



Summer 2026

MEMBER *Source*

A Newsletter for CareSource Members



 *CareSource*[®]



Important Resources

- **Find a Doctor:**
FindADoctor.CareSource.com
- **Benefits At A Glance:**
CareSource.com/MCDplandocs
- **Plan Documents:**
CareSource.com/MCDplandocs
- **Rewards:**
CareSource.com/INrewards
- **Report Fraud, Waste, and Abuse Information and Reporting:**
CareSource.com/ReportFWA



Using the 24-Hour Nurse Advice Line

If you have health care questions or are not feeling well, reach out to the 24-Hour Nurse Advice Line. They are available 24/7. Call **1-844-206-5947 (TTY: 711)** to speak to a nurse today.



Questions About Your Prescriptions?

Look up your medicine and find out if it is covered at inm.pharmacy.optum.com/inm/prelogin. Find the *Preferred Products* dropdown. Choose *Statewide Uniform Preferred Drug List*. You can also talk to a CareSource pharmacist if you have questions about a prescription! You do not need an appointment. Call **1-833-230-2073 (TTY: 711)** to speak to a pharmacist.





Myths vs Facts: Vaccines

Vaccines help keep us healthy, but they can be confusing. Here are some common myths and the facts about vaccines:

1

Myth: Getting sick from diseases that vaccines can prevent is just part of life.

Fact: Vaccines can prevent diseases that can cause lasting problems.

They help your body learn how to fight these diseases. This protects you if you get exposed to them.

2

Myth: I don't need to vaccinate my child because other kids are already protected.

Fact: When many people are vaccinated, it helps protect everyone.

This helps those who can't get vaccinated. Those people could be babies or pregnant women. But if too many people don't get vaccinated, the disease can spread again.

3

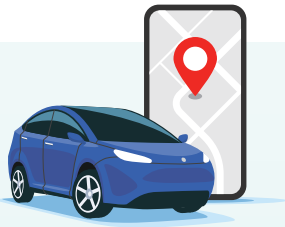
Myth: A child can get sick from a vaccine.

Fact: This is unlikely. Most vaccines are made from germs that have been killed or weakened. They are not likely to make you sick. A person might experience minor and temporary side effects. These could be a sore arm or a low fever. Serious side effects are rare.

Remember, vaccines are a safe way to keep everyone healthy!
Talk to your provider if you have any questions.

Source: [The American Academy of Allergy, Asthma, and Immunology](#)

Need a Ride?



Stay healthy by going to all your health care visits. You get rides to and from your providers for health care visits at no cost to you.

We Also Help You Go To:



A pharmacy after your visit with the doctor (unlimited rides). Or five trips to the pharmacy each month without it being a stop on the way home from a doctor's visit.



Your local Women, Infants and Children (WIC) office.



Renew your Medicaid coverage with the State.



CareSource events.



Pick up food (5 round trip visits per month). This includes grocery stores to pick up orders for curbside pickup, food pantries, food banks, and food sharing pickups through community organizations.

Set Up Your Ride



Call Member Services to plan your ride. Call at least two business days before your visit.

Four Tips to Kick Nicotine Pouches to the Curb

Nicotine pouches may seem like a safe way to help quit tobacco products. But did you know they can still be harmful and addictive? Quitting can be a challenge, but it's possible! Check out these tips below:

- Use a lower dose of nicotine replacement therapy (NRT) than your pouches.
- Practice "mini quit" sessions. Don't use a nicotine pouch when you normally would. You'll gain experience dealing with cravings and grow more confident.
- Wait longer between pouches. Each extra minute can help you learn to deal with cravings.
- Change your routines. For example, if you normally use nicotine after a meal, go for a walk. If you purchase nicotine at a specific store, change your route to not pass the usual location.

If you're still struggling to quit, the Indiana Tobacco Quit Line can help. They offer free quit coaching and more. Call **1-800-QUIT-NOW (800-784-8669)** to enroll or ask questions.

Get Rewarded!

Earn rewards when you take steps to quit and stay tobacco-free. Learn more at [CareSource.com/INrewards](https://www.caresource.com/INrewards).

Sources: American Lung Association. Zyn 101: What to Know About Big Tobacco's Latest Addiction, Ex Program. How to Quit Zyn and Other Nicotine Pouches





Nutrition and Affordability

With food prices rising, it is more important than ever to shop on a budget. Here are some basic tips and tricks that can help you eat well, stay healthy, and save money!



Make a Plan:

Before you go to the store, make a list of what you already have. This will help you avoid buying what you do not need.



Important Food Groups:

Buy plenty of whole grains that can last, such as oatmeal and brown rice. When buying vegetables and fruits, buy what is in season. This is when they are cheaper.



Protein:

Meat can be expensive, so buy what is on sale. Look for lean meats that are good for grilling and broiling. Buy larger packs if you can, as it is cheaper in the long run. Beans are a great way to add protein to your diet too. They are affordable and can be added to many meals!

If you need help paying for healthy food, you may qualify for Supplemental Nutrition Assistance Program (SNAP). Learn more and apply at fns.usda.gov/snap.

Source: [The Mayo Clinic Health System](#)

English: Get free help in your language with interpreters and other written materials. Get free aids and support if you have a disability. Call **1-844-607-2829** (TTY: 711).



Spanish: Obtenga ayuda gratuita en su idioma a través de intérpretes y otros materiales en formato escrito. Obtenga ayudas y apoyo gratuitos si tiene una discapacidad. Llame al **1-844-607-2829** (TTY: 711).

Haitian Creole: Jwenn èd gratis nan lang ou ak entèprèt ansanm ak lòt materyèl ekri. Jwenn èd ak sipò gratis si w gen yon andikap. Rele **1-844-607-2829** (TTY: 711).

Arabic: صل على مساعدة مجانية بلغتك من خلال المترجمين الفوريين والمواد المكتوبة الأخرى. إذا كنت من ذوي الاحتياجات
صّة، ستحصل على المساعدات والدعم مجاًناً. اتصل على الرقم **1-844-607-2829** TTY) "الهاتف النصي للصم
عاف السمع": 711).

Chinese Simplified: 通过口译员和其他书面材料，获得您所使用语言的免费帮助。如果您有残
疾，可以获得免费的辅助设备和支持。请致电 **1-844-607-2829**（听语障人士专用电话：711）。

German: Erhalten Sie kostenlose Hilfe in Ihrer Sprache durch Dolmetscher und andere
schriftliche Unterlagen. Beziehen Sie kostenlose Hilfsmittel und Unterstützung, wenn Sie eine
Behinderung haben. Rufen Sie folgende Telefonnummer an **1-844-607-2829** (TTY: 711).

French: Obtenez une aide gratuite dans votre langue grâce à des interprètes et à d'autres
documents écrits. Si vous souffrez d'un handicap, vous bénéficiez d'aides et d'assistance
gratuites. Appelez le **1-844-607-2829** (TTY : 711).

Vietnamese: Nhận trợ giúp miễn phí bằng ngôn ngữ của quý vị với thông dịch viên và các tài
liệu bằng văn bản khác. Nhận trợ giúp và hỗ trợ miễn phí nếu quý vị bị khuyết tật. Gọi
1-844-607-2829 (TTY: 711).

Pennsylvania Dutch: Grick Hilfe mitaus Koscht in dei Schprooch mit Iwwersetzer un annere
schriftliche Dinge. Grick Aids un Hilfe mitaus Koscht wann du en Behinderung hoscht. Ruf
1-844-607-2829 (TTY: 711).

Hindi: आपकी भाषा के इंटरप्रेटर तथा आपकी भाषा में अन्य लिखित सामग्रियों संबंधी फ्री मदद पाएं। यदि आपको
कोई डिसेबिलिटी हो, तो मुफ्त सहायता और सपोर्ट प्राप्त करें। कॉल करें **1-844-607-2829** (TTY: 711).

Korean: 통역사와 기타 서면 자료의 도움을 귀하의 언어로 무료로 받으세요. 장애가 있을 경우,
보조와 지원을 무료로 받으세요. **1-844-607-2829** (TTY: 711) 로 문의하세요.

Amharic: በአስተርጓሚዎች እና በሌሎች የጽሑፍ ቁሳቁሶች በቋንቋዎ ከክፍያ ነፃ እርዳታ ያግኙ። የአካል ጉዳት
ካለብዎት ከክፍያ ነፃ እርዳታ እና ድጋፍ ያግኙ። ወደ **1-844-607-2829** (TTY: 711) ይደውሉ።





P.O. Box 8738
Dayton, OH 45401-8738

VISIT US

CareSource.com

CONTACT US

Member Services:

1-844-607-2829 (TTY: 711)

Monday through Friday, 7 a.m. (CT)/8
a.m. (ET) to 7 p.m. (CT)/8 p.m. (ET)>

24-Hour Nurse Advice Line:

1-844-206-5947 (TTY: 711)

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Instagram.com/**CareSource**



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