



AmeriHealth Caritas™

District of Columbia

SPRING 2019

Healthy Now

www.amerhealthcaritasdc.com



Why Mindfulness Matters

Have you heard the term “mindfulness” before? Mindfulness is simply staying in the moment, or present, on purpose.

Practicing mindfulness can help you reduce stress and think more clearly. Research shows that it can help you boost your well-being, decrease stress, and manage anxiety and pain.

How does mindfulness work?

There are many ways you can practice mindfulness. Some examples are:

- **Body scan.** First relax. Then focus your thoughts on each part of your body, from your head to your toes. Notice what you feel.
- **Mindfulness meditation.** While seated, pay attention to every breath. You can also focus on something you hear, see, smell, or feel, such as your feet on the floor.

With so many ways to practice mindfulness, everyone can benefit from it and better themselves with it. But if you are experiencing depression or anxiety, help is available. Behavioral health services are covered. Call Member Services at 1-800-408-7511 (TTY 1-800-570-1190).

Math Janssen et al., “Effects of Mindfulness-Based Stress Reduction on Employees’ Mental Health: A Systematic Review,” *PLOS ONE* 13, no. 1 (January 2018), www.ncbi.nlm.nih.gov/pmc/articles/PMC5783379/pdf/pone.0191332.pdf.

“Mindfulness Practices May Help Treat Many Mental Health Conditions,” American Psychiatric Association, last modified June 1, 2016, www.psychiatry.org/news-room/apa-blogs/apa-blog/2016/06/mindfulness-practices-may-help-treat-many-mental-health-conditions.

Inside this newsletter is information about ways you can take care of your health. It is not meant to take the place of your health care provider. If you have questions, talk with your provider. If you think you need to see your provider because of something you have read in this information, please contact your provider. Never stop or wait to get medical attention because of something you have read in this material.

#BestMe

Making your health and well-being a priority can help you become the best version of yourself. In each issue of **Healthy Now**, we’ll provide quick tips and easy actions you can take to put your health first every day. Follow us on social media for more inspiration.

#BestMe

Early Dental Care Keeps Kids Healthy

Part of being the best parent you can be means helping your kids be the best they can be. And that starts with good health habits — early!

Healthy teeth are important to your child's growth and development. They help your child eat right, talk properly, and smile. Primary teeth, also known as baby teeth, hold space for permanent teeth. Keeping baby teeth healthy also can save children from the pain of a cavity.

Start care before teeth develop

Most babies begin teething between 6 months and 12 months

of age. But you can protect your child's oral health from birth:

- Don't put your little one to bed with a bottle of milk, juice, sweetened water, or sugary drinks. They can promote tooth decay.
- Wipe your baby's gums with a damp washcloth after meals. When you see teeth come in, brush gently with a soft baby toothbrush and a rice-sized amount of fluoride toothpaste.
- Tell your child's primary care provider or dentist about any spots or stains you see on growing teeth

Keep it going during childhood

All your child's baby teeth should come in by age 3. Follow these tips to keep them healthy.

- Visit the pediatric dentist between ages 6 months and 1 year, according to the American Academy of Pediatrics, or when your child's first tooth appears. Take him or her back as often as the dentist tells you — usually one time every 6 months.

- Feed your child healthy foods. Think fruits and veggies instead of sugary cookies and candy.
- Brush teeth two times a day. Use a smear of fluoride toothpaste no larger than a grain of rice until age 3. Then brush with a pea-sized drop of toothpaste. Help your child brush his or her teeth until you feel he or she can do it alone.
- Ask the dentist whether cavity-fighting sealants are right for your child. They can be put on baby teeth or permanent teeth.

"Baby Teeth," American Dental Association, accessed November 30, 2018, www.mouthhealthy.org/en/az-topics/b/baby-teeth.

"How to Prevent Tooth Decay in Your Baby," American Academy of Pediatrics, last modified September 8, 2015, www.healthychildren.org/English/ages-stages/baby/teething-tooth-care/Pages/How-to-Prevent-Tooth-Decay-in-Your-Baby.aspx.

"Take Care of Your Child's Teeth," U.S. Department of Health and Human Services, last modified June 26, 2018, https://healthfinder.gov/HealthTopics/Category/parenting/doctor-visits/take-care-of-your-childs-teeth#the-basics_2.

SMILE: WE'VE GOT YOU COVERED

You have coverage for dental services. Make sure your child sees the dentist at least two times a year. During dental visits, ask about fluoride varnish and dental sealants. These coverings help protect teeth from cavities. Call Member Services at **1 800-408 7511 (TTY 1 800-570-1190)** to find a dentist, make an appointment, or ask about dental benefits.



Managing Pregnancy and Gestational Diabetes

Changes in the body are part of a normal pregnancy. But for some women, these changes cause a rise in blood sugar. This is a type of diabetes that can develop during pregnancy called gestational diabetes.

Too much sugar in your blood is not good for your baby. But you can control gestational diabetes.

Are you at risk?

You are more likely to develop gestational diabetes during pregnancy if you:

- Had gestational diabetes during another pregnancy
- Had a very large baby or a stillbirth with a pregnancy
- Have polycystic ovary syndrome
- Are overweight or obese
- Are African-American, Hispanic, American Indian, South or East Asian, or Pacific Islander
- Are older than 25
- Have a family history of diabetes

GET MOVING!

How much exercise do you need when you're pregnant?

30 minutes or more, at least five days a week

Try low-impact activities like:

**Swimming
Walking**



Should you get screened?

You should be tested even if you don't have a family history or increased risk. Left untreated, gestational diabetes can cause problems for you and your baby, such as:

- You will be more likely to develop high blood pressure during pregnancy
- You will be more likely to have Type 2 diabetes later in life
- Your baby could grow too big, making delivery more difficult

Lifestyle changes make a difference

Treating gestational diabetes can help prevent these problems.

If you have gestational diabetes, follow these tips:

- Know that what you eat, how much you eat, and how often you eat all affect blood sugar levels
- Work with your provider to make a healthy eating plan
- Eat different healthy foods, like fruits, vegetables, and whole grains
- Limit sweets

And don't forget: Your routine pre and post natal appointments are key in your treatment of this disease.

Get a head start on good health care

Learn more about making healthy choices for you and your baby with the Bright Start® program. It's free to join for all expecting members! For more information, visit www.amerihhealthcaritasdc.com/member/eng/alliance/benefits/programs.aspx. #BestMe

"Definition & Facts of Gestational Diabetes," National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health, last modified May 2017, www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes/gestational/definition-facts.

"Gestational Diabetes and Pregnancy," Centers for Disease Control and Prevention, last modified June 1, 2018, www.cdc.gov/pregnancy/diabetes-gestational.html.

"Managing & Treating Gestational Diabetes," National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health, last modified May 2017, www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes/gestational/management-treatment.

"Symptoms & Causes of Gestational Diabetes," National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health, last modified May 2017, www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes/gestational/symptoms-causes.

"Tests & Diagnosis for Gestational Diabetes," National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health, last modified May 2017, www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes/gestational/tests-diagnosis.

Follow-Up Care for Kids and Teens With ADHD

Your child or teen with attention-deficit/hyperactivity disorder (ADHD) needs ongoing care to live well. Read more about why follow-up care is important.

1. Stay current on medicines.

Your child's provider will want updates after your child starts taking medicine to treat his or her condition. The American Academy of Pediatrics recommends a follow-up visit with the provider after four weeks. The provider will make sure the medicine, schedule, and dose are correct.

HELP FOR YOUR CHILD

About one in 12 kids has ADHD. AmeriHealth Caritas District of Columbia (DC) can help your child get the care they need to be their #BestMe. Call Member Services at **1-800-408-7511 (TTY 1-800-570-1190)**.

2. Track your child's progress.

Medicines, therapy, and support can help your child develop:

- Calmer relationships
- Better study habits
- More independence

You can track your child's work toward his or her goals. You can use report cards, rating sheets, or charts. Ask teachers to track school goals too.

3. Be patient and flexible.

Helping your child reach goals will take time. Most kids respond well to treatment, but sometimes the plan needs adjusting.

Encourage your child to speak with his or her provider if they are having trouble meeting treatment goals. They may need different targets or strategies.

4. Check in on yourself.

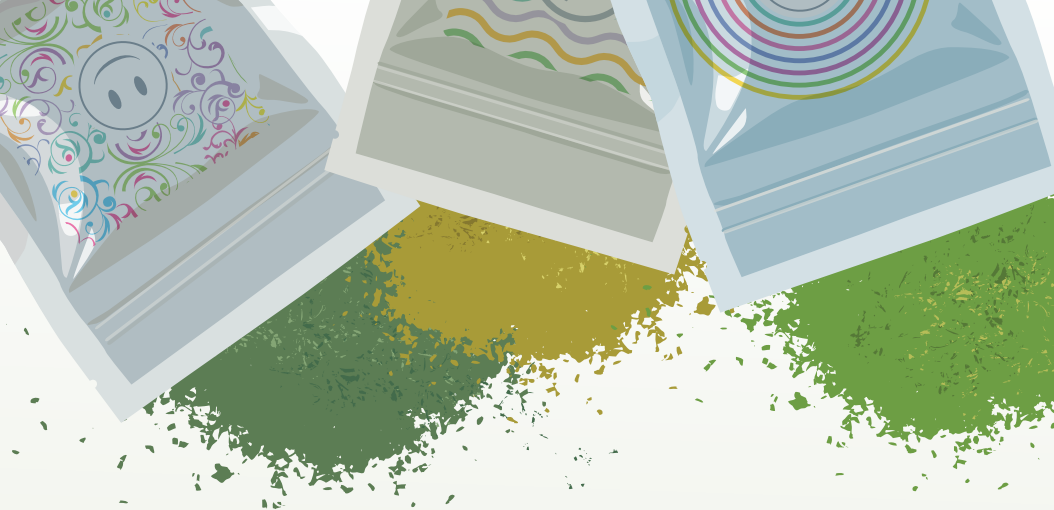
It's good to ask for help for yourself when you need it. Getting the right support, information, and training can help you care for your child.

"Common ADHD Medications & Treatments for Children," American Academy of Pediatrics, accessed December 13, 2018, www.healthychildren.org/English/health-issues/conditions/adhd/pages/Determining-ADHD-Medication-Treatments.aspx.

"Rating Scales and Checklists," CHADD – Children and Adults with Attention Deficit/Hyperactivity Disorder, accessed December 13, 2018, www.chadd.org/Understanding-ADHD/For-Professionals/For-Healthcare-Professionals/Clinical-Practice-Tools/Rating-Scales-and-Checklists.aspx.

"Treatment & Target Outcomes for Children with ADHD," American Academy of Pediatrics, accessed December 13, 2018, www.healthychildren.org/English/health-issues/conditions/adhd/Pages/Treatment-of-ADHD-and-Related-Disorders.aspx.





Reminders and Important Numbers

What You Need to Know About K2

Synthetic marijuana, also called K2, is a new drug that teens and young adults are using. K2 is not real marijuana. Use of this synthetic drug is very dangerous and can cause serious harm to the body.

People make K2 by spraying shredded plant material with chemicals. They say it has THC, the ingredient in marijuana that gives a high. But the chemicals used could produce much stronger effects than THC in real marijuana. The U.S. Food and Drug Administration says some K2 may have traces of rat poison.

K2 is sold as “incense” to look legal. But it’s illegal to have or sell K2 products. Using them can be dangerous.

Users of K2 have gone to emergency rooms with seizures and rapid heart rates. Other symptoms include confusion, shortness of breath, and vomiting.

Parents concerned about their children’s possible use of K2 should look for:

- Rolling papers
- Plant materials that look like potpourri

A health care provider can check and treat your child if needed.

“Drugs of Abuse: A DEA Resource Guide, 2017 Edition,” Drug Enforcement Administration, U.S. Department of Justice, accessed December 14, 2018, www.dea.gov/sites/default/files/sites/getsmartaboutdrugs.com/files/publications/DoA_2017Ed_Updated_6.16.17.pdf#page=88.

“Statement From FDA Warning About Significant Health Risks of Contaminated Illegal Synthetic Cannabinoid Products That Are Being Encountered by FDA,” U.S. Food and Drug Administration, accessed December 14, 2018, www.fda.gov/newsevents/newsroom/pressannouncements/ucm614027.htm.

“Synthetic Cannabinoids (K2/Spice),” National Institute on Drug Abuse, accessed December 14, 2018, www.drugabuse.gov/publications/drugfacts/synthetic-cannabinoids-k2spice.

FREE LANGUAGE SERVICES

We are here for you in every language! Did you know we provide interpreter and translation services in every language? Call Member Services to request language services.

A quick reference for important telephone numbers and services:

- **Visit our Member Wellness Center** at 2027 Martin Luther King Jr. Avenue SE, Washington, DC 20020, for fitness and healthy cooking classes
- **Need a ride?** You can get a ride to your medical appointments, the pharmacy, and even AmeriHealth Caritas DC events by calling the transportation service line at **1-800-315-3485**.
- **To help treat and manage pain,** acupuncture and chiropractic services are available. To find an in-network chiropractor or acupuncturist, call Member Services at **1-800-408-7511**.
- **Download our mobile app** from the Google Play™ store or Apple App Store.™ Search for “AHCDC.”
- If you’re turning 19 years old, ask your parents and pediatrician if you need to **change to an adult primary care provider (PCP)**
- Ask your pharmacist how to sign up for **medicine reminders**
- Instead of a three-month supply, you may ask your provider for a **12-month supply of birth control pills**. This will save you time and trips to the pharmacy!
- You can find out about **changes to your covered medicines** by visiting www.amerihealthcaritasdc.com/member/eng/medicaid/benefits/pharmacy.aspx.

Spring Back Int

How are you doing on your goals for the new year? Springtime can mean a fresh start and a renewed commitment toward your goals. We're making it easier than ever for you to get back on track and continue the journey to becoming your best self. If you're looking to get out, get active, and get into the habit of eating healthy this spring, let us help you get there.

With value-added benefits just for our members, you can meet your goals for living a healthy lifestyle, just in time for the snow to melt! Take advantage of your extra benefits today.



Your goal: Spruce up your diet Make it happen with Weight Watchers®

Eating a nutritious diet can put you on the path to a lifetime of wellness. The Weight Watchers program can not only help you make healthy food choices, but can also:

- Help you lose extra weight
- Connect you with others on a similar weight-loss journey through groups led by trained facilitators
- Help you maintain a healthy weight when you meet your goal

To get going:

You must be at least 18 years old to join our Weight Watchers program. If you are a member 13 – 17 years old, you can join with a parent's or guardian's permission.

Program members receive a set of local meeting vouchers* from AmeriHealth Caritas DC. These allow you to attend

Weight Watchers meetings in your community. You must commit to attending at least three meetings every month. You can access these vouchers online or through the Weight Watchers app.

For more information or to sign up, call our Community Outreach Solutions team at **202-216-2318**.

*Vouchers should be valued the same as cash. They cannot be replaced if lost or stolen. Use of these vouchers may not be combined with any other offer, and they cannot be transferred. These vouchers may be used only in participating areas in the United States. Vouchers have been prepaid by AmeriHealth Caritas DC.



100
Save 100 calories
by swapping
chips for raw
veggies. #BestMe

FOR MORE INFORMATION ON OUR PROGRAMS

Call the Community Outreach Solutions team at **202-216-2318**. You can also visit us in person. Stop by our Member Wellness Center at 2027 Martin Luther King Jr. Avenue SE, Washington, DC 20020.

to Shape

Your goal: **Get active** Make it happen with **FitnessCoach®**

Has the fresh air inspired you to look for new and fun ways to be healthy? FitnessCoach is our new gym membership program.* This program is available to members looking to get active and learn more about healthy behaviors. The program can also help people with special needs.

Use the program to:

- Find a fitness center close to your home
- Learn about home fitness options
- Understand more about how exercise can improve your health

To get going:

Members will be able to join a participating fitness center at no cost. If you cannot get to a fitness center, you can sign up for the home fitness program instead. For more information or to sign up, call **1-888-369-2746 (TDD 711)** or visit **www.fitnesscoach.com**.



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**Walk for 30 minutes
five days a week to help
prevent diabetes. #BestMe**

*Talk to your PCP before starting or changing your exercise routine.

Discrimination is against the law

AmeriHealth Caritas District of Columbia complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. AmeriHealth Caritas District of Columbia does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

AmeriHealth Caritas District of Columbia:

- Provides free aids and services for people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free (no-cost) language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, contact AmeriHealth Caritas District of Columbia at **1-800-408-7511 (TTY/TDD 202-216-9885 or 1-800-570-1190)**. We are available 24 hours a day.

If you believe that AmeriHealth Caritas District of Columbia has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with Member Services in the following ways:

- By phone at **202-408-4720** or toll free at **1-800-408-7511**
- By fax at **202-408-8682**
- By mail at AmeriHealth Caritas District of Columbia, Member Services Grievance Department, 200 Stevens Drive, Philadelphia, PA 19113

If you need help filing a grievance, AmeriHealth Caritas District of Columbia Member Services is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at www.ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, DC 20201

1-800-368-1019 (TTY/TDD 1-800-537-7697)

Complaint forms are available at www.hhs.gov/ocr/office/file/index.html.


AmeriHealth Caritas
District of Columbia

Developed by StayWell

Multi-language interpreter services

English: ATTENTION: If you speak English, language assistance services, at no cost, are available to you. Call **1-800-408-7511 (TTY/TDD 202-216-9885 or 1-800-570-1190)**.

Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-800-408-7511 (TTY/TDD: 202-216-9885 o 1-800-570-1190)**.

Amharic: ማሳሰቢያ: አማርኛ መናገር የሚችሉ ከሆን፣ ከክፍያ ጎዳ የሆነ የቋንቋ ድጋፍ አገልግሎት ይቀርብልዎታል። በስልክ ቁጥር **1-800-408-7511 (TTY/TDD 202-216-9885 ወይም 1-800-570-1190)** ይደውሉ

Arabic:

ملحوظة: إذا كنت تتحدث اللغة العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم **1-800-408-7511 (رقم هاتف الصم والبكم TTY/TDD: 202-216-9885 أو 1-800-570-1190)**.

French: ATTENTION : Si vous parlez français, des services d'aide linguistique sont à votre disposition sans frais. Appelez le **1-800-408-7511 (ATS/ATME : 202-216-9885 ou 1-800-570-1190)**.

Chinese Mandarin: 注意: 如果您说中文普通话/国语, 我们可为您提供免费语言援助服务。请致电: **1-800-408-7511 (TTY/TDD 202-216-9885 或 1-800-570-1190)**。

Portuguese: ATENÇÃO: Se você fala português, estão disponíveis para você serviços de assistência linguística, sem nenhum custo. Ligue para **1-800-408-7511 (TTY/TDD: 202-216-9885 ou 1-800-570-1190)**.

Tagalog: PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa **1-800-408-7511 (TTY/TDD: 202-216-9885 o 1-800-570-1190)**.

Russian: ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните **1-800-408-7511 (TTY/TDD 202-216-9885 или 1-800-570-1190)**.

Italian: ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero **1-800-408-7511 (TTY/TDD: 202-216-9885 o 1-800-570-1190)**.

Vietnamese: CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số **1-800-408-7511 (TTY/TDD 202-216-9885 hoặc 1-800-570-1190)**.

Japanese: 注意事項: 日本語を話される場合、無料の言語支援をご利用いただけます **1-800-408-7511 (TTY/TDD 202-216-9885 又は 1-800-570-1190)**。まで、お電話にてご連絡ください。

Korean: 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. **1-800-408-7511 (TTY/TDD 202-216-9885 혹은 1-800-570-1190)**. 번으로 전화해 주십시오.

Yoruba: ÀKÍYÈSÌ: Bí ó bá ñsọ Yorùbá, àwọn iṣẹ iranlọwọ èdè wà fún ọ l'òfẹ́. Pe **1-800-408-7511 (TTY/TDD 202-216-9885 tàbí 1-800-570-1190)**.

Thai: โปรดทราบ: หากคุณพูดภาษาไทย คุณสามารถใช้บริการผู้ช่วยด้านภาษาโดยไม่มีค่าใช้จ่าย กรุณาติดต่อที่หมายเลข **1-800-408-7511 (TTY/TDD 202-216-9885 หรือ 1-800-570-1190)**.

German: ACHTUNG: Wenn Sie Deutsch sprechen, ist Sprachunterstützung für Sie kostenlos verfügbar. Rufen Sie **1-800-408-7511 (TTY/TDD 202-216-9885 oder 1-800-570-1190)**.

www.amerhealthcaritasdc.com



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GOVERNMENT OF THE DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR