We’re In This Together

The COVID-19 crisis upended our lives. We each faced stressful changes at home, at work and in our communities that we never thought we would. And now, as we try to get back to our way of life, we know that normal may be months or even years away.

So, what’s next, IEHP DualChoice Cal MediConnect Plan (Medicare-Medicaid Plan) Members? The truth is we don’t know what the future holds. What we do know is that we’re in this together. That IEHP will continue to help you get the care and services you need. And that’s what this issue of Health Spotlight is about. Please keep reading for some helpful tips on resilience, preparation and preventive health care – a powerful set of tools that can help us all move toward normal together.
Thank You from IEHP DualChoice!

IEHP DualChoice is grateful for all your amazing responses to our Population Needs Assessment Survey in February 2020. Your voices have been heard! This survey helps us align our programs and services to better meet your needs. Stay Tuned, IEHP DualChoice Members. We will be sharing our plans with you very soon!

6 Tips to Build Resilience

Resilience is how well a person adapts to painful events in their life, learns from them and moves forward. People with resilience bounce back more quickly and with less stress. The key to building this skill is to find healthy ways that work best for you. Here are some tips to help you get started.

1. **Be mindful:** Try to address your own needs and feelings during stressful times.

2. **Keep a healthy routine:** Eat right, get enough sleep and stay active.

3. **Connect with others:** Nurture your support system. Building resilience takes time, strength and help from others.

4. **Express yourself:** Talk about your feelings. Don’t lock them away.

5. **Talk to your Doctor:** Ask your Doctor about a behavior health evaluation.

6. **Get counseling:** IEHP DualChoice Members can see a Behavioral Health (BH) Specialist from our network at no cost. You do not need a referral from your Doctor or an authorization from IEHP. Simply go to www.iehp.org and find a BH Specialist in your area. Then call their office to set up your first visit. You can also call IEHP DualChoice Member Services.
Fires and Power Outages: Be Prepared this Summer

Fires and power outages tend to increase during the summer season. These events can impact your medicines, your medical equipment and your health – if you are not prepared. We hope these tips will help you stay safe and healthy this summer.

**Medicine Safety**
When the power goes out for a day or more, throw away any refrigerated medicines. If a life depends on these medicines (for example, insulin), use them only until a new supply is attained.

**Behavioral Health Services**
If you need Behavioral Health Services after a stressful event, please call IEHP DualChoice Member Services at **1-877-273-IEHP (4347)**, 8am – 8pm (PST), 7 days a week, including holidays. TTY users should call **1-800-718-4347**.

**Medical Equipment Safety Checklist**
- Check your backup power sources on a regular basis.
- Call your power and water companies for advice and support for your life-support devices.
- Keep the shut-off switch for oxygen equipment near you so you can access it quickly and easily.
- Use your generator in open areas so air can circulate.
- Test your generator on a regular basis.
- Create a plan for recharging batteries during a power outage.
- Ensure the settings on your medical devices have not changed once the power is restored.
Stay Safe in the Sun this Summer

The sun’s harmful rays can damage your skin in as little as 15 minutes, even on cloudy days. Follow these steps to help prevent sunburn and avoid skin cancer.

❤️ Wear sunscreen with at least SPF 15
- Apply sunscreen 15 minutes before going outdoors
- Reapply sunscreen every two hours
- Don’t forget your ears, lips and the backs of your hands
- Read the product label to ensure your sunscreen has not expired

❤️ Wear pants and long-sleeve shirts
❤️ Take breaks in shaded areas
❤️ Wear a hat with a wide brim
❤️ Wear sunglasses with UV protection

Diabetes: Know Your Risk

Get your A1C test to find out your average blood sugar levels. This common blood test can help you put off or prevent type 2 diabetes. Tracking the results can help you avoid some health problems and even save your life.

4 steps to stay healthy:
1. See your Doctor to get the A1C test
2. Write down the results from your A1C test
3. Get your heart, eyesight, kidneys and nerves tested
4. Eat healthy and exercise (30 minutes most days)

DANGERS!

Blood sugar that is TOO HIGH can damage your:
❤️ Heart
❤️ Eyesight
❤️ Kidneys
❤️ Nerves (in hands and feet)

Blood sugar that is TOO LOW can cause:
❤️ Dizziness
❤️ Seizures
❤️ Fainting
BMI stands for “body mass index.” It’s a fast and easy method to measure a person’s body fat based on their height and weight. A useful tool for preventive care, BMI is used by Doctors to help gauge a patient’s risk (or create a plan of care) for chronic health issues like diabetes, heart disease and more.

What is BMI, and why does it matter to my Doctor?

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Preventive Care: Take Charge of Your Health!

Preventive care is the health care you get when you are not sick, so you can stay healthy. This includes health screenings, certain medicines, vaccines, counseling and more.

Preventive care is vital for people of all ages because it can help detect or prevent diseases and medical problems before they become serious health issues. You may simply need a lifestyle change or treatment from your Doctor for early symptoms.

And don’t forget. Preventive care is a covered benefit for IEHP DualChoice Members. So, take charge of your health today! Talk to your Doctor about which health screenings and vaccines may be right for you.

To learn more about covered health screenings, check out our free guide: “Health Screenings Can Save Your Life.” Visit www.iehp.org and search “Senior Health.” Download the Health Screenings Guide in the “Related Resources” section in the upper right corner.

To learn more about covered vaccines and which ones may be right for you, see the “Vaccines for Adults” chart on page 7.
Adults need vaccines at certain times to help prevent diseases that could be serious. Talk to your Doctor about the ones that are right for you. See the list below for vaccines the CDC recommends for your age.*

**Vaccines based on age:**

<table>
<thead>
<tr>
<th>What Vaccine?</th>
<th>Who Needs It?</th>
<th>How Much?</th>
</tr>
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<tbody>
<tr>
<td>Pneumococcal</td>
<td>Adults 65 or older</td>
<td>2 vaccines: 1 dose of PCV13 (conjugate vaccine), and then 1 dose of PPSV23 (polysaccharide vaccine)</td>
</tr>
<tr>
<td>Shingles (Zoster)*</td>
<td>Adults 50 or older</td>
<td>2 doses</td>
</tr>
<tr>
<td>Measles, mumps, rubella (MMR)*</td>
<td>Adults born in the U.S. in 1957 or later who have not received MMR vaccine or who had lab tests that showed they are not immune to measles, mumps, and rubella</td>
<td>One time for most adults. Note: Some people, such as college students, international travelers, or health care professionals, should get 2 doses (recommended as a catch-up if you didn’t receive it as a child)</td>
</tr>
<tr>
<td>Chickenpox (Varicella)*</td>
<td>Adults born in the U.S. in 1980 or later who have not received 2 doses of this vaccine or never had chickenpox</td>
<td>One-time series of 2 doses (recommended as a catch-up if you didn’t receive it as a child)</td>
</tr>
<tr>
<td>Influenza vaccine</td>
<td>Everyone (including pregnant women)</td>
<td>Every year during flu season</td>
</tr>
<tr>
<td>Tdap</td>
<td>Everyone (including pregnant women)</td>
<td>One time – Adults who did not get the Tdap vaccine as adolescents should get 1 dose of this vaccine. (Once they have had this dose, then they should get a booster)</td>
</tr>
<tr>
<td>Tetanus/ Diphtheria vaccine booster</td>
<td>Everyone</td>
<td>Every 10 years</td>
</tr>
</tbody>
</table>

For more vaccines needed and to learn more, visit www.cdc.gov.

Source: U.S. Department of Health and Human Services/Centers for Disease Control and Prevention

*Live vaccines should not be given to pregnant women or people who have a very weakened immune system. That includes people with HIV infection and a CD4 count less than 200.
IEHP DualChoice 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.