



AmeriHealth Caritas  
District of Columbia

SUMMER 2017

# Healthy Now

[www.amerhealthcaritasdc.com](http://www.amerhealthcaritasdc.com)



## Drink Up!

Water is a key nutrient. We can't live without it. In fact, every system in the body depends on water. Our bodies use water to carry other nutrients and oxygen to cells. Water flushes toxins out of vital organs, dissolves minerals, and keeps our mucous membranes moist. We constantly lose water, so we need to replace it. But how much do you really need?

### How Much Is Enough?

The amount of fluid you need depends on how active you are and how hot it is. Forget the typical rule of 8 glasses of water a day. Some people may need more.

Hard exercise or exercise in the heat and humidity can make it easier to become dehydrated. Drink extra before you exercise, and about ¾ cup to 1½ cups for every 15 to 20 minutes of exercise. After your workout, drink at least 2 additional cups. Drink even more if it's very hot.

### DID YOU KNOW?

Dehydration can affect your memory, mood, and motor skills. It may also cause fatigue, headaches, and dizziness.

### 'Wet' Your Appetite

Don't drink water much? Here are some tips to help:

- Keep a glass or water bottle on your desk at work
- Add a splash of fruit juice to plain or carbonated water
- Toss a bottle of water in your book bag or purse so you can drink up when you're on the go

### Quick tip

Water is calorie free and low in salt, but other foods and drinks can help you stay hydrated. For a nutritional boost, **drink a glass of low- or nonfat milk**. Brewed tea packs an antioxidant punch, but watch out for caffeine. **Fruits** and many **vegetables** contain lots of water, too.



# Only 2 HPV Shots Needed

Human papillomavirus (HPV) is a common sexually transmitted infection. It causes more than 90 percent of cervical cancer cases. It can also lead to cancer of the penis, anus, vulva, vagina, and throat. When girls and boys get the HPV vaccine while young, they are protected from developing HPV-related cancers in the future.

In 2006, health experts recommended that all young women get an HPV vaccine. The HPV vaccine helps protect them from human papillomaviruses. In 2016, the Centers for Disease Control and Prevention (CDC) issued new guidelines for HPV vaccine use. This change was prompted by recent studies. These studies showed that, in young adolescents, 2 doses of HPV vaccine worked as well as 3 doses in older adolescents.

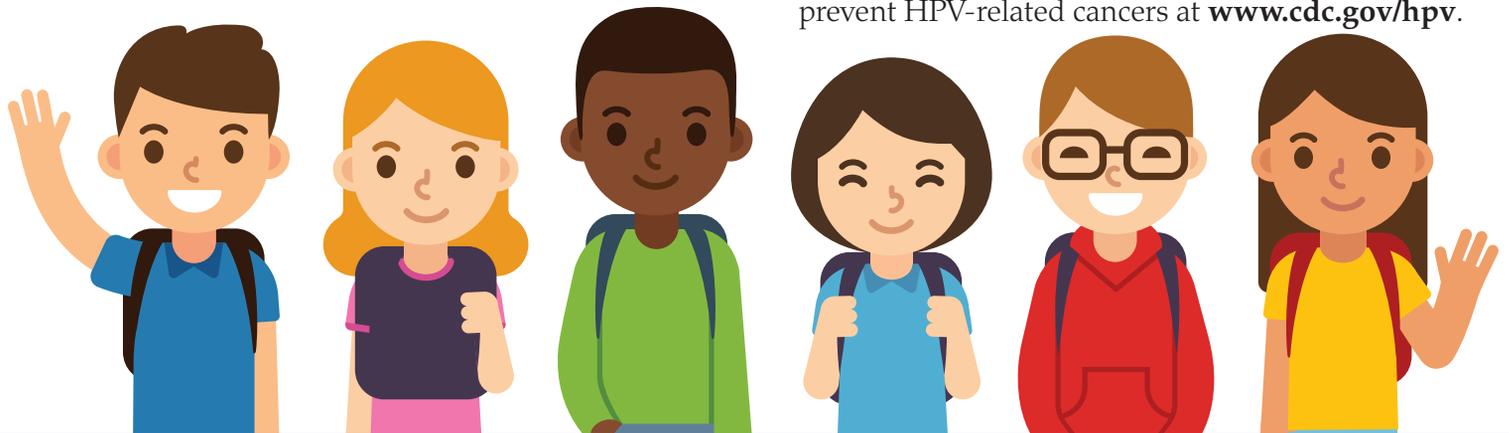
## Updated Guidelines for Preteens and Young Teens

The CDC now says that preteens who get an HPV vaccine at ages 11 to 12, the best age to get it, need only 2 shots. They had recommended 3 in the past. The shots should be spaced at least 6 months apart. Teens ages 13 to 14 can also follow the 2-shot schedule.

Older teens and young adults (ages 15 to 21 for most males and 15 to 26 for most females) can catch up on the vaccine if they were not vaccinated earlier. However, they still need 3 shots.

## Protect Your Adolescent From HPV-Related Cancers

The CDC notes that the HPV vaccine is safe. It offers effective, lasting protection against cancers caused by the virus. Talk with your child's primary care provider (PCP) about getting the HPV shots. Read more about how to prevent HPV-related cancers at [www.cdc.gov/hpv](http://www.cdc.gov/hpv).



## Health Plan Reminders

We know life can be busy, but we don't want you to forget these important health services and reminders:

- You can renew your Medicaid coverage online at [www.dchealthlink.com](http://www.dchealthlink.com)
  - Visit our Member Wellness Center at 2027 Martin Luther King Jr. Ave. SE, Washington, D.C. 20020, for fitness and healthy cooking classes
  - Get rewarded for being healthy! Visit our website at [www.amerhealthcaritasdc.com/giftcard](http://www.amerhealthcaritasdc.com/giftcard) to learn more about how to earn a \$25 gift card.
  - Get text\* reminders about your health and benefits and a **free "I am healthy" T-shirt!** Text **"iamhealthy"** to **85866** to sign up.
  - If you need help getting to your medical appointments, call Member Services at **1 800-408 7511** to set up free transportation
  - You have coverage for dental services! Call us at **1 800-408 7511** to find a dentist or make an appointment.
  - Download our mobile application from the Google Play or Apple App Stores. Search for AHCDC.
  - If you're turning 19 years old, ask your pediatrician if you need to change to an adult PCP
  - Medicaid members can use our online video counseling service. For more information, visit [www.breakthrough.com/amerhealthcaritasdc](http://www.breakthrough.com/amerhealthcaritasdc).
  - Ask your pharmacist how to sign up for medicine reminders
  - Friendly reminder: Instead of a 3-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!
  - We offer free interpretation and translation services. Visit [www.amerhealthcaritasdc.com](http://www.amerhealthcaritasdc.com) to learn how to request language services.
- \*Standard text message and data rates may apply.*

# Preventing Problems From Diabetes

From head to toe, your body cells need blood glucose (also called blood sugar). Glucose gives you energy. A hormone called insulin helps glucose get into your cells. When you have diabetes, your body either does not make enough insulin or cannot use it the right way.

This can lead to problems anywhere in your body, from your eyes to your feet. But you can avoid most diabetes problems if you keep your blood glucose under control and take care of your health.

## Get Regular Checkups

Regular doctor visits are the key to managing diabetes. Together, you and your PCP can create a treatment plan to keep your blood glucose under control. This lowers your risk of developing diabetes problems, including eye, kidney, and nerve diseases.

Medical tests are part of every diabetes-related doctor visit. If a health problem arises, testing can often pick it up early, before it becomes more serious. Then you can take steps to make sure a minor problem stays minor.

## Caring for Your Eyes

Look out for your eyes. Diabetes can lead to:

- **Diabetic eye disease**, in which small blood vessels swell and leak into the retina of the eye. This can cause blurred vision and sometimes blindness.
- **Cataracts**, or clouding of the lenses of the eyes
- **Glaucoma**, or damage to the optic nerve

## Tips for Better Eye Health

- Keep your blood pressure under control.
- See your PCP if you develop eye problems or vision changes. These can include:
  - Blurry or double vision
  - Seeing dark spots, flashing lights, or rings around lights
  - Pain or pressure in 1 or both eyes
  - Trouble seeing out of the corners of your eyes

## Talking With Your PCP

Diabetes can affect your whole body, so you need a plan for your total health. Here are some questions you may want to ask your PCP:

- What checkups, tests, and shots will I need soon?
- How can I keep my blood glucose and blood pressure under control?
- Where can I turn if I feel stressed or depressed?
- What lifestyle changes can I make?

## Quick Guide to Tests

How often	What	Why
Every doctor visit	Blood pressure check	To detect high blood pressure
	Quick foot exam	To check for foot sores
At least 2 times a year	HbA1C blood test	To measure average blood glucose level over the past few months
	Dental checkup 	To detect gum and mouth diseases
At least 1 time a year 	Blood lipids (fats) test	To measure cholesterol and triglyceride levels
	Complete foot exam	To check for problems with foot circulation and nerves
	Dilated eye exam	To detect eye disease
	Kidney function test (blood and urine)	To detect kidney disease

**If you have diabetes**, we offer many different programs to help you manage your condition, such as Mom's Meals™, Summit Health Institute for Research and Education Inc. (SHIRE) Diabetes Wellness Circles, healthy cooking classes, and fitness classes at the Member Wellness Center. If you would like to sign up for 1 of these programs, please call the Rapid Response and Outreach Team at **1 877 759-6224**.

# Safe Tobacco? Forget It

Most people know cigarettes are bad for you. But how about other forms of tobacco, such as smokeless tobacco, cigars, water pipes, and hookah? Are they better choices, just as bad, or worse?

## Smokeless Tobacco

Snuff and chewing tobacco are sometimes called *spit* tobacco. They are chewed or inhaled rather than smoked. They involve no smoke, but these forms of tobacco contain 28 compounds that cause cancer. Users have a higher chance of getting cancers of the lips, tongue, cheeks, gums, and the floor and roof of the mouth.



## Cigars

Many cigar smokers do not inhale. But they still have higher rates of lung cancer, lung disease, and heart disease than people who do not smoke.

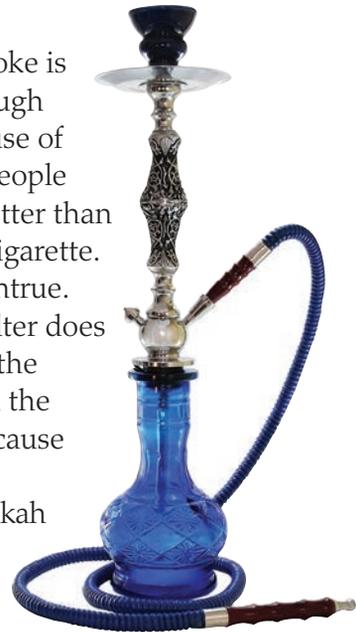
What's more, cigar smoke, like cigarette smoke, contains toxins that cause cancer, and in higher levels than cigarette smoke. Cigar smoke can cause cancers of the lips, tongue, mouth, throat, voice box, esophagus, and lungs.



## Hookah

Hookah smoke is filtered through water. Because of this, some people think it is better than smoking a cigarette. But this is untrue. The water filter does not remove the chemicals in the smoke that cause cancer.

In fact, hookah smoke contains 36 times more tar, 15 times more carbon monoxide, and higher levels of arsenic, lead, and nickel than a cigarette. That increases users' risks for cancer and heart and lung diseases. Also, sharing a hookah mouthpiece with others adds the risk of catching infections.



The key point to remember: There's no safe tobacco product or level of exposure, according to the National Cancer Institute.

For more information, visit the American Cancer Society at [www.cancer.org](http://www.cancer.org).

We know that trying to quit smoking can be very hard. If you need help kicking the habit of smoking, join AmeriHealth Caritas District of Columbia's (DC) quit smoking class at the Member Wellness Center. To sign up for this class, call the Rapid Response and Outreach Team at **1 877 759-6224**.

Answers to the puzzle on page 7:



1. broccoli



2. bananas



3. green beans



4. oranges



5. tomato



6. strawberries



7. apple



8. carrots

# Prep for Your Preteen's Checkup

Doctors say all preteens need regular checkups. Why? Because checkups can help keep your preteen healthy.

During an exam, your child's PCP can check your child's growth. The PCP can also check your preteen for any problems that could affect his or her health. These include physical problems as well as school and family problems.

## Be Prepared

Make the most of your preteen's checkup. Bring a list of all your child's medicines to the PCP. This includes over-the-counter medicines and vitamins.

Also, remind your child's PCP about any allergies or past medical problems your preteen has.

Not sure what to expect? During the exam, your child's PCP may check your preteen's:

- Blood pressure
- Vision
- Hearing
- Weight and eating habits

Your child's PCP may also talk about the risks of smoking, drug use, and other behaviors.

## Be Involved

A checkup is a great time to ask questions. Worried about problems at home or school? Does your preteen sleep too much or too little? Does he or she snack too much?

Write down your questions so you remember to ask your child's PCP.

Also, keep these tips in mind:

- If your child needs a test and you aren't sure why, ask your child's PCP
- If your child needs medicine, make sure you know the name of the medicine. Also, know what the medicine does.
- Ask your child's PCP what to do if your child ever needs emergency care
- Don't forget to ask when to schedule your preteen's next checkup

AmeriHealth Caritas DC is here to make it easy for you and your children to get to their back-to-school appointments. If you need help scheduling an appointment or you need transportation to your or your child's appointment, call us at **1-877-759-6224**.



# Should You Co-Sleep With Your Baby?

Babies are often happiest when they are snuggling with their moms or dads. You may want to bring your baby into bed with you to keep him or her happy and catch some much-needed sleep. This is known as co-sleeping or bedsharing. But it's important to know the dangers of co-sleeping with your baby. Research shows that it puts your baby at risk for sudden infant death syndrome (SIDS) and other dangers, such as suffocating or falling off the bed.

## Safer Ways to Sleep

You can still keep your baby close at night without sharing your bed. The safest place for your newborn to be is near you in a bassinet or crib. That way, you can easily

check on and feed your baby at night. If you're breast-feeding, it's OK to do so in your bed. Just be sure to transfer your baby back to his or her own crib before you go back to sleep. In addition, follow these safe sleeping rules:

- Put your baby in a crib with only a firm mattress and fitted sheet. Keep all toys, blankets, pillows, and other bedding out of your baby's crib.
- Always place your baby on his or her back to sleep
- Keep your baby's crib in a smoke-free area

## Bonding With Your Baby

Even though you will sleep separately at night, there are still many ways you can bond with your baby during the day. For example, carrying your baby in a baby carrier is 1 way to bond with your baby.

Skin-to-skin contact, also known as kangaroo care, is another way to keep your baby close while you're awake. Simply hold your baby wearing only a diaper against your bare chest. Cover your baby's back with a blanket to keep him or her warm. Skin-to-skin contact can help your baby sleep. It can also help set his or her heart rate and breathing to a normal rate and reduce crying. It also helps mom and dad. It can promote breast milk production and reduce stress.



# Can You Name That Fruit or Vegetable?

Take a look at these photos. Match the name of the fruit or vegetable with the correct picture. Have you eaten any of these today?



1. \_\_\_\_\_



2. \_\_\_\_\_



3. \_\_\_\_\_



4. \_\_\_\_\_



5. \_\_\_\_\_



6. \_\_\_\_\_



7. \_\_\_\_\_



8. \_\_\_\_\_

bananas, broccoli, strawberries, tomato, apple, oranges, carrots, green beans

See page 4 for answers.

## Vegetarian Stuffed Peppers

### Ingredients

2 teaspoons olive oil  
4 red or green bell peppers  
2 cups (1 pint) cherry tomatoes  
1 medium onion

1 cup fresh basil leaves  
3 garlic cloves  
¼ teaspoon salt  
¼ teaspoon pepper

### Directions

- Preheat oven to 425 degrees. Lightly oil a large shallow baking pan.
- Cut peppers in half length wise and remove seeds. Arrange peppers cut sides up in baking pan and lightly oil cut edges of stems.
- Halve cherry tomatoes and chop onion and basil. Finely chop garlic.
- In a bowl, toss tomatoes, onion, basil, garlic, olive oil, salt, and pepper to taste.
- Spoon equal portions of mixture into peppers and roast in upper third of oven until peppers are tender, about 20 minutes.

### Per Serving

Serves 8. Each serving provides 35 calories, 1.5 g total fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 80 mg sodium, 6 g total carbohydrate, 2 g dietary fiber, 3 g sugar, and 1 g protein.



## 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 **202-842-2810** or toll-free at **1-866-842-2810**
- In writing 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 [ocrportal.hhs.gov/ocr/portal/lobby.jsf](https://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](http://www.hhs.gov/ocr/office/file/index.html).

## 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 ነጻ የሆነ የጥንቅቅ ድጋፍ አገልግሎት ይቀርባል። 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 متوفرة لك بالمجان. اتصل برقم **1-800-408-7511** (رقم هاتف الصم والبكم **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 lingüística, 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: ÀKÌYÈSÌ: Bí o bá nso Yorùbá, àwọn iṣẹ iranlọwọ èdè wà fún o l'òfẹ́. Pe **1-800-408-7511** (TTY/TDD: **202-216-9885** tàbí **1-800-570-1190**).

Thai: โปรดทราบ: หากคุณพูดภาษาไทย คุณสามารถใช้บริการผู้ช่วยด้านภาษา โดยไม่มีค่าใช้จ่าย 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**).



**AmeriHealth Caritas**  
District of Columbia

[www.amerihealthcaritasdc.com](http://www.amerihealthcaritasdc.com)

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If you need this information in English, contact Member Services by calling 202-408-4720 or 1-800-408-7511, 24 hours a day.

Si necesita esta información en español, comuníquese con Servicios al Miembro llamando al 202-408-4720 o 1-800-408-7511, las 24 horas del día.

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إذا احتجت إلى هذه المعلومات باللغة العربية، يرجى الاتصال بفريق خدمة الأعضاء على الرقم 202-408-4720 أو الرقم 1-800-408-7511، وذلك على مدار الساعة.

Si vous avez besoin de ces renseignements en français, veuillez contacter les Services aux membres en appelant au 202-408-4720 ou au 1-800-408-7511, 24 heures sur 24.

如果您需要用中文獲得此資訊，可每天 24 小時致電 202-408-4720 或 1-800-408-7511，聯絡會員服務部。

Se necessitar estas informações em Português, entre em contato com o Serviços para Associados ligando para 202-408-4720 ou 1-800-408-7511, 24 horas por dia.