

Dear member, We're one of your biggest fans.
Together we'll help you get more out of life.

Coordinated Care



Fan Mail

Coordinated Care



ALIGNING YOUR MIND, BODY & SPIRIT
Member Newsletter

CoordinatedCareHealth.com

1-877-644-4613 TDD/TTY 1-866-862-9380



MORE Healthy Lifestyle Choices

You have the power to feel better and reduce your risk for cancer and illness at the same time by making healthy choices. We can each make good choices to:

- Stay away from tobacco
- Get to and stay at a healthy weight
- Get moving
- Eat healthy
- Limit how much alcohol you drink

It's also important to follow recommendations for cancer screening tests. Screening tests are used to find cancer in people who have no symptoms. This gives you the best chance of finding cancer as early as possible – while it's small and before it has spread.

Source: American Cancer Society

Find out which healthy lifestyle choices can help lower your cancer risk, and cancer screening test recommendations by age and gender [online](#).


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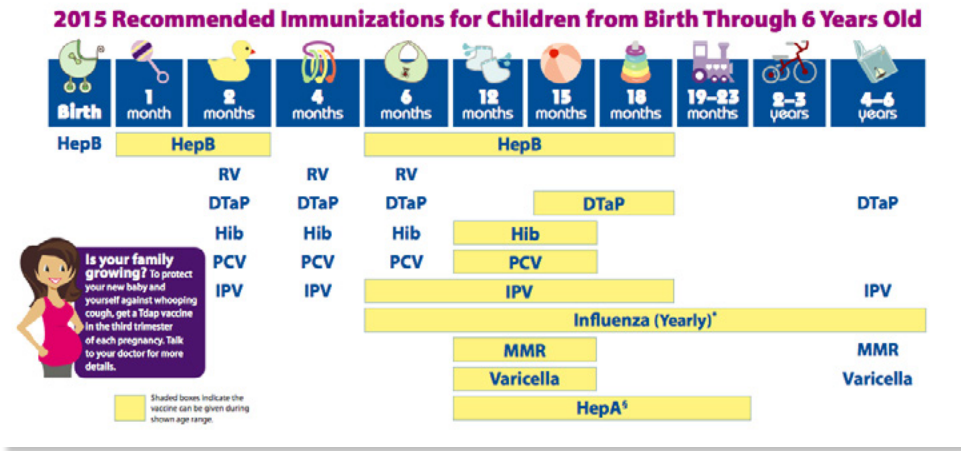
MORE About Immunizations

Summer is a great time to make sure kids have the immunizations they need, before they head back to school. Some diseases like polio are almost gone in the U.S. because of childhood vaccinations. The charts to the right list recommended immunizations for children ages birth to 18.

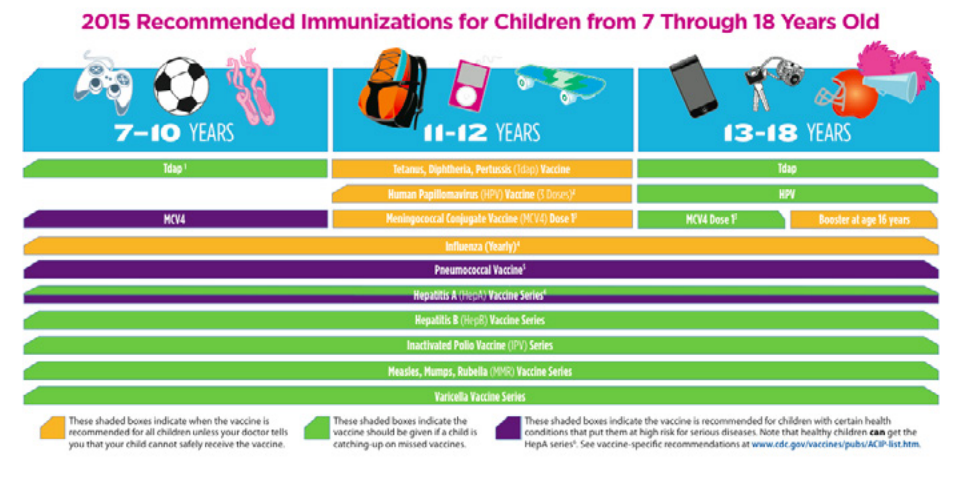
Adults need immunizations too! Cold and flu season is just around the corner. One of the best ways to stop sickness from spreading is by getting vaccinated. Check out the chart below with recommendations for adults.

For more info, visit www.cdc.gov/vaccines or call 1-800-CDC-INFO (232-4636).

Click [here](#) for a milestone tracker to keep track of immunizations.

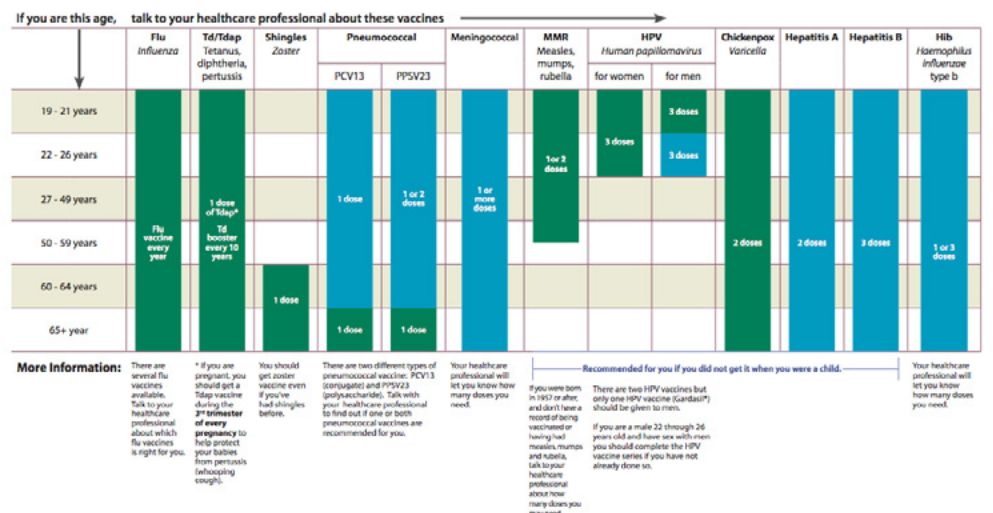


[See online](#)



[See online](#)

2015 Recommended Immunizations for Adults: By Age



Recommended For You: This vaccine is recommended for you unless your healthcare professional tells you that you cannot safely receive it or that you do not need it.

May Be Recommended For You: This vaccine is recommended for you if you have certain risk factors due to your health, job, or lifestyle that are not listed here. Talk to your healthcare professional to see if you need this vaccine.

If you are traveling outside the United States, you may need additional vaccines. Ask your healthcare professional about which vaccines you may need at least 6 weeks prior to your travel.

For more information, call 1-800-CDC-INFO (1-800-232-4636) or visit www.cdc.gov/vaccines

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

[See online](#)



MORE Peace of Mind

Meditation is the practice of being aware of your body, mind and spirit. In the last few years, there have been many studies on meditation and how it affects your brain. Research shows meditation can help you:

- Age better
- Improve concentration & attention
- Fight depression & anxiety
- Reduce social anxiety
- Battle addiction
- And more

Source: Forbes Article, February 9, 2015

Like any treatment, meditation isn't a magic solution but it might help improve physical and mental wellbeing.

Here are some meditation tips*:

- **Breathe.** Inhale and exhale deeply through your nostrils. If your mind wanders, bring your focus back to your breaths.
- **Scan your body.** Focus on different parts of your body. Pay attention to how those places are feeling.
- **Repeat a mantra.** Create your own words or phrase to repeat in your mind to stay focused.
- **Walk and meditate.** Walk slowly and concentrate on every movement. Focus on your legs and feet.
- **Read and reflect.** After reading, take a few moments of silence to reflect on what you read.
- **Focus your love and gratitude.** Concentrate on an object or being and mix feelings of love, compassion and gratitude into your thoughts.

**Source: Mayo Clinic Meditation Tests & Procedures*



MORE Summer Events

We can't wait to meet you as she travels around Washington this summer! We hope to see you at these events:



Visit our [website](#) for full list and more details on community events.

EVENT	DATE / TIME	LOCATION
World Refugee Day	Saturday, June 20th	Manito Park 1702 S. Grand Blvd, Spokane
Coordinated Care Baby Shower	Tuesday, June 23rd	Memorial Education Center 2506 N. Nob Hill Plaza, Yakima
Spokane Shock Arena Football Game	Friday, June 26th	Spokane Arena 720 W Mallon Ave, Spokane
Asian Counseling and Referral Service Walk for Rice	Saturday, June 27th	Seward Park, Seattle
Spokane Indians Baseball Game	Friday, July 19th	Avista Stadium 602 N. Havana St. Spokane
Summer Safety Fair	Thursday, July 23rd	Hillyard Skate Park 6018 N Regal St, Spokane
Ready to Learn Fair	Saturday, August 8th	Lochburn Middle School 5431 Steliacoom Blvd, Lakewood
Kids Day in the Park	Saturday, August 8th	Riverfront Park 507 N. Howard, Spokane
Columbia Valley Community Health (CVCH) Back to School Fair	Saturday, August 8th	Columbia Elementary 600 Alaska St, Wenatchee
Coordinated Care Baby Shower	Wednesday, August 12th	Toppenish Community Hospital 1502 W 4th Ave, Toppenish
Coordinated Care Baby Shower	Thursday, August 13th	Memorial Education Center 2506 N. Nob Hill Plaza, Yakima
Spokane Indians Baseball Game	Saturday, August 14th	Avista Stadium 602 N. Havana St., Spokane
Unity in the Community	Saturday, August 15th	Riverfront Park 507 N. Howard, Spokane
Carol Milgard Breast Center Mammography Party	Saturday, August 15th	Carol Milgard Breast Center 4525 South 19th Street, Tacoma
Convoy of Hope	Saturday, August 22nd	Columbia Park 511 Columbia Park Trail, Kennewick



MORE Behavioral Health Support

Behavioral health problems can change your thinking, mood and behavior. It can be hard to get through day-to-day life. Talking to a therapist or taking medication can treat these problems. If they are left alone, behavioral health issues can get worse.

Behavioral health services are included in your coverage. Talk to your physician if you have:

- Sad or hopeless feelings
- Depression
- Anxiety
- ADHD
- Drug/alcohol abuse

We can help you find a provider or transportation, and make an appointment. Call Member Services at 1-877-644-4613 (TDD/TTY: 1-866-862-9380) to learn more.



MORE Disease & Case Management

If you are living with a long-term chronic illness like asthma or diabetes, it can be hard to keep track of your care. Coordinated Care's disease and case management teams can help. Nurses and social workers will help you understand your options and get the care you need.

You can use case and/or disease management to:

- Find doctors and other providers, including mental health professionals and specialists
- Get services covered by your plan, like medical supplies or home health support
- Work with your doctor to help you stay healthy
- Find resources close to you

As a member, you may qualify for disease and case management. Ask your doctor to refer you. For more information or to make a referral, call 1-877-644-4613 (TDD/TTY: 1-866-862-9380).



MORE Benefits of Breastfeeding

Experts agree that breastfeeding is the healthiest choice for babies during the first year of life and beyond. Breastfeeding gives new babies the nutrition, comfort and love they need to get the best start. Here are some of the benefits of breastfeeding your baby:

- **Personal contact.** Regular skin-to-skin time is calming and comforting for newborns.
- **Fighting infection & disease.** Breast milk is full of antibodies that lower your baby's risk of ear infections, diarrhea, allergies, colds and many other diseases like sudden infant death syndrome (SIDS).
- **Just right for baby.** Breast milk is easy for babies to digest and changes as they grow to meet different needs.
- **Healthy fat.** DHA, a fat that is good for the development of a baby's brain and eyes, is found in breast milk.

Breastfeeding is healthy for Mom, too! Here are some of the benefits for new moms:

- **Peace of mind.** You can rest easy knowing that your baby is growing healthy and strong because of your milk.
- **Convenience.** Breast milk is free, clean and always the right temperature.
- **Post-pregnancy body.** Breastfeeding burns calories and can help you lose pregnancy weight faster. It also releases hormones that contract the uterus to its normal size.
- **Lower risk.** Moms who breastfeed have less risk of ovarian and breast cancers.

Moms-to-be and new moms are automatically enrolled in our Start Smart for your Baby® program when a notification of pregnancy form is submitted. We'll give you the resources you need, like a **high-quality breast pump** at no cost!

Click [here](#) for more information.

Breastfeeding can be challenging. But with support from Coordinated Care, you and your baby can both benefit.



MORE Updates to the Member Portal

Don't have an online Member Account yet? Sign up today to keep track of your health, benefits, CentAccount rewards, and more!

With the new portal features you can:

- Visit the “**Let Us Know About Your Health**” tab to complete a health risk screening or pregnancy notification. You can also create a Wellness Road Map to keep track of your health.
- Fill out a **24-Nurse Advice Line** contact form with a question and a nurse will answer right away.
- Review **Pharmacy Information** to learn more about prescriptions, see what is covered and get updates from US Script, our pharmacy company.



MORE Young Adults in Control

Life is full of firsts — a first job, first apartment, and even a first health plan. Eventually young adults need to switch from a pediatrician to a primary care provider (PCP). Coordinated Care will help younger members stay on track and form healthy habits for life.

So you have health insurance, now what?

- Find an adult PCP that will replace your pediatrician. If you need help finding an adult PCP, call Member Services at 1-877-644-4613 (TDD/TTY: 1-866-862-9380).
- Make an appointment with your PCP.
- Get regular wellness exams.
- Stay up to date with your vaccinations, including a flu shot every fall.
- Be aware of the health risks that run in your family.
- Develop healthy habits now — exercise regularly, eat well and get enough rest.



MORE Care for Your Mouth

Snacking doesn't just affect weight. When you snack, your teeth are coated with food, sugar and more. It can cause problems for your teeth and harm your overall health and fitness.

A survey by Washington Dental Service Foundation (WDSF) showed that almost half (47%) of adults in Washington are snacking enough to put their teeth at risk. Each cavity can cost more than \$2,000 over a lifetime. Avoid extra costs by taking care of your mouth.

Your covered dental benefits under Washington Apple Health (Medicaid) include:

- Diagnostic procedures
- Preventative services
- Basic restorative (fillings)
- Periodontal (gum disease)
- Endodontic (root canal)
- Dentures/Partials
- Oral surgery
- Orthodontics
- And more

Find more information about Medicaid dental coverage [here](#).

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MORE on Member Privacy, Rights & Responsibilities

Three facts about member privacy:

1. Your privacy is important to Coordinated Care.
2. We do all we can to guard your protected health information (PHI). By law, we will always protect your health records.
3. Click [here](#) to read the Privacy Notice on our website. If you would like a printed copy of the Privacy Notice, please call Member Services at 1-877-644-4613 (TDD/TTY: 1-866-862-9380).

It's important to know your rights and responsibilities. Click [here](#) to review the full list of Member Rights and Responsibilities. If you have any questions or would like a separate printed copy, please contact Member Services at 1-877-644-4613 (TDD/TTY: 1-866-862-9380).



MORE Coordinated Support

Call Member Services

at 1-877-644-4613 (TDD/TTY: 1-866-862-9380) to:

- Ask general questions
- Get a copy of this newsletter or anything on our website
- Request a copy of the Member Booklet
- Get member materials translated into other language or format

Call our 24-hour Nurse Advice Line at

1-877-644-4613 and say "NURSE" to get answers to your medical and mental health questions.

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