



Get Care, Stay Well

SUMMER 2020

Find cool ways to break a sweat this summer

There's nothing like the warmth of the summer sun! Now is the perfect time of year to get outside.

Physical activity is safe for most older adults. But it is a good idea to talk with your health care provider first if:

- You have not exercised in a while.
- You have a medical condition.
- You recently had surgery.

Older adults should get 150 minutes of moderate-intensity physical activity, such as brisk walking, every week. Break down the 150 minutes into as many smaller sessions as you like. You should also do exercises to strengthen your muscles two or more days per week.

There are many ways to be active outdoors. Here are some fun ones you may enjoy:

- Hiking.
- Walking the dog.
- Bicycling.
- Tennis.
- Golf.
- Softball.
- Swimming.
- Fishing.
- Gardening or yard work.

Coronavirus: Stay up-to-date

Visit www.amerihealthcaritasde.com/covid-19 for the latest information about coronavirus (COVID-19). You can also go to the website for the Centers for Disease Control and Prevention at www.cdc.gov/coronavirus/2019-ncov.

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Shopping tips for eating healthy on a budget

- 1. Make a grocery list.** Write down ingredients and how much you need.
- 2. Buy whole fruits and vegetables.** Precut produce costs more.
- 3. Think leftovers.** Buy enough ingredients to make a meal last several days.
- 4. Find new protein sources.** Try a whole chicken or canned seafood. Consider beans, lentils, and eggs.
- 5. Skip premade meals.** Packaged foods cost more and often have lots of hidden salt, fat, and sugar.
- 6. Get the store brand.** Save money by avoiding name brands.
- 7. Say no to the soda aisle.** Cut calories and costs by drinking water instead.
- 8. Stick to your list.** You spent time planning your list. Do not stray from it!



Your preteen or teen still needs vaccines

All preteens and teens should get a seasonal flu vaccine. This is according to the Centers for Disease Control and Prevention (CDC). For a shot against big diseases, they also need these three vaccines.

1. Meningococcal vaccine

Protects against: meningococcal disease. This is a serious illness that can lead to meningitis and blood infections.

Who needs it: All 11- to 12-year-olds should get a meningitis shot known as MenACWY. It protects against the four types of bacteria that cause most meningococcal disease. If your teen is age 13, 14, or 15 and has not received this vaccine, it is not too late. At age 16, all teens need a booster MenACWY.

2. HPV

Protects against: human papillomavirus (HPV). Every year, 14 million people, including preteens and teens, are infected with HPV. HPV can lead to cancer.

Who needs it: All 11- to 12-year-olds need two HPV vaccine doses at least five months apart. Teens who do not get their first shot until age 15 need three HPV doses.

3. Tdap

Protects against: tetanus, diphtheria, and whooping cough (pertussis).

Who needs it: Between ages 11 and 12, preteens need one Tdap dose. After that, they will need a Td or Tdap booster shot every 10 years.

6 screenings to help men prevent disease

Men, here are six screenings that can help you stay healthy:

- 1 Blood pressure.** Men ages 40 and older should get their blood pressure checked every year.
- 2 Cholesterol.** High cholesterol puts you at risk for heart disease and stroke. Get your levels tested every four to six years.
- 3 Blood glucose.** Your provider may have you take a blood test to see if you have prediabetes or Type 2 diabetes. Screening is advised for adults ages 40 to 70 who are overweight or obese.
- 4 Colonoscopy.** There are several options for colorectal cancer screening. Some experts say to begin screening at age 45, but some say age 50. Talk with your provider to find the age and test that are best for you.
- 5 Prostate cancer.** Starting at age 50 or 55, talk with your provider about the pros and cons of a prostate-specific antigen test.
- 6 Lung cancer.** If you are 55 to 80 years old and smoke, or have quit within the past 15 years, talk with your provider. Ask if you are a candidate for screening.



Taking care of depression after a hospital stay

After a hospital stay for depression, it is key to keep up your treatment. Once you are home, visits with your mental health care team help keep your recovery going strong. The first visit should be within seven days.

As part of your care plan, you may take an antidepressant, go to therapy, or both. Your provider or therapist may also advise healthy lifestyle changes. These might include a steady schedule for sleep, meals, and exercise. Also, you might want to join a support group for people with depression.

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Women's health corner

Have you been screened for cervical cancer?

As a woman, it is key to stay on top of your health. This includes guarding against cervical cancer.

Cancer of the cervix was once one of the most common causes of cancer-related death for U.S. women¹. But good testing has dramatically changed that.

What tests are used?

Two main tests are used to screen for cervical cancer. Both are done in a health care provider's office or clinic:

1. The **Pap test** can find early changes in cells that can lead to cervical cancer. A sample of cells is taken from the cervix for testing.
2. The **HPV test** looks for strains of human papillomavirus (HPV) that have been linked to cervical cancer. It is done by testing a sample of cells from the cervix.

What do the guidelines say?

Screening guidelines can vary depending on a woman's health, risk factors, and medical history. In general, the American Cancer Society says that women at average risk should follow these guidelines:

- Women should begin cervical cancer screening at age 21. From ages 21 to 29, women should have a Pap test every three years.

- Beginning at age 30, women should have an HPV test every five years at the same time as a Pap test. This is true even if the woman has been vaccinated against the HPV virus.
- Women older than age 65 who have had normal test results for the past 10 years and are not at high risk for cervical cancer should stop screening.

Women at higher risk for cervical cancer may need to be tested earlier and more often. Ask your provider when and how you should be screened.



¹American Cancer Society

Screening rewards



Is all your care up-to-date? Here is one more reason to get the care you need. You could get a \$15 reward from AmeriHealth Caritas Delaware for getting a cervical cancer screening (ages 21 – 64). If you have any questions, please call our Rapid Response and Outreach Team at **1-844-623-7090**.

Mission GED®

AmeriHealth Caritas Delaware has a great program just for our members called Mission GED. This is a special program that can help you earn your GED.

Mission GED offers help with:

- **Testing expenses.** We will provide you with testing vouchers to cover the cost of your pre-GED test and GED test.
- **Coaching.** A program coach will work with you every step of the way.

Research shows that furthering your education by getting your GED can help you¹:

- Find a better job.
- Earn more money.
- Improve your health.

If you would like to get your GED, please visit www.amerihhealthcaritasde.com/ged or call the Rapid Response and Outreach Team at 1-844-623-7090.

¹Agency for Healthcare Research and Quality



HEALTH PLAN SERVICES TO REMEMBER

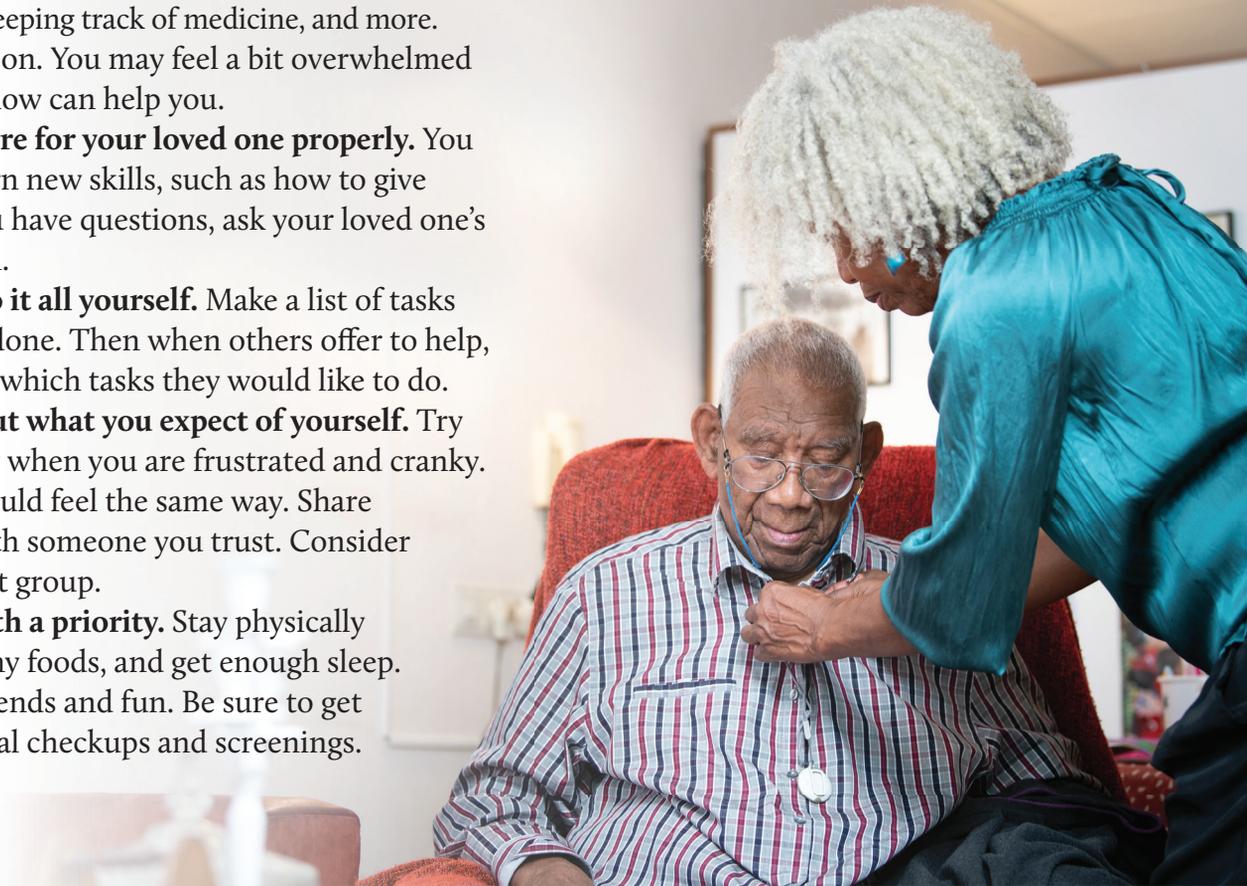
- **Ride services.** To schedule a ride for non-emergency appointments, call the reservation line at **1-866-412-3778**. This service is not a covered benefit for Delaware Healthy Children Program (DHCP) members.
- **Dental care.** To find a dentist or make an appointment, call Member Services for Diamond State Health Plan at **1-844-211-0966 (TTY 1-855-349-6281)** or for Diamond State Health Plan-Plus at **1-855-777-6617 (TTY 1-855-362-5769)**.
- **24/7 Nurse Call Line.** Call us at **1-844-897-5021**.
- **AmeriHealth Caritas Mobile app.** Go to the Google Play™ store or Apple App Store® and type in “AmeriHealth Caritas.”
- **Interpretation and translation.** To request these free language services, you can contact Member Services 24/7.
- **Behavioral health services.** Call Member Services for more information.
- **Community Wellness Center.** Visit our center at 1142 Pulaski Highway, Bear, Delaware 19701. We are open Monday through Friday, from 9 a.m. to 5:30 p.m. Hours may be extended for some scheduled events.
- **Bright Start PlusSM app.** Download the app today at no cost to you! Keep information at your fingertips by tracking health data for yourself and your entire family.
- **Text reminders.** You may get texts from AmeriHealth Caritas Delaware to give you key reminders about health screenings.

4 tips for new caregivers

Being a caregiver often means making big changes in your own life. You might be helping an ailing loved one with cooking, cleaning, keeping track of medicine, and more.

It is a lot to take on. You may feel a bit overwhelmed at first. The tips below can help you.

- 1. Learn how to care for your loved one properly.** You may need to learn new skills, such as how to give injections. If you have questions, ask your loved one's health care team.
- 2. Do not try to do it all yourself.** Make a list of tasks that need to be done. Then when others offer to help, let them choose which tasks they would like to do.
- 3. Be realistic about what you expect of yourself.** Try not to feel guilty when you are frustrated and cranky. Many people would feel the same way. Share your feelings with someone you trust. Consider joining a support group.
- 4. Make your health a priority.** Stay physically active, eat healthy foods, and get enough sleep. Find time for friends and fun. Be sure to get your own medical checkups and screenings.



GRILLED FRUIT WITH YOGURT DIP

Ingredients

- 1 pound fresh or frozen pineapple, cut into bite-sized pieces, about ½ inch thick
- 1 pound fresh or frozen peaches, cut into bite-sized pieces, about ½ inch thick
- ½ cup nonfat, unsweetened Greek yogurt
- 1 tablespoon orange juice concentrate
- ½ teaspoon vanilla extract

Directions

1. Spear pieces of fruit onto four wooden skewers. Preheat grill to high.
2. Grill fruit for about four to five minutes per side, until char marks readily appear and fruit is juicy.
3. To make dip, whisk together yogurt, juice concentrate, and vanilla.



Nutrition information

Serves four; serving size is 1 cup fruit and 2 tablespoons dip. Each serving provides: 120 calories, 0 g total fat (0 g sat fat, 0 g trans fat), 0 mg cholesterol, 25 mg sodium, 30 g carbohydrate, 4 g fiber, 24 g sugar, and 3 g protein.

Discrimination is against the law

AmeriHealth Caritas Delaware complies with applicable federal civil rights laws and does not discriminate on the basis of race; ethnicity; color; sex; religion; national origin; creed; marital status; age; Vietnam era or disabled veteran status; income level; gender identity; the presence of any sensory, mental, or physical handicap; or any other status protected by federal or state law. AmeriHealth Caritas Delaware does not exclude people or treat them differently because of race; ethnicity; color; sex; religion; national origin; creed; marital status; age; Vietnam era or disabled veteran status; income level; gender identity; the presence of any sensory, mental, or physical handicap; or any other status protected by federal or state law.

AmeriHealth Caritas Delaware provides free aids and services to people with disabilities, such as qualified sign language interpreters and written information in other formats (large print, Braille, audio, accessible electronic formats, other formats). We provide free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages.

If you need these services, contact AmeriHealth Caritas Delaware Member Services:

- DSHP: **1-844-211-0966 (TTY 1-855-349-6281)**
- DSHP-Plus: **1-855-777-6617 (TTY 1-855-362-5769)**

If you believe that AmeriHealth Caritas Delaware has failed to provide these services or discriminated in another way on the basis of race; ethnicity; color; sex; religion; national origin; creed; marital status; age; Vietnam era or disabled veteran status; income level; gender identity; the presence of any sensory, mental, or physical handicap; or any other status protected by federal or state law, you can file a grievance with:

- AmeriHealth Caritas Delaware Grievances
P.O. Box 80102, London, KY 40742
- You can also file a grievance by calling AmeriHealth Caritas Delaware Member Services:
 - DSHP: **1-844-211-0966 (TTY 1-855-349-6281)**
 - DSHP-Plus: **1-855-777-6617 (TTY 1-855-362-5769)**

If you need help filing a grievance, AmeriHealth Caritas Delaware 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 <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 (TDD 1-800-537-7697)

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

ATTENTION: If you speak English, language assistance services, at no cost, are available to you. Call the Member Services number on the back of your ID card (**TTY: 711**).

Spanish: ATENCIÓN: Si no habla inglés, los servicios de asistencia lingüística están disponibles para usted de forma gratuita. Llame a Servicios al Miembro al número que aparece al reverso de su tarjeta de identificación (**TTY 711**).

Simplified Chinese: 注意: 如果您不会说英语, 也可以免费获得语言援助服务。请拨打您的会员卡背面的会员服务部电话 (**TTY: 711**)。

Haitian Creole: ATANSYON: Si w pa pale anglè, ou ka resevwa sèvis ki gratis pou ede w nan lang pa w. Rele ekip Sèvis pou manm yo nan nimewo ki nan do kat idantifikasyon w lan (**711 pou moun kip a tande byen yo**).

Gujarati: કૃપા કરી ધ્યાન આપશો: જો તમે અંગ્રેજી ના બોલતા હો, તો તમને ભાષા સહાયતા સેવાઓ, કોઈ ખર્ચ કર્યા વગર ઉપલબ્ધ છે. તમારા ઓળખપત્રની (આઈડી કાર્ડની) પાછળ આપેલા મેમ્બર સર્વિસીસ નંબર પર ફોન કરો (**TTY: 711**).

French: ATTENTION : Si vous ne parlez pas anglais, des services d'aide linguistique sont mis à votre disposition gratuitement. Appelez l'équipe Services aux membres au numéro indiqué au verso de votre carte d'identification (**711 pour les malentendants**).

Korean: 참고: 영어를 구사하지 못하시는 경우, 무료로 언어 지원 서비스를 제공받을 수 있습니다. ID 카드 뒷면에 기재되어 있는 회원 서비스 전화번호로 연락주시기 바랍니다(**TTY: 711**).

Italian: ATTENZIONE: Se non si parla la lingua inglese, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare Member Services al numero riportato sul retro della tessera di identificazione (**TTY: 711**).

Vietnamese: LƯU Ý: Nếu quý vị không nói được tiếng Anh, thì có sẵn các dịch vụ hỗ trợ ngôn ngữ miễn phí cho quý vị. Hãy gọi đến số điện thoại của Ban Dịch Vụ Hội Viên ở mặt sau thẻ ID của quý vị (**TTY: 711**).

German: ACHTUNG: Falls Sie kein Englisch sprechen, steht Ihnen ein kostenloser Sprachhilfsdienst zur Verfügung. Kontaktieren Sie den Mitgliederservice unter der Nummer auf der Rückseite Ihrer ID-Karte (**TTY: 711**).

Tagalog: PAUNAWA: Kung hindi ka nagsasalita ng Ingles, may makukuha kang mga libreng serbisyo ng tulong sa wika. Tawagan ang numero ng Mga Serbisyo sa Miyembro na nasa likod ng iyong ID card (**TTY: 711**).

Hindi: कृपया ध्यान दें: यदि आप अंग्रेजी नहीं बोलते हैं तो आपके लिए भाषा सहायता सेवा निशुल्क उपलब्ध है। अपने पहचान-पत्र के पीछे दिए गए मंबर सर्विस नंबर पर कॉल करें (**TTY: 711**)।

Urdu:

دھیان دیں: اگر آپ انگریزی نہیں بولتے/بولتی ہیں تو، آپ کے لیے زبان سے متعلق اعانت کی خدمات، مفت دستیاب ہیں۔ اپنے آئی ڈی کارڈ کے پیچھے درج ممبر سروسز کے نمبر پر ہمیں کال کریں (**ٹی ٹی وائی: 711**)۔

Arabic:

تنويه: إذا كنت لا تتحدث اللغة الإنجليزية فستتوفر لك خدمات مساعدة لغوية مجاناً. اتصل برقم خدمات الأعضاء المدون خلف بطاقة عضويتك (**الهاتف النصي: 711**).

Telugu: గమనిక: ఒకవేళ మీరు ఇంగ్లీషు మాట్లాడలేనట్లైతే, ఖర్చు లేకుండా భాషా సహాయ సేవలు మీకు లభిస్తాయి. మీ గుర్తింపు కార్డు యొక్క వెనుక వైపు ఉన్న సభ్యుల సేవా సంఖ్యకు కాల్ చేయండి (**టిటివై: 711**).

Dutch: LET OP: Als u geen Engels spreekt, kunt u kosteloos gebruik maken van taalhulpdiensten. Bel het nummer voor Ledenservice (Member Services) op de achterkant van uw ID-kaart (**TTY: 711**).