroke.

What can I do to prevent or manage hypertension?

- ▶ Get at least 150 minutes of physical activity each week (about 30 minutes a day, 5 days a week).
- ▶ Do not smoke.
- ▶ Eat a healthy diet, reducing salt (sodium) and alcohol.
- ▶ Keep a healthy weight.
- ▶ Manage stress.
- ▶ Take medicine for hypertension as instructed by your doctor.

Hypertension Medicine

Many people with hypertension need to take medicine. This helps keep their blood pressure at healthy levels. You may need to take more than one type of medicine to control your blood pressure.

How can I best use my hypertension medicine?

- ▶ Monitor your blood pressure every day at home.
- ▶ Use a pillbox to track your medicines.
- ▶ Set an alarm to tell you when you need to take your medicine.
- ▶ Ask your doctor or nurse questions about the medicines you are taking.
- ▶ Do not stop taking your blood pressure medicine without talking to your doctor first.



2022 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 (TTY 711). We are here to help you Monday through Friday, from 8 a.m. to 5 p.m. We have staff who speak your language.



Breast Cancer Screening

No-Cost Reward
\$25 gift card

Eligible Members

Members who are due for and complete a breast cancer screening mammogram



Colorectal Cancer Screening

No-Cost Reward
\$50 gift card

Eligible Members

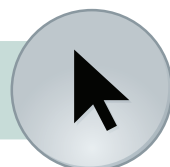
Members who complete a colonoscopy or sigmoidoscopy

Please note: You must meet all the 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 cards have no cash value, and CalOptima is not responsible if they are lost or stolen. You may only receive 1 gift card per calendar year or qualifying event. Gift cards are available while supplies last. Health rewards may be discontinued at any time without notice.

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 Connect complies 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



KEEP YOUR HEART HEALTHY AFTER A HEART ATTACK

A heart attack happens when blood flow that brings oxygen to the heart becomes blocked. Making changes in your life and taking medicine for the heart can help prevent, lower your risk of, or recover from a heart attack. It can also reduce your risk of death from heart disease.

What changes can you make?

- **Quit smoking if you smoke.** Make a plan to quit, get help through counseling, and ask your doctor about products that can help you quit smoking such as nicotine patches, gum, lozenges or nasal sprays.
- **Exercise.** Do at least 40 minutes of exercise such as walking, jogging or swimming at least 3 to 4 days per week. Using weights or resistance bands can help make your muscles stronger.
- **Improve your diet.** Eat healthy, low-fat meals with less salt and less added sugars. Eating fruits, vegetables and food with fiber can help prevent heart disease and strokes.
- **Maintain a healthy weight.** Being overweight causes your heart to work harder. Eating smaller portions or fewer calories can help you maintain a healthy weight. Some other tips for a healthy weight include drinking more water, getting good sleep and managing stress.



Which medicine might you need to take?

- **To prevent another heart attack:** Medicines called beta blockers help slow the heart down, lower blood pressure and reduce the workload of the heart. Beta blockers include metoprolol and atenolol.
- **To lower blood pressure:** High blood pressure harms the blood vessel walls. Some people may need to take more than one medicine to help lower their blood pressure. These types of medicines include hydrochlorothiazide, lisinopril and amlodipine.
- **To prevent blood clots:** Common medicines to prevent blood clots include aspirin or clopidogrel.
- **Statins:** Statins prevent fatty build-up from forming, growing or breaking open to block blood vessels. Types of statins include atorvastatin and rosuvastatin.

Making changes in your life and choosing healthy foods are key to help prevent a heart attack. Talk to your doctor about your diet, exercise plan and medicine that may be best for you to help keep your heart healthy.



UNDERSTANDING DEPRESSION

What Are the Symptoms of Depression?

- ▷ Feeling sad, down or empty most of the day, almost every day, for 2 weeks or longer
- ▷ Loss of interest or pleasure in work, school and activities
- ▷ Weight loss or weight gain
- ▷ Trouble sleeping at night and staying awake during the day
- ▷ Lack of energy and no motivation
- ▷ Feeling irritable or agitated most of the time
- ▷ Difficulty thinking or making decisions
- ▷ Feeling hopeless, worthless or helpless
- ▷ Thoughts or talk of not wanting to live

What Can You Do?

If you believe you have signs of depression, ask your doctor about depression screening. Your doctor will ask questions about the way you feel and evaluate your symptoms. Depression is very common and a highly treatable condition. There are many treatment options and resources available. Some of the common treatment options include:

- Medicines (Antidepressant drug treatment)
- Talk Therapy (Individual or group counseling)

With the right treatment, you can recover from depression with time. Getting treatment can help you begin to take control of your symptoms and start to feel better. If you have been prescribed antidepressants, give your current medicines more time to work. Be patient. Treatment takes time and commitment. Never stop treatment or medicines without first talking to your doctor. Doing this could cause the depression to return. Stopping medicines suddenly could also cause other symptoms.

The sooner you get help, the sooner you can begin to feel better.

To learn more about behavioral health services, call CalOptima Behavioral Health toll-free at **1-855-877-3885 (TTY 711)** or visit us at **www.caloptima.org**.

YOU ARE NOT THE ONLY ONE FEELING ALONE!

Many people have stopped going out to shop, play or be around others because of COVID-19. You may feel lonely without seeing friends and loved ones for the sake of your health. Older adults are one of the high-risk groups advised to stay home and limit contact with others outside of their homes. Even those who are fully vaccinated in this group are still advised to follow safety measures, such as wearing a mask and keeping a safe distance from others. For older adults, it may not be easy to find new ways to connect with others. This may impact your health.

Loneliness can lead to:

- ▷ High blood pressure
- ▷ Heart disease
- ▷ Mental health problems, such as depression, anxiety or suicide
- ▷ Memory problems
- ▷ Unhealthy habits, such as smoking, not being physically active and not eating healthy
- ▷ Early death

You may be at risk if you are:

- ▷ Living alone or cannot leave the home
- ▷ Feeling alone or apart from others
- ▷ Facing a major loss or change
- ▷ Lacking a sense of purpose
- ▷ Being a caregiver

Ways to stay connected:

- ▷ **Find hobbies or learn something new.** Start a fun project, such as working on an adult coloring book.
- ▷ **Stay active!** Exercise boosts your mood. Do at-home workouts or walk around your neighborhood.
- ▷ **Stay in touch** with family and friends in person, online or by phone.
- ▷ **Send a handwritten letter** or call using video chat.
- ▷ **Adopt or visit a pet.** Animals make great friends and may also lower stress.

To learn more, call CalOptima's Health Management department at **714-246-8895 (TTY 711)**.



Stay Safe With Fall Prevention Tips

Every year, a lot of older adults fall. Many of them get badly hurt or become disabled as a result. Most of these falls happen at home and are easy to prevent. Below are things you can do at home to lower your risk of falling:

- ▷ Keep living areas well lighted. Keep flashlights near your bed and chairs.
- ▷ Keep objects off the floor. Place colored non-slip strips where floor levels change.
- ▷ Keep important items within easy reach. Never climb on a chair to reach something.
- ▷ Keep carpets firmly in place without loose edges. Do not use throw rugs.
- ▷ Keep stairways well lighted. Hold handrails on both sides of the stairs. Take your time going up and down the stairs.

You can do other things to prevent falls. Improve your balance and make your legs stronger with exercises suggested by your provider. Get your vision and hearing checked at least once a year and update your eyeglasses. Have your provider look at all the medicines you take, even those that are over-the-counter. This is important because some dizziness or sleepiness medicines can make you dizzy or sleepy.

Learn more about fall prevention at www.caloptima.org/HealthAndWellness

KNOW THE FACTS. GET YOUR COVID-19 SHOT!

Get the COVID-19 vaccine to help keep you from getting very sick. COVID-19 can spread easily. It can spread when people cough, sneeze, talk or even when they sing.

Safety and Effectiveness

- It is a safe way to build protection against COVID-19.
- It remains highly effective, even against new variants.
- It can help prevent severe illness, hospitalization and death from COVID-19.

Reasons to Get Vaccinated

- COVID-19 vaccines do not make you sick with COVID-19.
- It can help prevent new variants from appearing and spreading in the community.
- If you had COVID-19, you should still get the vaccine, as it may offer longer and stronger protection.

Special Populations

- Children age 5 years and older may get the COVID-19 vaccine at the same time as their routine vaccines needed for school.
- It does not cause fertility problems in men or women who would like to have children in the future.
- It is safe for people:
 - ▷ Who are pregnant or breastfeeding
 - ▷ With allergies
 - ▷ With disabilities

Side Effects

- Some people have no side effects after getting the vaccine.
- Others may experience some side effects after getting the vaccine.
- Side effects are normal and should go away after a few days.
- Talk to your doctor if you have concerns about your side effects.



BUILD PROTECTION AGAINST COVID-19. GET YOUR BOOSTER!

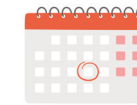
COVID-19 vaccines continue to be very effective in preventing severe disease, hospital stays and death. Over time, the protection vaccines offer can become less effective, especially for people ages 65 and older. This is why boosters are advised for added protection.



Who can get a booster?

The guidance may change without notice, so check with your doctor first if you are not sure.

- Adults 18 years and older should get a booster.
- Teens 12–17 years old are only approved for the Pfizer booster.



When should you get a booster?

- People who received either Moderna or Pfizer as their primary COVID-19 vaccine should get a booster dose 5 months after completing the primary series.
- People who received the one-dose J&J as their primary COVID-19 vaccine should get a booster dose 2 months after their first dose.
- Some people may be able to get a second booster dose 4 months after completing the first booster dose.



What type of booster vaccine can you get?

- Teens 12–17 years old may only get a Pfizer booster.
- Adults 18 years of age and older can get either a Pfizer or Moderna booster.
- If your first vaccine was J&J, a Pfizer or Moderna booster is preferred.

COVID-19 Vaccine Member Health Rewards

CalOptima members 5 years of age or older are eligible to receive up to two \$25 gift cards for a two-dose COVID-19 vaccine or one \$25 gift card for the single-dose vaccine. CalOptima members will receive a \$25 gift card for the booster shot as well. Please note that you must be eligible on the date of service to receive the gift card(s). **Members in long-term care or the Program of All-Inclusive Care for the Elderly (PACE) are not eligible for the COVID-19 Vaccine Member Health Rewards program.**

Members do not need to submit anything to CalOptima. Gift cards will be sent after CalOptima confirms through the California Immunization Registry that you received your COVID-19 vaccine. Gift cards are sent to your mailing address on file with the County of Orange Social Services Agency (SSA). If you have not received a gift card, verify your address with SSA at 1-800-281-9799 or with CalOptima Customer Service toll-free at 1-888-587-8088 (TTY 711).

If you received your COVID-19 vaccine, please be patient as there may be delays in confirming your vaccination and mailing your gift card(s) for the COVID-19 Vaccine Member Health Rewards program. If you received a vaccine that requires 2 doses, you may receive your gift card for the 1st and 2nd doses at different times. Thank you for your patience.

START
HERE!

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.

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 room 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**

Medi-Cal Dental Program

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.

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.*

**DID YOU
KNOW?**

You Can 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.

How to Manage Diabetes

Get an A1C Test

The Hemoglobin A1C test checks your blood sugar levels and tells you if diabetes is under control or not. It can also identify prediabetes, which raises your risk for diabetes. This test helps with diagnosing and treating diabetes.

The lower the level of the A1C test, the lower your risk. The number 7 means that diabetes is under control. High A1C test levels may lead to diabetes problems. Some of these complications may damage your feet, eyes, nerves, heart or other organs in your body. Controlling the blood sugar is key to keep your feet, eyes and organs healthy. The A1C test will help you plan how to manage diabetes. Without an A1C test, controlling your diabetes will be tough. Ask your doctor about how to best manage diabetes.

Do not wait. Call your doctor to get the A1C test right away!

Complete a Diabetic Eye Exam

It is also important to get your diabetic eye exam every year or as recommended by your doctor. Uncontrolled diabetes can damage your eyes over time. It can also cause vision loss, even blindness. Managing diabetes and getting diabetic eye exams can help. This will prevent vision problems or stop them from getting worse.

Talk to your doctor about getting a diabetic eye exam.

Practice Healthy Eating

Having your blood sugar steady and in control is the key to keeping your eyes, feet and body healthy. Eating healthy foods will help you with managing the blood sugar. Making sure you eat healthy foods in the right amounts and at the right times helps keep your blood sugar within range.

Need a healthy eating plan? Ask our professional staff to help you today!

STAY CONNECTED

CalOptima.org

   @caloptima