Good Health Starts with YOU!

Call your Doctor and set up a well-check visit today.

Vaccines
Health Screenings
Exams

Questions?
Call IEHP DualChoice Member Services
1-877-273-IEHP (4347)
1-800-718-IEHP (4347) for TTY users
8am–8pm (PST) | 7 days a week, including holidays

www.iehp.org

Stay Connected. Follow us!

Celebrating 25 Years in the Inland Empire!

IEHP complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1-877-273-4347 (TTY: 1-800-718-4347). IEHP cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-273-4347 (TTY: 1-800-718-4347). IEHP遵守適用的聯邦民權法律規定，不因種族、膚色、民族血統、年齡、殘障或性別而歧視任何人。注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-440-4347 (TTY: 1-800-718-4347)。

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.
Well-Care Visits: Get Back to Good Health

Making sure you see your Doctor for well-care visits is one of the best ways you can help protect yourself, your family and your community. The well-care visit is a time for your Doctor and you to talk about:

- Preventive care screenings
- Flu shots and other needed vaccines
- Making healthy choices
- Vision & dental health care needs
- And more!

Has it been 6 months or more since your last check-up? Call your Doctor for a well-care visit and get back to good health!
Caring for Your Caregiver

When caregivers take care of themselves, they can take even better care of you. Here’s some quick tips for showing your caregiver how much you care.

♥ Let them know you appreciate them and all they do for you.
♥ Encourage them to eat better, exercise, sleep, and drink plenty of water.
♥ Suggest a caregiver’s support group or social events outside the home.
♥ Give your caregiver breaks. Sometimes a 10-minute walk outside can really help.
♥ Try to communicate better. This could help reduce frustration and stress.
♥ Get a back-up caregiver if you can.

Need a Ride to Your Covid-19 Vaccine Clinic?

As an IEHP DualChoice Cal MediConnect Plan (Medicare-Medicaid Plan) Member, transportation to approved medical visits is covered.

Here’s what you need to know:
♥ IEHP DualChoice offers round-trip rides to a vaccine clinic in your county.
♥ Call IEHP DualChoice 5 business days before your visit to schedule your ride.
♥ Rides can be set up faster, but IEHP DualChoice cannot guarantee same-day requests.
♥ Contact the transportation provider for a return pickup.
♥ Rides are for one IEHP DualChoice Member plus one other person.

Note: For rides to drive-thru clinics, please advise IEHP DualChoice right away.

Get your COVID-19 vaccine!
Children 12 years and older can get a Pfizer COVID vaccine.
Ask the Doctor

Q What are some important health tests seniors need?

A It’s important to monitor changes in your body more closely as you age. Here are some of the medical tests you’ll need:

1) **Blood Tests** – to check for healthy cholesterol.
2) **Colonoscopy** – a test where the Doctor uses a special camera to scan your colon for polyps (pre-cancer growths).
3) **Blood Pressure Check** – One in three adults have raised blood pressure, known as hypertension. About 64% of men and 69% of women aged 65-74 have it. This increases your risk for stroke or heart attack. Get your blood pressure checked at least once each year.

Mail your questions to – Ask the Doctor – IEHP, P.O. Box 1800, Rancho Cucamonga, CA 91729-1800

Be Part of the WISDOM Study

The WISDOM Study (Women Informed to Screen, Depending on Measures of risk) is helping end confusion about mammograms. Researchers from University of California need study volunteers. You will:

- Learn about your risk for breast cancer.
- Help clarify screening guidelines for you, your sister, daughter and future generations:
- Participate mostly from home. No extra medical visits are needed.
- Help researchers discover the best guidelines for mammograms.

Who can join?
Women 40–74 years old who have not had breast cancer or DCIS (ductal carcinoma in situ).

Questions?
Visit: wisdomstudy.org | Email: info@wisdomstudy.org
Call: 1-855-729-2844

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Depression: When to See a Specialist

Feeling sad sometimes is normal and nothing to worry about. But, if this sadness last more than two weeks or won’t seem to go away, you may be depressed.

Warning Signs of Depression
Signs and symptoms of depression can vary, but here are a few:
- Feeling sad, angry, or anxious
- Hard to focus or make decisions
- Feeling tired or having low energy
- Lost interest in things you like
- Eating too much or not enough
- Body aches or pains, headaches
- Thoughts of suicide or hurting yourself

Get Help
If you think you may be depressed and want to seek treatment, set up a visit with your Doctor right away. If you don’t have a Doctor, you can find a behavioral health specialist in your area or contact IEHP DualChoice Member Services at 1-877-273-IEHP (4347), 8am-5pm (PST), 7 days a week, including holidays. TTY users should call 1-800-718-4347. Ask for the Behavioral Health Department.
Understanding Blood Pressure

High blood pressure (or hypertension) happens when your heart is working too hard to push the blood through your blood vessels. This can lead to health threats like heart disease, stroke, kidney disease, and more.

Nearly half of all American adults have high blood pressure. Many don’t even know they have it.

The best way to find out if you do is to have your blood pressure tested. See your Doctor, go to a local drug store or test at home with a blood pressure machine.

IEHP DualChoice covers blood pressure machines for Members with high blood pressure! Ask your Doctor how to get one.

Did You Know?
Heart disease is the leading cause of death for men in the US. Since June is Men’s Health Month, check out IEHP’s Healthy Heart Guide for helpful tips to:
- Take care of your heart;
- Manage your blood pressure; and
- Live a healthier life.

Visit www.iehp.org or scan the QR with your smartphone.

Connect IE – Community Resources at Your Fingertips!

IEHP proudly supports Connect IE, a website that connects you to FREE and low-cost community resources in your area, like:
- Housing
- Transportation
- Family Services
- Food Pantries
- Job Training
- And More

Advance Care Directives: Plan Your Medical Care

An Advance Care Directive (ACD) is a legal form that all adults over 18 years should have. This form helps guide future medical care when you are not able to speak for yourself.

An ACD allows you to:

❤️ Name a person who can relay your medical wishes to others.
❤️ Inform your loved ones and medical staff in writing what type of future treatment you want or don’t want.

Why you should have an ACD:

❤️ Your goals, values and treatment choices will be respected.
❤️ Avoid needless pain, treatments or hospital stays you don’t want.
❤️ Lessen your loved ones’ worry of choosing for you.
❤️ Ease stress and help limit any conflicts among your loved ones.

IEHP offers free Advanced Care Directive Workshops. To learn more, call our Health Education Department at 1-866-224-IEHP (4347) or 1-800-718-4347 for TTY users.
Vaccines for Adults

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>
</thead>
<tbody>
<tr>
<td>Pneumococcal</td>
<td>Adults 65 or older</td>
<td>Two vaccines: one dose of PCV13 (conjugate vaccine), and then one dose of PPSV23 (polysaccharide vaccine)</td>
</tr>
<tr>
<td>Shingles (Zoster) *</td>
<td>Adults 50 or older</td>
<td>Two 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 two doses of this vaccine or never had chickenpox</td>
<td>One-time series of two 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 one 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 ten years</td>
</tr>
</tbody>
</table>

For more vaccines needed and to learn more, visit [www.cdc.gov](http://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.*