

Healthy SUMMER 2016 NOW

www.amerihealthcaritasla.com

After your
quit date
don't smoke at all—
not even 1 puff.

3 STEPS TO HELP YOU QUIT SMOKING

Smoking is Americans' top cause of premature death, according to the American Heart Association. But you can kick the habit and help yourself live a longer, healthier life.

Take these 3 steps suggested by the U.S. Department of Health and Human Services. You will greatly improve your odds of success.

1. Mark your calendar.

Set a quit date that will mark your first smoke-free day. Think about using a holiday, anniversary or birthday to give the date even more meaning.

Before your quit date, clear your home, car and workplace of all cigarettes, ashtrays, matches and lighters. After your quit date, don't smoke at all—not even 1 puff. Steer clear of smoking and

other smokers so that you aren't tempted to smoke.

2. Curb nicotine cravings.

Try smoking-cessation aids that make nicotine withdrawal a little easier. The list includes nicotine gum, patches, inhalers and sprays. There are also non-nicotine medicines, like bupropion or varenicline, that might help.

3. Get support.

Tell everyone—your family, friends, coworkers—that you are quitting. Ask for their support. You will have a better chance of kicking the habit if you also get professional help:

- Work with a smoking-cessation counselor.
- Join an online stop-smoking program. Try the American

Lung Association's Freedom from Smoking Online (www.ffsonline.org) or the Quit With Us, LA program at www.quitnow.net/louisiana.

- Call the national tobacco quitline (**800-784-8669**). The quitline will link you to tobacco-cessation specialists in your state. You can also call the Louisiana Tobacco Quitline at **800-QUIT-NOW**.

The urge to smoke doesn't last long. Within minutes, it's gone whether you smoke or not. So do whatever you can, such as calling a friend, to distract yourself to get past the urge.

If you don't succeed the first time, try, try again. Most people try several times before they quit for good.

Asthma and Allergies:

Your Survival Guide

For people with asthma and allergies, summer is not always a fun time.

Asthma causes a person's airways to swell and tighten when exposed to a trigger. Triggers are things that irritate the airways, causing them to swell. But a change in seasons doesn't mean that you have to stay inside all the time.



Avoid These Common Triggers

Pollution

Sometimes it's easy to tell when the air is polluted, such as on a hazy or smoggy day. But some days it is not so easy to tell. To check the air quality before you plan any outside activities, you can:

- Look for reports about air quality in your area in local newspapers or on TV or radio stations.
- Visit the U.S. Environmental Protection Agency website www.airnow.gov. Enter your ZIP code at the top and click "Go." Look at the "Current Conditions" section. Check for colors that indicate good (green), moderate (yellow) or unhealthy (red) and any special health messages.

When managing asthma, it is most important that you keep rescue medication on hand, wherever you may be. Remember, if your child has asthma, AmeriHealth Caritas Louisiana will cover a second inhaler for school, a gym bag or camp use. Have your child's doctor write a prescription for 2 inhalers and your pharmacy will take care of the rest.

Take these steps toward relief.

1. Identify and avoid triggers.

Do you start coughing and wheezing at the first signs of spring? Many people have asthma symptoms with exercise. Cold, dry air is another common asthma trigger, but so is hot, humid air. Common triggers also include smoke, strong odors, perfume, animals and weather conditions. Talk with your doctor or an allergist to figure out what triggers your symptoms. Your doctor can work with you to create a plan that helps you avoid them.



2. Make a plan.

If you don't have an asthma action plan, the doctor will work with you to create one. This plan gives you directions on how to

handle changes in breathing. It will help you know exactly what to do, even in an emergency. He or she may also prescribe medicine to help control your symptoms.



3. Identify flare-ups/attacks.

Asthma flare-ups, or attacks, can occur without warning or build up over time. They should be treated at their earliest stages, so it's important to recognize early-warning signs. These signs include:

- Coughing, especially after being active, even though you don't have a cold.
- Inability to complete sentences without taking frequent breaths.
- Frequent throat clearing.
- Rapid or irregular breathing.

4. Manage the flare-ups/attacks.

Flare-ups, or attacks, may be life-threatening and demand immediate attention. Give yourself quick-relief medication, also known as a rescue inhaler. If that does not help immediately, go to the nearest emergency room.

If the rescue inhaler is needed more than a couple of times a week, talk with your doctor.



5. Get help if you need it.

The spring and summer months can be difficult for many people with asthma, but there's no need to suffer. If you are still having trouble with your asthma, even though you try to avoid triggers and you take medicine, talk with your doctor.

You can also get educational information from Asthma HELP. Asthma HELP is a free program for Medicaid members with asthma. The program offers telephone counseling and information for better asthma control and treatment. The program is staffed by pharmacists who are certified asthma educators.

Call the 24-hour Nurse Call Line toll-free at 1-888-632-0009.

Pollen

For many allergy sufferers, pollen and mold are the main problem. Here are some things you can do to help keep these tiny particles from irritating your asthma:

- Close your windows at night to keep pollen and mold from coming in.
- Machine-dry or hang your clothes or sheets inside; don't hang them outside to dry.

- Shower and change your clothes after spending time outside. This will help remove any pollen or mold that is on your clothing, hair or skin.
- Take your asthma or allergy medicine as directed. Find out from your doctor what you should do if your symptoms get worse or you feel like you are having an asthma attack.

Mental Health or Substance Use Treatment Services

Answers to getting the care you need

Since December 2015, AmeriHealth Caritas Louisiana, your Medicaid health plan under Healthy Louisiana, covers members with difficulties with mental illness, drug use or alcohol use (substance use/addictive disorders/drug and alcohol use disorders).

You can use your member ID card to access these benefits and all of your other covered benefits.

AmeriHealth Caritas Louisiana believes in taking care of the whole person. Mental health and substance use treatment services provide solutions for children, adults and families as part of our whole-person approach to wellness. Here are some questions and answers that may be helpful as you seek these services.

What are mental health and substance use treatment services?

These are services that help members with difficulties with mental illness, drug use or alcohol use (substance use/addictive disorders/drug and alcohol use disorders). For example, AmeriHealth Caritas Louisiana provides coverage for conditions such as:

- Depression, anxiety, stress and grief.
- Mood disorders.
- Drug and alcohol use challenges.
- Psychotic disorders.

You can also use these services to change behaviors to help manage chronic diseases, such as diabetes or a heart condition. These services can also be used to help you manage your weight or quit smoking for better health.

Am I eligible for mental health and substance use treatment benefits?

All AmeriHealth Caritas Louisiana members are eligible for these benefits. This coverage has been added to your current benefits. For more information, call Member Services 24 hours a day, 7 days a week, at **1-888-756-0004**.

Are both children and adults eligible for mental health and substance use treatment benefits?

Yes. Children and adults who are members of AmeriHealth Caritas Louisiana are eligible.

What is covered under the mental health and substance use treatment benefits?

To learn about these covered services, please visit **www.amerihealthcaritasla.com** or call Member Services at **1-888-756-0004**.

Are there any costs for these benefits?

No. There are no costs or copays for covered mental health and substance use treatment services. Copays may still apply for some medicines.

How do I find a mental health and substance use treatment provider?

If you think you need services, it's a good idea to tell your primary care provider (PCP) how you are feeling and ask about providers who can help.

You can also view a full list of providers in our network on the AmeriHealth Caritas Louisiana website at **www.amerihealthcaritasla.com**. Or you can call Member Services at **1-888-756-0004**. We are here to help 24 hours a day, 7 days a week.

Will I need a referral for a mental health and substance use treatment provider?

No. AmeriHealth Caritas Louisiana members do not need a referral to receive these services.

Should I use my ID card at my next visit?

Yes. Start using your member ID card as soon as you receive it.

Is my information kept private?

Yes. Mental health and substance use treatment providers are required to respect your privacy. They are required to keep all care and information private, in accordance with applicable privacy laws and regulations.



7 Myths About Alcoholism



Some made-up myths make for good bedtime reading.

But when it comes to alcohol use and abuse, mistaken beliefs can turn deadly. Here, find the truth behind 7 commonly believed falsehoods about beer, wine and liquor.

Myth 1. Alcohol doesn't cause as much harm as other drugs.

Drinking poses many health dangers. In the short term, alcohol use increases your risk for accidents, injuries and violence. Over time, drinking regularly increases your risk for liver damage, high blood pressure, irregular heartbeats, depression, anxiety, memory loss and even some cancers. For people with mood disorders, osteoporosis and diabetes, the risk is even greater.

Myth 2. Beer or wine is safer than liquor.

All alcoholic drinks have similar effects on your health. One serving of beer, wine or liquor causes the same effects. When you first drink them, you may feel relaxed, happy, or even upbeat or excited. But keep sipping and you'll experience the same signs of being drunk: slurred speech, loss of balance and lack of coordination, among others.

Myth 3. Caffeine will sober you up.

It is true that caffeine can make you feel less tired. But it doesn't make your body break down alcohol any faster. So caffeinated beverages do nothing to help with the impaired judgment or coordination that happens when you drink heavily. Walking it off or cold showers don't work, either.

Myth 4. If you can hold your liquor, you have a lower risk for alcohol problems.

Does it take you more drinks than your friends to feel drunk? If so, your risk for alcohol abuse and dependence is actually higher. Chances are, you may drink more, more often. This means your body has developed a tolerance to alcohol. Over time, you'll need even more drinks to get the same effect. Meanwhile, high alcohol levels damage your organs and tissues.

Myth 5. One drink equals whatever I pour in my glass.

The government defines moderate drinking as up to 1 drink per day for women, and 2 for men. But that's based on standard drink sizes: a 12-ounce beer, a 5-ounce glass of wine or a 1.5-ounce shot of hard liquor.

Many American glasses and mixed drinks hold far more than 1 serving. For instance, some cocktails count as 3 or more standard drinks.

Myth 6. It's safe to drive as long as you don't feel drunk.

You may not be slurring your speech or stumbling. But alcohol almost immediately impairs the coordination needed to drive safely. And don't think you're safe after you stop drinking. Alcohol from your stomach and intestines continues entering your bloodstream for hours. Play it safe at parties and other gatherings by designating ahead of time a driver who won't drink at all.

Myth 7. Kids can safely drink some alcohol.

If pregnant women use alcohol, it can cause harm to their unborn children. If teens drink alcohol, they have an increased risk of learning and behavior problems. That's because their brains and bodies are still developing through the teenage years. Plus, young people who begin drinking before age 15 are 4 times more likely to become dependent on alcohol at some point in their lives, according to the National Institute on Alcohol Abuse and Alcoholism.

Make the Most of Well-Child Visits

Summertime is not only a great time for family fun and outdoor activities, but also a great time to take advantage of what may be a more flexible schedule to take care of your child's health.

A doctor's office isn't just a place to go when your child is sick or hurt. It is a place to go when your child is feeling well. Regular checkups, also known as well visits, help make sure your child is healthy and growing like he or she should be. Your child may also get vaccines and screenings during these visits.

One way to help your child get the best care is to see the same doctor for each visit. This gives you and your child a chance to get to know him or her. It can help the doctor find any problems earlier because he or she will know what's normal for your child and what's not. Pediatricians are experts in kids' health. You're the expert on your child. Together you can help make sure your child is growing up healthy and strong.

Use this time to get your child a well visit if he or she is due for one!



Care Management for You

Do you or your child have a complex health problem or chronic condition? Do either of you need mental health or substance use help? Do you need assistance understanding your medicines or your child's medicines? Do you or your

child need extra support to stay healthy? If so, AmeriHealth Caritas Louisiana's Care Management team can help you.

As a member, you can self-refer to receive Care Management services. It's easy! You will be paired with a Care Manager.

Your Care Manager will:

- Be your one-on-one care coach.
- Help you understand your health condition and medicines.
- Help you get the services and information you need.
- Partner with you to help meet your health goals.

You can request to participate in our programs. Or your doctor may also ask us to enroll you in our programs.

Our programs cover:

- Asthma.
- Diabetes.
- Heart disease.
- Sickle cell anemia.
- Obesity.
- Hepatitis C.
- Human immunodeficiency virus (HIV).
- Severe mental illness for adults.
- Severe emotional disturbances in children.

But you can choose not to join. You can tell us on the phone or in writing. Your benefits will not change if you decide not to use our Care Management programs.

Want to be paired with a Care Manager? Call Member Services at **1-888-756-0004** (TTY 1-866-428-7588).





Help Teens Become Healthy Adults

Most teens in the United States are healthy, according to the Centers for Disease Control and Prevention. Many of them may believe they'll stay that way forever.

Yet most behaviors that determine our risk for heart disease, cancer and stroke begin in the teen years. Building healthy habits at this time can pay off years down the line.

Teens have a hard time planning for the future, though. While experts recommend an annual checkup for adolescents, more than half haven't had one. Even those who do see a doctor might not receive guidance on issues vital to teen health, such as eating right and avoiding drugs and alcohol.

That's where you, as a parent, come in. Your teen may act embarrassed to be anywhere near you. But adolescents say they want

their parents involved in their health and well-being.

Your words and actions can lay the foundation for a healthy future. Here's how:

- **Get your teen to seek care.** Help him or her make—and keep—appointments with a primary care provider.
- **Help navigate the system.** In a teen's eyes, getting health care is complicated. Steer your teen to the right resource at the right time. Sources of care include doctors, nurses, dentists and school psychologists.
- **Call the shots.** Teens and college students still need immunizations. Ask the doctor if your child should get vaccines for human papillomavirus (HPV), meningitis or other diseases.
- **Know the issues.** If your teen has a chronic condition, like asthma, learn all you can about

it. Brush up on the key health concerns for all teens, too. These include dental problems, weight issues, violence and sports injuries.

- **Keep communication open.** Let your teen know he or she can talk to you about anything. Share stories about your own fears and hopes during adolescence.
- **Model healthy habits.** Your teen learns by watching you. Make sure you're choosing nutritious foods, securing your seat belt and not smoking.
- **Protect privacy.** Teens need time alone to discuss sensitive issues with their doctors. You may feel strange about the doctor having more details than you do about some parts of your teen's life. But this information can help protect your child's health.

Pharmacy Information

Drug Formulary (List of Medicines)

The AmeriHealth Caritas Louisiana website has a list of medicines preferred by our plan. This is called the drug formulary. This list helps your health care provider prescribe medicines for you.

Visit www.amerihealthcaritasla.com/pharmacy and click on “Searchable formulary” under “Members” for the most up-to-date information. You can search for a medicine by name, type of medicine, or the first letter of the name. This online list is updated throughout the year.

Brand-name and generic medicines are on the drug formulary. AmeriHealth Caritas Louisiana requires that generic medicines be used, when available. If a certain medicine is not listed on the drug formulary, your doctor may ask for it through AmeriHealth Caritas Louisiana’s prior authorization (pre-approval) process.

For the drug formulary, go to our website: www.amerihealthcaritasla.com/pharmacy.

Formulary Updates

Some medicines have recently been added to, or removed from, our drug formulary. Please visit our website for a complete list of changes, but some medicines added to the list include:

- Arnuity Ellipta inhaler.
- Asmanex HFA inhaler.
- Invega Trinza injection.
- Linzess capsules.
- Zaxio injection.

Some medicines removed from the list include:

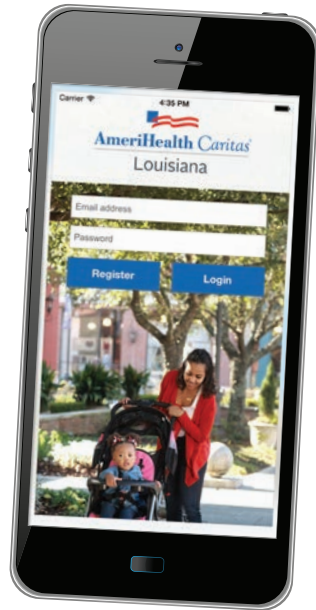
- Apriso capsules.
- Ofloxacin tablets.

If you do not have access to the Internet and want a full copy of the drug formulary or a complete list of changes, call Pharmacy Member Services at 1 866-452 1040. Pharmacy Member Services can also help you if you have any questions or if you would like to request that a medicine be added to the formulary.

Get Our Mobile App!

The AmeriHealth Caritas Louisiana mobile app, version 2.0, is available for download at the App Store and Google Play. New features available in version 2.0 include:

- Contact Us: Send your questions to the Contact Center.
- My Doctors: Shows additional providers and contact information of your care team.
- Resources: Provides a list of helpful links for our members.
- This mobile app is all about you! We want to make this app easy and available to you any time you need it.



Making Decisions about Your Care

At AmeriHealth Caritas Louisiana, we work with you and your primary care provider (PCP) to make decisions about medically necessary care and services.

AmeriHealth Caritas Louisiana does not reward health care providers for denying, limiting or delaying benefits or health care services. We also do not give incentives to our staff making decisions about medically necessary services or benefits that result in more or less health care coverage and services.

Please call Member Services toll-free at 1 888 756-0004 to find out if AmeriHealth Caritas Louisiana covers specific services and benefits.

Interested in Joining Our Member Advisory Council?

Join the AmeriHealth Caritas Louisiana Member Advisory Council. We welcome AmeriHealth Caritas Louisiana members, representatives from community and grassroots organizations, counselors, educators and anyone interested in learning more about the services we offer.

We want to hear from *you*. Your feedback is our best source for ideas on how to improve our programs and services.

Also, our dedicated professionals share our successes from the past year, plus they provide information on ways we plan to better serve new and longtime members.

If you are interested in attending a meeting or becoming a member of AmeriHealth Caritas Louisiana's Member Advisory Council, please call 1 888 756-0004 or email MAC@amerihealthcaritasla.com.



A Focus on Quality

Did you know that AmeriHealth Caritas Louisiana has a **Quality Improvement (QI) Program**? This program helps make sure we have quality services for our members. Each year, the QI team evaluates our programs and pinpoints ways the plan can improve. We closely monitor the QI Program to make sure it is working to improve services. Please visit our website at www.amerihealthcaritasla.com or call Member Services at **1-888-756-0004** if you would like more information about this program and what we are doing.

Evacuation 101: How to Prepare to Leave Your Home

Last year, millions of Americans were forced to leave their homes due to hurricanes, tornadoes, mudslides, grass and forest fires, and floods.

Taking the steps below can help you protect your family and home if you have to leave because of a natural or manmade disaster.

Make a plan.

Make a plan for what you will do in an emergency. Think about the places your family spends time, such as school and work. Learn what sort of emergency plans are in place for your workplace. If you have children, find out how the school will communicate with you during an emergency.

Be prepared.

Your family may not be together when disaster strikes. Plan how you will contact one another and review what you will do in different situations.

For example, sometimes during an emergency, it is difficult for calls to get through to friends and family, even if they are in the same town. But people who are out of town may have an easier time contacting separated family members.

Once you decide on an out-of-town contact, be sure every



member of your family knows the phone number and has a cellphone or a prepaid phone card to call the person.

Choose a location.

Whether you decide to leave on your own or you are ordered to leave, plan how you will bring together your family and think about where you will go. Choose several locations in different directions so that you have options in an emergency.

Ahead of time:

- Plan places where your family will meet. Choose places both within and outside your immediate neighborhood.
- If you have a car, keep a half tank of gas in it at all times in case you need to evacuate. If you don't have a car, plan how you will leave.
- Become familiar with alternate routes and other means of transportation out of your area.

When it's time to go:

- Take an emergency supply kit. Your kit should contain water, food, and medical and safety supplies (including any medicines you and your family may need), and personal effects, such as matches, candles, flashlights, clothing and bedding.
- Take your pets and pet food, but understand that only service animals may be permitted in public shelters.
- Call or email your out-of-town contact and tell the person where you are going.
- Shut off water, gas and electricity. Just remember that if you turn off the gas, you will have to have a professional turn it back on later. Don't try to do this yourself.
- Leave a note telling where you are going and how you can be contacted.
- Check with neighbors, who may need help or a ride.
- Lock your house.

When disaster strikes, having a plan, being prepared, and using common sense and good judgment can help you and your loved ones survive and help put your lives back together.

For more information, visit www.ready.gov.

7 Steps to Better Blood Pressure Control



For people with uncontrolled high blood pressure, the artery walls are constantly being damaged by the force of the blood rushing through them. Over time, the damage increases the risk for heart attack, heart failure, stroke and kidney disease.

If you have high blood pressure, don't ignore it. Take charge of your blood pressure with these 7 key steps.

1 Stay on your medications. Taking your blood pressure medication every day is important. If you're experiencing side effects, don't stop taking your medication.

Instead, talk with your health care provider. A different medication or dose may be needed.

2 Limit sodium (salt). Sodium raises blood pressure in many people, so go easy on salt and check food labels. A low-sodium food is one with 140 mg of sodium or less. Try to have less than 1,500 mg a day.

3 Set a cap on alcohol. It raises blood pressure and adds calories most people don't need. The golden rule: no more than 1 drink a day for women and 2 for men.

4 Eat plenty of fruits, vegetables, and low-fat and fat-free dairy products. They contain potassium, calcium, magnesium and protein—all that promote healthy blood pressure.

5 Get physical. Your goal should be 40 minutes of moderate-to-vigorous activity 3 or 4 times a week, the American Heart Association says. But don't give up if that's more than you can handle: Any amount of exercise is helpful. Start with a 10-minute daily walk and increase your daily routine gradually. Be sure to talk with your health care provider before starting or changing an exercise routine.

6 Quit smoking. The nicotine in tobacco narrows blood vessels and increases your heart rate—which increases blood pressure. Quitting isn't easy, but it will make a big difference in your blood pressure.

7 Manage your weight. Carrying extra pounds makes your heart work harder and raises blood pressure. Losing just a few pounds can make a difference. Get there by eating smaller portions and burning more calories through activity.

The lifestyle choices you make every day impact your blood pressure and your health. Even if you can't do all 7 steps every day, do as much as you can. Every little bit helps to lighten the load.



Crunchy Chicken Salad

2 cups cooked chicken pieces
½ cup chopped celery
¼ cup chopped green pepper
¼ onion, chopped
½ cucumber, peeled and chopped
1 small apple (leave the peel on), diced
½ cup grape halves
¼ cup yogurt, plain

Directions

Use leftover cooked chicken or cook enough chicken to make 2 cups of chicken pieces. Put all the ingredients in a large bowl. Stir together.

Note: Serve on lettuce, crackers or bread.

Yield: 5 servings
Serving size: ¾ cup

Each serving provides:

Calories: 140
Total fat: 4.5 g
Sodium: 65 mg
Total carbohydrate: 9 g
Dietary fiber: 1 g
Protein: 17 g



Cut Calories from Cookout Cuisine

Here's a plan to offer healthier choices for your next barbecue that won't weigh you or your partygoers down.

Give your barbecue a meat makeover.

Go lean with protein. Grilling is already a low-fat way to cook. To make the most of it:

- Use 95 percent lean hamburger meat—and limit patties to ¼ pound or less.
- Try low-fat turkey burgers.
- Barbecue skinless chicken.
- Choose lean cuts of beef or pork, trim fat, and serve 3- to 6-ounce portions.
- Offer veggie burgers made from beans and grains or textured soy. They go great on the grill and are low in fat. Another great burger substitute? Portobello mushrooms.

Trim meat with lower-calorie toppers.

Pickles, lettuce, tomato, onion, ketchup and mustard are a good way to go, but hold the mayo unless it's low-fat or nonfat. Skip the cheese unless it's low-fat or nonfat, too. You can also offer whole-grain buns instead of white.

Offer skinny sides.

Potato or macaroni salad and coleslaw can be fat laden. Instead of preparing potato and macaroni salad with mayonnaise, dress them with a low-fat vinaigrette. If you're making coleslaw, try reduced-calorie mayo instead. Other diet-friendly choices include:

- Raw vegetables with low-fat dip, such as hummus or yogurt.
- Baked whole-grain tortilla chips and salsa.
- Baked beans.
- Grilled veggies.

Downsize those drinks.

High-calorie drinks, such as soda, can tack on sugar and calories in a hurry. Instead, offer unsweetened tea, calorie-free diet drinks or carbonated water with slices of lemon or a splash of fruit juice.

Finish with fruit.

Grill kebabs made with bite-sized fruit. Or throw seasonal fruits together for a colorful fruit salad that's healthy, too.

Bike Helmet Laws Protect Kids

Bikes give kids fun, freedom and much-needed physical activity. But before you let your child explore the world on 2 wheels, make sure his or her head is protected. It makes a difference. A new study published in the *Journal of Pediatrics* shows children who live in states with helmet laws are less likely to die in bike accidents.

How helmets work to save your child's head

When your child falls or strikes a vehicle, the helmet cushions the blow. Thick plastic foam inside the helmet absorbs much of the force that otherwise might strike the skull. Past research shows that cyclists who wear a helmet reduce their risk of head injury by an estimated 60% and brain injury by 58%, according to the National Safety Council.

Smart strategies encourage helmet use

Regardless of the laws in your area, no cyclist—adult or child—should pedal away without a helmet. These tips can encourage your child to wear a helmet faithfully:

- Start the habit early. Children should wear helmets when riding tricycles or as passengers on an adult's bike.

Bike Laws in Louisiana

Louisiana bike laws require that any child younger than age 12 who is riding a bike or riding as a passenger on a bike wear a helmet. The helmet must be a good fit, and it must be secured on the child's head using the straps of the helmet.

The laws also provide direction for proper hand signals, traffic laws, riding on roads and bike paths and more. Visit www.brgov.com/dept/planning/bike/lalaw.htm for more information.

- Ask young riders to help choose a helmet they like and that feels comfortable. Just make sure it has passed inspection by the Consumer Product Safety Commission (CPSC; check the inside of the helmet for the CPSC label).
- Stay consistent. Never let kids ride even a short distance without a helmet. Many accidents happen close to home.
- Set a good example. Wear a helmet yourself. You'll stay safer, too.

Watch a video on how to properly fit a helmet from the National Highway Traffic Safety Administration at www.nhtsa.dot.gov/bicycles.

Biking Do's and Don'ts

Bicycling is a great way for children to stay active. To keep their cycling safe, review these important do's and don'ts:

- **Do** make sure children wear helmets designed for bicycle use every time they ride, even on short rides around the neighborhood. If you ride, wear a helmet, too—to protect yourself and set an example.
- **Don't** let any rider wear a helmet that fits poorly.
- **Do** dress cyclists in bright, fluorescent-colored or reflective clothing so that drivers can easily see them.
- **Don't** buy a bike for your child to “grow into.” Your child should be able to sit on the seat and place both hands on the handlebars. The balls of his or her feet should touch the ground.
- **Do** teach your child to avoid bicycling at night.
- **Don't** ride against traffic or let kids

do so. This can confuse or surprise drivers. Teach children to always ride with the flow of traffic, as far to the right as possible.

- **Do** explain the proper hand signals and make sure children use them.
- **Don't** ride into a street or through an intersection without stopping and checking for traffic. Remember to look both ways—look left, right, left—to check for oncoming traffic.
- **Do** make sure cyclists check bike brakes and tires before riding.
- **Don't** let children ride without supervision until they've shown they can always follow the rules.



Low-Cost Summer Fun

You don't need to spend a lot of money to enjoy the warm weather. In fact, many great summer memories will cost you little or nothing at all.

Vacation around town

Free or low-cost summer activities are waiting right around the corner. Here are some ideas to help you enjoy your community without spending a lot of money:

- Check your newspaper for free events. Lots of cities offer street fairs, outdoor concerts, movies and plays.
- Visit your local farmers' market. It's a great place to try new fruits and veggies. Ask the vendors whether they have free samples. Try something new each time you visit.

- Pop in to neighborhood shops. Art galleries are often open to the public, and craft stores may offer fun classes. Try something new and creative with your friends or family.
- Volunteer at a local museum. You may get free training in history, science or art. Then you can share what you've learned with others.
- Take a walking tour of city landmarks. Try to see familiar sights through fresh eyes. Bring along a journal or sketchbook to take notes about your trip.
- Sign up for a class. Classes at your library or community center are often free or low-cost.
- Visit a rec center. Take advantage of the swimming

pool, bike path, or basketball or tennis courts. Ask a friend to join you. Go a few times a week to keep healthy.

- Hike to the nearest park with a book, puzzles or games. Ask your friends to join you each week to play cards or a board game.

Summer is a great time to make doctor's appointments. Are you up-to-date on health screenings that you need, like dental and vision exams? Don't put off these important tests. Screenings are 1 of the best ways to find diseases early, when they're most treatable. Ask your doctor whether you're due for any screenings. Make sure you schedule your annual checkups.



BEAT THE SUMMER HEAT

Don't let the heat get the best of you this summer. To stay safe, chill out with the following tips:



STAY IN THE SHADE

When outdoors, keep away from direct sunlight. Sit under an umbrella or trees.



PROTECT YOUR EYES

If you need to squint when you're outside, wear a hat and sunglasses. These help your eyes and look cool, too!



DRINK WATER

Drink lots of water before and after you work out or play. Water will keep you hydrated on hot days.



STAY INDOORS

The hottest part of the day is between 10 a.m. and 4 p.m. This is a good time to go to the library or rec center!



PROTECT YOUR SKIN

Use a sunscreen of at least SPF 15, even if you don't think you need it. Choose 1 that protects against 2 types of UV rays—UVA and UVB. Put it on 15 to 30 minutes before you go outside. Don't forget your lips. Use a lip balm with SPF 15 or higher.



DRESS COOL

Wear lightweight clothing to avoid overheating.



Swimming Smarts

Fill in each blank below with the correct word from this list:

Bottom	Lifeguards
Diving	Friends
Partner	

Now that the weather is warm, you are ready to make a big splash at the pool! Before you jump in, think about these simple rules to stay safe while having fun:

1. Always swim with a _____. Do this even if you know how to swim really well. Besides, it is more fun to swim with friends!
2. Know your limits. Do not go in water that is so deep you cannot touch the _____.
3. Keep an eye on _____ who are not as good at swimming as you are.
4. Only swim in safe areas that have _____ on duty.
5. Be careful about _____. Only dive in areas known to be safe. If you are not sure if it is safe to dive, don't dive.

*Answers: 1. Partner
2. Bottom 3. Friends
4. Lifeguards 5. Diving*

10606M

We provide Language Assistance Services at no cost to you!

- It is your right to receive telephonic interpretation, for free, when you go to your doctor's appointments. If your doctor will not use an interpretation line, or is asking you to bring your own interpreter, you can:
 - Tell them your health insurance has free telephonic interpretation if they call Member Services.
 - Call Member Services to ask for assistance.
 - Call Member Services to see if there is a doctor in your area that speaks your language.
- Do you read better in another language? We can send you any of our materials in a different language. Just ask us.
- Let us know if you need an American Sign Language interpreter for your next doctor's appointment.

Call Member Services if you need help, or have any questions about these services: **1-888-756-0004**.

¡Proporcionamos servicios de asistencia de idioma sin cargo para usted!

- Usted tiene derecho a recibir interpretación telefónica, de forma gratuita, cuando va a las citas con su médico. Si su médico no utiliza la línea de interpretación o le pide que traiga su propio intérprete, usted puede:
 - Decirle que su seguro médico tiene interpretación telefónica gratuita si llama a Servicios al Miembro.
 - Llamar a Servicios al Miembro para pedir ayuda.
 - Llamar a Servicios al Miembro para ver si hay un médico en su área que hable su idioma.
- ¿Usted lee mejor en otro idioma? Podemos enviarle cualquiera de nuestros materiales en un idioma diferente. No dude en preguntarnos.

Llame a Servicios al Miembro si necesita ayuda o tiene alguna pregunta acerca de estos servicios: **1-888-756-0004**.

Chúng tôi cung cấp Dịch vụ Hỗ trợ Ngôn ngữ miễn phí cho quý vị!

- Quý vị có quyền nhận được dịch vụ phiên dịch qua điện thoại miễn phí khi thực hiện các cuộc hẹn gặp với bác sĩ. Nếu bác sĩ không sử dụng cùng ngôn ngữ với quý vị, hoặc yêu cầu quý vị đưa theo phiên dịch viên của riêng quý vị, thì quý vị có thể:
 - Nói với họ rằng bảo hiểm y tế của quý vị bao gồm dịch vụ phiên dịch qua điện thoại miễn phí nếu họ gọi đến bộ phận Dịch vụ Thành viên.
 - Gọi đến bộ phận Dịch vụ Thành viên để yêu cầu hỗ trợ.
 - Gọi đến bộ phận Dịch vụ Thành viên để xem liệu có bác sĩ trong khu vực nói cùng ngôn ngữ với quý vị không.
- Quý vị có thể đọc ngôn ngữ khác tốt hơn không? Chúng tôi có thể gửi cho quý vị bất kỳ tài liệu nào của chúng tôi bằng ngôn ngữ khác. Hãy yêu cầu đi kèm đó.

Hãy gọi đến bộ phận Dịch vụ Thành viên nếu quý vị cần trợ giúp, hoặc có bất kỳ thắc mắc nào liên quan đến những dịch vụ này theo số: **1-888-756-0004**.