



SUMMER 2023

MEMBER *Source*

A Newsletter for CareSource® MyCare Ohio (Medicare-Medicaid Plan) Members

From taking a walk outside to spending time at the pool, spending some time in the sun is good for your health and wellbeing.

Light is a key part of your body's circadian rhythm. Sunlight helps your body know when you should be awake. And darkness helps your body know when you should go to sleep. Getting bright light after you wake up in the morning may help you feel more alert.

While you are spending time in the sun, keep your skin protected. Pack sunscreen with an SPF of 15 or higher. You will want to reapply to have protection throughout the day.



Spending time in the sun also helps your body produce Vitamin D. Vitamin D helps your body absorb calcium which is key for bone health. Vitamin D is also important for building a strong immune system. Having consistent exposure to sunlight can help reduce the risk for illness or infections.

Sunlight also increases your serotonin levels. Serotonin is a hormone that helps boost your mood. It also helps you feel calmer and more focused. Spending just 5-15 minutes in the sun each day can help your health. Grab your sunscreen and soak up the sun this summer!

Are you interested in more health and wellness tips? Join CareSource Circle! CareSource Circle is an online community where you can give feedback through surveys and discussion boards. You can connect with other CareSource members and share your feedback. You'll have access to health tips, recipes, and more! Share your opinions and help make improvements. Visit CareSource Circle at **CareSource.com/CircleOHMyCare**.

Soak Up the Sun

◀ ***and these Health Benefits!***


CareSource®

Sources: www.cdc.gov/niosh/emres/longhourstraining/light.html,
www.medicalnewstoday.com/articles/326167#other-sources



Pharmacy Updates

CareSource has a searchable drug list on **CareSource.com**. Go to **Find My Prescriptions** under **Member Tools & Resources**. Select **Ohio** and **MyCare** to find out which drugs are covered. It is where the most current updates can be found. Call Member Services if you do not have access to the Internet. We can help you find out if a medication is covered and how much it will cost.



Get Interpreter Services for Your Next Health Visit!

Did you know you have access to onsite interpreters for your CareSource-covered medical, dental and vision visits? This is at no cost to you.

Ask your provider to schedule with an interpreter. You can also call Member Services. Call 30 days before your next visit. Have the below ready to share:

1. Date, time, and length of visit.
2. Health visit address.
3. Language needed.
4. Provider fax number.



Due to COVID-19, you did not have to renew your Medicaid coverage the last few years. That changed on April 1, 2023. We want you to keep your health coverage. If you got a Medicaid renewal packet in the mail from the state, make sure you fill it out. Then, return the packet as soon as you can. You risk losing your health care coverage if you do not take action.

Take Action Now!

You can take action now by updating your contact information, even if you have not received a packet in the mail.

- **BY PHONE:** Call the Ohio Medicaid Consumer Hotline at 1-800-324-8680,
- **ONLINE:** Log in to the online portal at www.benefits.ohio.gov, or
- **IN PERSON:** Visit your local County Department of Job and Family Services. There, you can talk with someone who can help you renew your health coverage.

If you are no longer eligible for Medicaid, you have options. To learn about your options, call the Ohio Senior Health Insurance Information Program at 1-800-686-1578 or Medicare at 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048.

We love that you are a member of CareSource!



Know When To Go Where

For the best care, know where to go to get the right kind of care. When possible, your primary care provider (PCP) should be your first choice for care.

If you have a medical emergency, don't wait! Call 911. If you have a mental health emergency, call 988. Don't wait to get care in an emergency!

	Primary Care Provider (PCP)	Used for common illnesses and advice. You will get most of your preventive care from your PCP. You should see your PCP the most often!
	Telehealth	Used to visit with a provider via phone or computer wherever you are. Ask your provider if they offer telehealth. Use telehealth for common illnesses such as coughs, sinus problems, rashes, mental health concerns and more. You can also talk to a doctor 24/7 through Teladoc®. Call 1-800-853-2362 or visit Teladoc.com/MyCareOhio to get started.
	Community Behavioral Health Centers (CBHCs)	CBHCs provide health and social services for people living with mental health and/or substance use issues.
	Convenience Care Clinics	Used for minor sicknesses and to get shots. You can find them in many local drug and grocery stores.
	Urgent Care	Used to treat non-life-threatening issues. Use when you cannot visit your PCP and your health issue cannot wait.
	Hospital Emergency Rooms	Used for life-threatening issues or emergencies. Call 911 or go to the nearest ER.

Not sure where to go?

Call the CareSource24 Nurse Advice Line at **1-866-206-7861 (TTY: 1-800-750-0750 or 711)**.

We are here for you 24 hours a day, 7 days a week.

Life HACKS:



Get planting this summer with these tips and tricks!

1



Don't have space for a garden? You can easily grow herbs, peppers, tomatoes, onions, summer squash, beans and eggplant in containers. Broccoli, cabbage, lettuce and greens grow in the spring and fall.

2



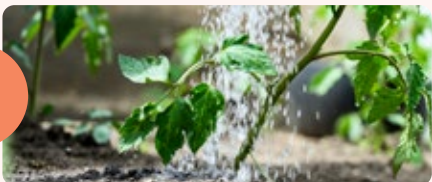
Plant marigolds around your garden. They will attract bees and butterflies and keep pests away.

3



Save your eggshells! You can use eggshells to add nutrients to your plants. Eggshells also help keep certain types of insects away.

4



Looking for an easy way to water your plants each day? Turn an empty milk jug into a watering can.

YOU
ASKED
FOR IT!



Your Top Questions to Member Services Answered

What is the number for Member Services? When should I call?

The Member Services number is **1-855-475-3163 (TTY: 1-800-750-0750 or 711)**. We are open Monday through Friday, 8 a.m. to 8 p.m., Eastern Time. Member Services can answer questions about your CareSource account. They can tell you about your CareSource benefits and how to use them. They can get your health plan information in your primary language, large print, braille, or audio. You can also call if you need help finding a provider near you. They can help your schedule a ride and so much more!

What is the number for the CareSource24 Nurse Advice Line? When should I call CareSource24?

The number for CareSource24 is **1-866-206-7861 (TTY: 1-800-750-0750 or 711)**. Nurses can help you 24 hours a day, 365 days a year. You can call any time you have questions about your health. A registered nurse can help you decide what kind of care you may need.

Where can I find these phone numbers?

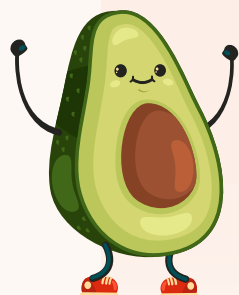
Both the Member Services and CareSource24® Nurse Advice Line phone numbers are listed on your member CareSource member ID card.



“Clean” Eating

How likely are your fruits and veggies to contain pesticides?

Washing your produce before you eat, cut, or cook with it is important. This way you can rinse off any dirt, insects, or extra leaves, and eliminate any germs. It also helps to wash away any leftover substances that have been used to kill or prevent pests, also called pesticides, that may still be on your produce.



The Clean Fifteen are those **LEAST** likely to have leftover substances on them.

Avocados	Watermelon
Sweet Corn	Kiwi
Pineapple	Sweet Potatoes
Onions	Cabbage
Papaya	Sweet Peas
Asparagus	Mushrooms
Mangoes	Cantaloupe
Honeydew Melon	



The Dirty Dozen are those **MOST** likely to have leftover substances on them.

Strawberries	Spinach
Nectarines	Apples
Grapes	Peaches
Cherries	Pears
Celery	Tomatoes
Bell and Hot Peppers	
Kale, Collard, and Mustard Greens	



Eating fruits and vegetables are important for your overall health. You just want to make sure they are clean before you eat them!

Some tips for washing your produce:

Wash your hands. Gently rub the produce with your hands under running water. For produce with a firm skin, use a clean vegetable brush to wash. This could include potatoes or melons. Dry produce with a clean towel.

Sources: *Environmental Working Group*. www.ewg.org/foodnews/dirty-dozen.php.
U.S. Food and Drug Administration (FDA). www.fda.gov/consumers/consumer-updates/7-tips-cleaning-fruits-vegetables,
www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html

Air pollution is harmful to our health. The American Lung Association says more than 4 in 10 Americans live in places with unhealthy levels of air pollution. You can be exposed to air pollution no matter where you live. It comes from many sources. Some are natural sources like smoke from wildfires. Most air pollution is caused by humans. It comes from things like car exhaust, factories, and agriculture. Breathing polluted air can cause inflammation in our lungs, making it harder to breathe. It can cause asthma attacks and make asthma symptoms worse.

There are things we can do to protect our health. Check the air quality each day where you live at www.AirNow.gov. Stay inside as much as you can on the days the air is unhealthy. We can also take steps to help reduce air pollution. Walk, bike, or use public transit to limit air pollution from cars. Support clean energy like wind and solar power. Small changes can make a big difference!

Air Pollution and Your Health



May is asthma awareness month. Learn more about how air pollution affects those with asthma at www.Lung.org.

COMING SOON

New Security for Your CareSource Member Portal and Mobile App



SOMETHING YOU KNOW
Username and Password



SOMETHING YOU HAVE
Passcode or Verification
Device



SOMETHING YOU ARE
Fingerprint or Face ID

MFA uses three types of security when logging into your account, such as:

MFA gives an extra layer of safety. It makes it harder for someone to log in as if they were you. Your account is safer since they would also need your device to gain access.

How Does it Work? Let's say you're logging into your My CareSource account. First, you'll type in your username and password. Then, as a second step, you'll enter a one-time code sent to your email or smartphone. **Questions?** Call Member Services or visit [CareSource.com/about-us/multi-factor-authentication/](https://www.caresource.com/about-us/multi-factor-authentication/).

Get Rewards for Healthy Habits!

As a CareSource member, you are already signed up for My CareSource Rewards®. This lets you earn rewards for doing healthy activities!



How does it work?

1. You complete an eligible healthy activity.
 2. Your provider sends CareSource a claim that shows which services were provided to you.
 3. CareSource gets the claim and processes or reviews it.
 4. CareSource adds the reward to your My CareSource Rewards card.
 5. Your card is ready to be used at participating retailers.
- This process takes 45-60 business days.

Get rewarded for things like:

Mammogram - \$50

Up to two A1C tests yearly - \$50 per visit

Learn more about rewards at
[CareSource.com/oh-mycare-rewards](https://www.caresource.com/oh-mycare-rewards).





Grievance or an Appeal?

What's the Difference?

GRIEVANCE

If you are unhappy with a provider or with us, you can file a grievance at any time.

It can be about anything except CareSource benefit decisions. Grievances do not go to the state for a hearing.

Examples of things you might file a grievance for:

- CareSource staff member was unkind
- Quality of care
- Provider rudeness
- Failure to respect patient and/or employee rights

You will need to tell us:

1. Your name and CareSource member ID number
2. The person's name
3. The problem or issue with the person or CareSource
4. The date that this happened

APPEAL

If you disagree with a decision we make to deny a service or benefit claim, you can file an appeal. You can also appeal when we only approve part of a claim. You have 60 days to file an appeal. You have the right to a hearing at the state level with an appeal.

Examples of things you might file an appeal for:

- Denial of service or payment of service
- Denial, termination, or reduction on previously authorized service
- Failure to provide timely service or a timely answer.

You'll need to tell us:

1. Your name and CareSource member ID number
2. Your provider's name
3. The date of service
4. Reason you disagree with our decision
5. Any other supporting documentation

An Internal Appeal Request form is included with your Denial letter. You can print it from the **Forms** page on **CareSource.com** or ask Member Services to mail one to you. It will make filing your appeal easier.

To File a Grievance or an Appeal:



Call Member Services. Tell us you want to file a grievance or appeal **1-855-475-3163 (TTY: 1-800-750- 0750 or 711)**. We are open Monday through Friday, 8 a.m. to 8 p.m., Eastern Time.



Mail it to us:

CareSource
ATTN: Ohio Member Grievance and Appeals
P.O. Box 1947
Dayton, OH 45401



Fax it to us: Fax: 1-855-489-3403

What Happens Next

We will send you a letter saying we received your grievance or appeal request. It will tell you what you can expect to happen and when to expect it.



Stock Your Medicine Cabinet

Be ready in case you or your family have anything from a scrape to the common cold. You can be ready with a well-stocked medicine cabinet. It's hard to know what to have on hand. Here is a list to help you get started.

Aches & Pains

- Pain relievers such as aspirin, acetaminophen, or ibuprofen

Skin

- Aloe vera to help with sunburns
- Hydrocortisone cream for bites and rashes

Cold & Flu

- Decongestants, cough suppressants
- Cough drops
- A thermometer

Allergies

- Antihistamine to help with allergies
- Nasal saline for dry sinuses

Injury Aids

- Band-aids
- Antibiotic ointment
- Hot/cold pack
- Tweezers
- Cotton swabs and cotton balls
- Rubbing alcohol
- Hydrogen peroxide
- Nail clippers

Upset Stomach or Indigestion

- Antacid to help with heartburn
- Medication with loperamide to help with diarrhea
- Medication with polyethylene glycol to help with constipation

Your medicine cabinet doesn't have to be in a cabinet. You can store these items in a shoe box or small plastic bin. Keep your medications in a cool, dry place away from sunlight. Take your medicine as instructed. Read the labels and check the expiration dates. Keep medications safe from children and pets. Talk to your provider or pharmacist if you have any questions.



You can use your quarterly **\$100** over-the-counter (OTC) allowance to purchase many of these commonly used items. Visit **CareSourceFlexCard.com** to learn more.

**OTC allowance is available to MyCare opt-in (Medicaid-Medicare) members only.*

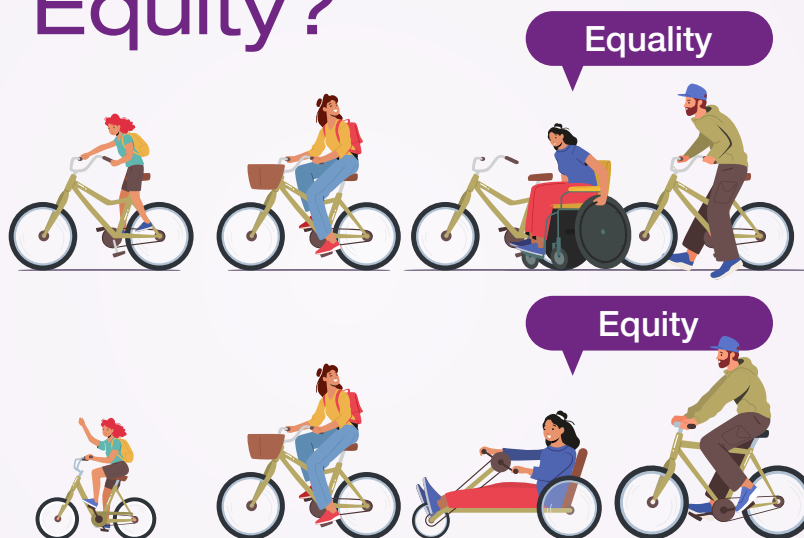
This content is for informational purposes only. It is not meant to take the place of professional medical advice, diagnosis, or treatment. Always talk to a qualified health provider with any questions you may have.



What is Health Equity?

There are many things that can impact your access to quality health care. **All people should have a chance to reach their best health.** The color of your skin, your gender, how much money you make, where you live, what language you speak, your sexual orientation, or any other way you identify should not impact the quality of care you receive. This is known as health equity.

Some groups of people have a harder time getting the care they need than others. This is health inequity. Sometimes this means that these groups experience disease or health issues at higher levels than those who get the care they need. When health equity is achieved, those affected most by gaps in care can reach better health outcomes.



We want to ensure health equity for all. You are one-of-a-kind and we want to make sure you have one-of-a-kind care for you and your family. That's Health Care with Heart®.



Go Green!

Earth Day was April 22, but you can do your part to help the earth any day! Choose email or text from CareSource instead of paper mail. We will send you a text or email when documents or invoices are ready for you to view in your My CareSource® account.

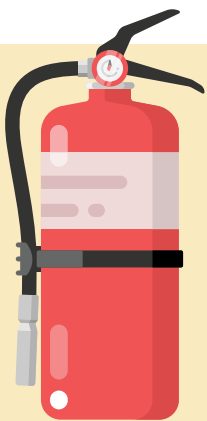
Update your preferences:

The screenshot shows the 'Preferences' page on the MyCareSource website. It has two main sections. The left section, titled 'Choose the plan to update...', shows a selection for 'Silver Dental, Vision & Fitness Individual Medical' with a green checkmark. The right section, titled 'Choose what info to update...', has a sub-header 'Edit Contact Preferences'. It contains fields for 'Mailing Address' (234 Elm St), 'Home Phone' (513-433-4324), 'Email Address' (bessie@mycare.com), and 'Mobile Phone' (513-433-4324). Below these fields are checkboxes for 'Send me email' and 'Send me text', both of which are checked. At the bottom of the form are 'UPDATE' and 'CANCEL' buttons, with a small note: 'Warning: UPDATE you agree to the Terms & Conditions'.

Log in to your account at **MyCareSource.com**. If you don't have a My CareSource account, click **Sign Up** and follow the prompts. Have your CareSource member ID card handy. Click **Preferences** on the top navigation bar. A screen to edit your contact preferences will appear.

Make sure your email and phone number are shown correctly on the form. If they are not, change them. Check the boxes for **Send me email** and/or **Send me text**. You can then pick the types of messages you would like to get electronically.

Click the **Update** button. *It is just that easy!*



In Case of Fire

Summer brings campfires, cook-outs, sing-alongs and lots of good fun! But if you are not careful, it can also lead to burns or unexpected fires! If you are having a cook-out or camping, have a fire extinguisher nearby. You can buy a low cost one at most department or drug stores. Even a bucket of water or dirt is helpful if a fire gets out of a fire pit or onto dry grass.

Keep an eye on children and don't let them get too close to the fire. If you are roasting marshmallows, be extra careful of melted marshmallow falling off the stick or skewer. If you or someone else get a burn, first cool it with water. Keep it covered with a cool wet cloth for 5 minutes. Get medical help if needed.

TIP: You can get free smoke alarms at no cost! Visit www.redcross.org/sound-the-alarm.html



Source:
National Fire Protection Association, nfpa.org/education

How Can the Tobacco Quit Line Help?



Tobacco use causes health issues like heart disease, cancer, breathing problems, and more. It kills more people each year than traffic accidents, substance use, alcohol use, and HIV/AIDS combined.

Ready to quit? Use the quit line.

You can set goals and get help through:

Coaching



Education Materials



Community Resources

Medications



Call 1-800-QUIT-NOW

(1-800-784-8669) to sign up today!





Do You Have Caregiver Burnout?

Being a caregiver can be stressful and affect your health. It is common to forget to take care of yourself when you're caring and worrying about someone else. You could have caregiver burnout.

Physical signs of burnout:

- Exhaustion
- Problems sleeping
- Gaining weight
- Getting sick more often

Emotional signs of burnout:

- Feelings of sadness or hopelessness
- Isolating from friends and ignoring hobbies
- Getting frustrated with yourself or loved ones

If you think you might be suffering from burnout, don't delay in taking care of yourself. Ask family or friends for assistance. Visit CaregiverAction.org and Caregiver.org to find support groups. There are also other helpful resources for you and your loved ones.

Help Find Fraud



Help us track fraud, waste and abuse, or medical identity theft. CareSource sends you Explanation of Benefit (EOB) statements to review. When you get one, check the following:

- 1 Are the services, supplies, or equipment listed correctly?
- 2 Were any items billed more than once?
- 3 Are the services correct?

If you suspect errors or fraud, call Member Services. You can also email fraud@caresource.com, fax 1-800-418-0248, or write to:

CareSource
Attn: Program Integrity
P.O. Box 1940
Dayton, OH 45401-1940

You do not have to give us your name when you write or call. Your report will be kept as confidential as possible by law.

BLAST to the **PAST** with these **EXERCISES!**

Exercise looks different for everyone. Exercises have also changed throughout time. Switch up your fitness routine with these trends from the past! Use this list for new and fun ways to get moving and stay active.



➤ **Hula-hooping**

You may have used the hula hoop when you were young. It can be a fun exercise for adults too. It gets your whole body moving and increases your heart rate.

➤ **Roller Skating**

Roller skating can help you build your core strength. You can build your lower body strength by moving your hips and legs. Make it a social event and skate with your friends!

➤ **Jazzercise**

While leg warmers and sweat bands may come to mind, Jazzercise is upbeat way to get your body moving. Jazzercise blends music with dancing, stretching, and strengthening your muscles.

➤ **Zumba**

Zumba combines Latin and international music with dance. It's like a big dance party! Zumba helps build your strength and flexibility. It also relieves stress and can boost your mood.

➤ **Online Fitness Classes & Games**

A more modern version of exercising are online fitness classes and games. These are a great way to stay active from the comfort of your own home. As a MyCare member you have access to on demand home fitness programs on the Silver&Fit® website and mobile app.

What is most important is to find a way to stay active that you enjoy!

This content is for informational purposes only. It is not meant to take the place of professional medical advice, diagnosis, or treatment. Always talk to a qualified health provider with any questions you may have.

You have access to fitness centers and select YMCAs with Silver&Fit®



The Silver&Fit Home Fitness program also allows you to request one home fitness kit per year at no additional cost to you. Some kits include a Fitbit® or Garmin® Wearable Fitness Tracker. You can also use your CareSource transportation benefit and request a ride to the gym. Learn more about your fitness benefits by calling 1-877-427-4788 (TTY: 711) or visiting www.SilverandFit.com.

**Silver&Fit is available to MyCare opt-in (Medicaid-Medicare) members only.*



Feeding Your Newborn:

Use Your Resources!

Choosing to breastfeed, formula feed, or a combination of both is a hard decision for many new parents. Health experts stress that breast milk is the best choice. Breastfeeding may not be possible for all. If you cannot breastfeed or decide not to, know formula is a healthy, safe option.

How you feed your baby is a personal choice.

Most hospitals have lactation consultants on hand. Work with them if you have issues. They are there to help. Many will even check up with you at no cost after you leave the hospital.

Here are a few questions to ask to help you get started:

- 1 Does breastfeeding hurt?
- 2 How can I get my baby to latch properly?
- 3 Is my baby eating enough?
- 4 Am I producing enough milk?
- 5 Can I supplement with formula?

CareSource covers breast pumps, replacement parts, and milk storage bags at no cost to you. We want you to have the tools you need if you plan to breastfeed. You can order your breast pump online within 90 days of your due date.

Get what you need to breastfeed at: www.aeroflowbreastpumps.com, www.insured.amedadirect.com, www.byramhealthcare.com, or www.pumpsformom.com

Fill out the information on the website and they will work with us to get your breast pump to you! Call Member Services if you have any questions.

English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **1-855-475-3163** (TTY: 711), 8 a.m. - 8 p.m., Monday – Friday. The call is free.

Spanish: ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-475-3163 (TTY: 711), de 8 a.m. a 8 p.m., de lunes a viernes. La llamada es gratuita.

Chinese Mandarin: 注意：如果您使用中文，可以免费获得语言协助服务。请于周一至周五早 8 点至晚 8 点之间致电 1-855-475-3163 (TTY 专线：711)。该电话免费。

Chinese Cantonese: 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請撥打 1-855-475-3163 (TTY: 711)，上午8點 至晚上8點，週一至週五。此為免付費電話。

Tagalog: ATENSYON: Kung nagsasalita ka ng Tagalog, magagamit mo ang libreng mga serbisyo sa tulong sa wika na available sa iyo. Tawagan ang 1-855-475-3163 (TTY: 711), 8 a.m. - 8 p.m., Lunes – Biyernes. Libre ang tawag.

French: ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-855-475-3163 (Téléscripneur : 711) de 8 h à 20 h, du lundi au vendredi. L'appel est gratuit.

Vietnamese: CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-855-475-3163 (TTY: 711), 8 giờ sáng - 8 giờ tối, từ Thứ 2 đến Thứ 6. Miễn phí cuộc gọi.

German: ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlose Sprachunterstützungsdienste zur Verfügung. Rufen Sie an unter 1-855-475-3163 (TTY: 711), 08:00 - 20:00, Montag – Freitag Der Anruf ist kostenlos.

Korean: 알려 드립니다: 한국어를 구사하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 전화 1-855-475-3163(TTY: 711), 오전 8시 ~ 오후 8시, 월요일~금요일.> 전화 요금은 무료입니다.

Russian: ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните по телефону 1-855-475-3163 (телетайп: 711) с 8:00 утра до 8:00 вечера с понедельника по пятницу. Звонок бесплатный.

Arabic: تنبيه: إذا كنت تتحدث العربية، فإن خدمات المساعدة اللغوية متاحة لك مجانًا. اتصل على رقم الهاتف 1-855-475-3163 (هاتف نصّي: 117 أو)، من 8 صباحًا حتى 8 مساءً، من الإثنين إلى الجمعة. هذه المكالمات مجانية.

Italian: Se parli Italiano, sono disponibili, gratuitamente, servizi di assistenza nella tua lingua. Contatta il Servizio Clienti al numero 1-855-475-3163 TTY (telescrivente) 711). Servizio disponibile dalle 8.00 alle 20.00, dal lunedì al venerdì. La chiamata è gratuita

Portuguese: ATENÇÃO: Caso seja falante de português, disponibilizamos serviços linguísticos gratuitos para você. Ligue para 1-855-475-3163 (TTY: 711), das 8h às 20h, de segunda a sexta-feira. A ligação é gratuita.

French Creole: ATANSYON: Si ou pale anglè, sèvis asistans lengwistik yo gratis, yo disponib pou ou. Rele 1-855-475-3163 (TTY: 711), 8 a.m. - 8 p.m., Lendi - Vandredi. Apèl la gratis.

Polish: UWAGA: Jeśli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń 1-855-475-3163 (TTY: 711), od 8 rano do 8 wieczorem, od poniedziałku do piątku. Rozmowa jest bezpłatna.

Hindi: ध्यान दें: यदि आप अंग्रेजी भाषा बोलते हैं, तो आपके लिए भाषा सहायता सेवाएं निःशुल्क उपलब्ध हैं। कॉल करें 1-855-475-3163 (TTY: 711), 8 a.m. - 8 p.m., सोमवार - शुक्रवार। यह कॉल निःशुल्क है।

Japanese: ご注意：英語をお話しされるのであれば、言語支援サービスが無料でご利用になれます。電話番号：1-855-475-3163 (TTY: 711) にお問い合わせください。月～金曜日、午前8時～午後8時にご利用いただけます。電話はフリーダイヤルです。

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