**WINTER 2018** Feel Good! IN THIS ISSUE: 4 Easy Ways to **Access Care** A Newsletter for Humana – CareSource® Members 6 Manage Your Blood Sugar Through the Holidays 8 Care for Moms and Babies 10 Access to Your Plan Online or on the Go Visit us online at CareSource.com/KY 1

# We Appreciate You!

Thank you for being a Humana - CareSource member. Sticking with us has many advantages and benefits. They include:

- No referrals
- Large health partner network
- 24-hour nurse advice line
- Care management for chronic health conditions
- And more

We appreciate your trust in us to help you get the care you need.

## Tell a friend

Do you know someone who could use our services? Let your friends and family know about us.





# **NEW AND IMPROVED CARESOURCE.COM**

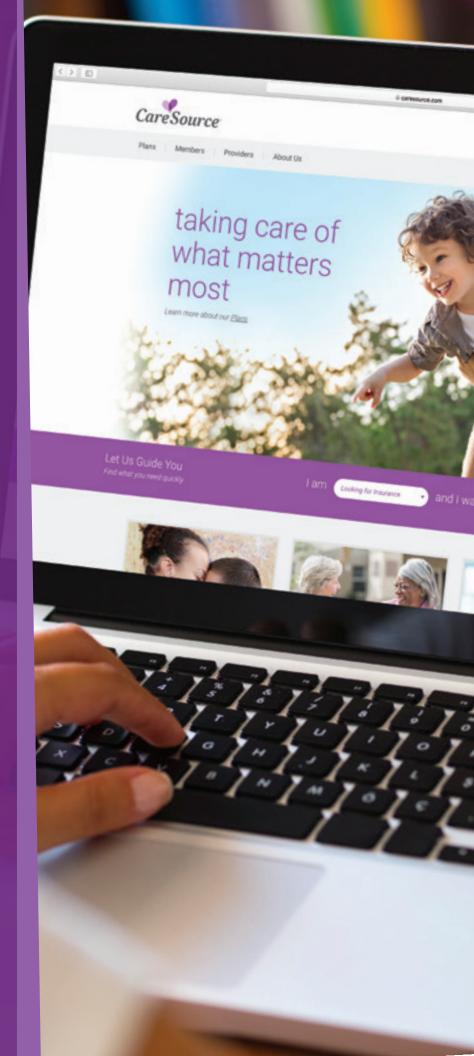
Redesigned with you in mind

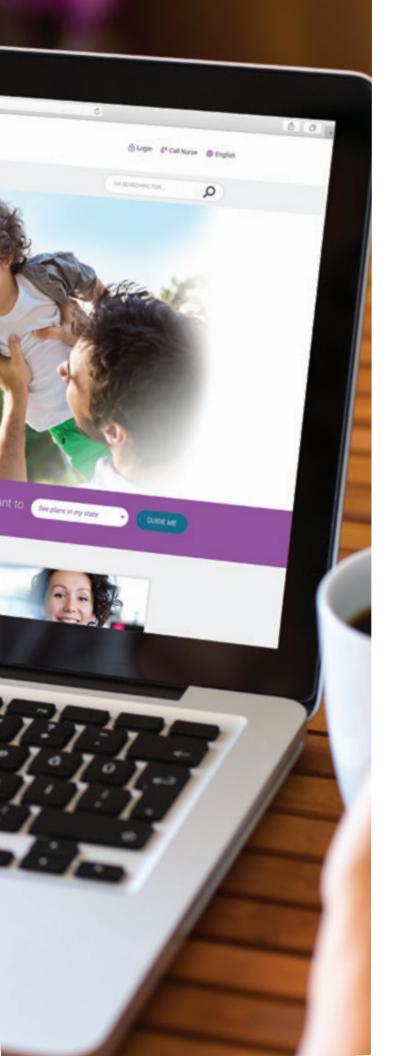
Everything we do starts with you, our valued member! We've been working hard to enhance our website to make it easier for you to find what you need fast.

The redesign of CareSource.com offers quick and easy access to important information and resources for Humana - CareSource's plans and services. The website includes:

- Easier navigation hover over our Plans or Members headings in the toolbar to get a drop down menu that quickly gets you to the information you need.
- Simplified content information is written in a web-friendly format that is clear, direct and easy to understand.
- New look and feel simple and clean site design that lets you quickly and easily find information and resources tailored for your needs.

Check out caresource.com/ members/kentucky-medicaid/ today.





# **Drug List Updates**

## Log on to:

caresource.com/members/kentucky-medicaid/pharmacy/find-my-prescriptions/

Find out which drugs are covered under your plan. You'll find the most current changes and updates, too. Please call Member Services if you don't have access to the internet. We can help you.

# **Your Privacy Is Our Priority**

At Humana – CareSource, we respect your right to privacy. We protect data used to identify you or document your health, your medical care or payment for health care services. We also follow all state and federal laws that apply to your consent to share specific information.

The Member Consent/HIPAA Authorization form tells us if you do or do not want us to share your health information. If you have not completed this form or want to change your preferences, you can fill it out online. Or you can print it and mail it back to us. The form is available at https://secureforms.caresource.com/en/HIPAA/KY/Medicaid. You can also access the form through the My CareSource member portal.

## **Choose How We Contact You**

Would you rather get an email or something in the mail? Would you like to receive text messages from us about updates to your health insurance?

Please log in to MyCareSource.com and update your preferences.

# **Easy Ways** to Access Care

Your Primary Care Provider (PCP) should be your first choice for routine care. Sometimes you can't get in to see your provider quickly enough, or you need care in the evening or on the weekend when your PCP's office is closed. Convenience Care Clinics offer you the same level of care as your PCP, at the same cost as a PCP visit.

Convenience Care Clinics are located inside your local grocery and drug stores, such as Kroger, Walgreens and CVS. They are normally staffed by Nurse Practitioners and are open in the evenings and on the weekends. You can find Convenience Care Clinics with our Find a Doctor online tool under "Clinics," or call Member Services to find a clinic near you.

Our 24-Hour nurse Advice Line is available 24 hours a day, 7 days a week, 365 days a year. A caring registered nurse will answer your questions. He or she can also help you decide what care you need. The number is on your member ID card.







# **✓** GET YOUR FLU SHOT

Anyone can get the flu virus, and it can be serious. Protect yourself and your loved ones. Get a flu shot every year.

Experts recommend that everyone older than 6 months should be vaccinated. There are very few exceptions. If left untreated, the flu can cause serious infections like pneumonia. Some infections can be life-threatening.

You can get a flu shot at your health care provider's office. You can also get a flu shot at some pharmacies and supermarkets.



# **Earn Rewards** for Healthy Habits

Complete healthy activities to earn rewards with:

- Babies First Pregnant women and babies up to 15 months old can earn up to \$150. Earn rewards for keeping prenatal visits, well-baby visits and more (You will need to enroll in this program.)
- MyHealth Adults 18 years and older can earn rewards for diabetes screenings and much more. We encourage you to redeem any rewards by the end of the year.

Find out how you can get started today! Visit caresource.com/members/ kentucky-medicaid/benefits-services/ additional-services/ or contact Member Services.

# We've got your back when it comes to getting the care you need!

With Humana – CareSource there are NO referrals required for specialty care with participating health care providers. With our large, statewide network YOU can choose among all our available specialists and hospitals whenever you need specialty or inpatient hospital care.



# Manage Your Blood Sugar through the Holidays

Do you have diabetes? As we enter the holiday season, set a few small goals to manage your blood sugar.

- Maintain your schedule as much as you can.
- Check your blood sugar frequently.
- Budget your sweets and treats.
- Be "party smart" and take healthy dishes with you.
- Stay active.

Make it your new year's resolution to minimize complications from diabetes.

Make an appointment with your health care provider to discuss important tests and screenings such as:

- Checking blood pressure at every visit
- Getting a blood sugar test at least twice a year
- Discussing tests for kidney function and blood lipids (fats)
- Getting a dilated eye exam once a year with an eye care professional
- Checking your feet at every visit and getting a thorough foot exam at least once a year

Earn rewards for getting your diabetes screenings! Go to My CareSource and click on My Health and then the Rewards tab. After your provider has notified Humana – CareSource that the tests are completed, your reward will be added to your account. You can redeem rewards for gift cards at popular retail stores.



# **HIGH BLOOD PRESSURE:** ARE YOU AT RISK?

There are usually no signs or symptoms for high blood pressure. In fact, it is often called the silent killer. That's why it is important to know if you are at risk.

Some risk factors include:

- Age. Blood pressure tends to rise as you get older.
   More than half of adults over 60 have high blood pressure.
- **Physical condition**. Being overweight as well as certain lifestyle habits can increase your risk.
- Family history. Your risk for high blood pressure may increase if others in your family have it.

The good news is that you can reduce your risk. Eat a healthy diet, maintain a healthy weight, don't smoke, and be physically active. All of these can help reduce your risk. Be sure to have your blood pressure checked regularly by a health care provider.

# Women's Health Needs

Women have special health needs. Taking care of yourself is important. Be sure to talk with your health care provider about these screenings and services recommended for women:

- Breast cancer screening
- Colorectal cancer screening
- Cervical cancer screening
- Heart disease monitoring
- Chlamydia screening
- Adult vaccines (shots)
- And more

You should also discuss your health history and your family health history with your health care provider.





## Are you pregnant?

The most important thing you can do for you and your baby is to make an appointment with your doctor. See your doctor early and regularly throughout your pregnancy. This can help identify issues before they become a problem for you or your baby. Call for an appointment as soon as you know you are pregnant.

## Just had a baby?

Make an appointment to see your provider as advised shortly after the birth. This postpartum checkup is important because you are at risk of serious health complications in the days and weeks after giving birth. They can even be life threatening.

At this visit, your doctor can:

- Make sure you are healing appropriately
- Discuss any physical concerns you may have
- Check any conditions you may have had during pregnancy, like high blood pressure or diabetes. They may continue to affect your health
- Discuss family planning, pregnancy spacing and birth control
- Talk with you about breastfeeding and baby safety
- Check your emotional and mental health as well as check for post-partum depression

You can earn rewards for these visits! Join our Babies First program. Sign up at caresource. com/members/kentucky-medicaid/benefits-services/additional-services/.

# **Cancer Screenings** Can Save Lives

Finding cancer early means it's more treatable. It is important you are getting the cancer screenings you need. It could save your life. Some key screenings are:

- Colon cancer screening. There are several tests available. Ask your doctor which one to get.
- Breast cancer screening. Ask your doctor about how often to get screened.
- Prostate cancer screening. Ask your doctor if and when you should be screened.
- Lung cancer screening. If you smoked or do now, talk to your doctor about this screening.
- Cervical cancer screening. If you are a woman 21 and older, talk to your doctor about how often you should be screened.

Your doctor can help you choose which screening tests make sense for you and when you should get them.



Our Care Managers are here to help you coordinate all of your health care needs. There is no cost to you. Care Managers serve members with respect and compassion. We:

- · Work with your health care team to coordinate your care
- Answer questions and help you learn more about your health and benefits
- Help you understand your symptoms and medicines
- Help you find local resources for things that affect your health like food and housing
- Give you strategies you can use to live a better quality of life

Care Managers are always ready to lend a hand and offer one-on-one support. Learn more at CareSource.com/KY.



Access myStrength online or on your mobile device at no cost to you. Visit https://bh.mystrength.com/ humana\_caresource to get started. Tap in to your strength today!



# **ACCESS TO YOUR PLAN** ONLINE OR ON THE GO

The My CareSource member portal and CareSource mobile app help make it easy to manage your plan.

## My CareSource Member Portal

My CareSource<sup>®</sup> is your personal online account on our member portal. Use your My CareSource account to:

- Change your doctor
- Request a new ID card
- Review your benefits
- See claims
- And more!

Visit MyCareSource.com to sign up and set up your account.

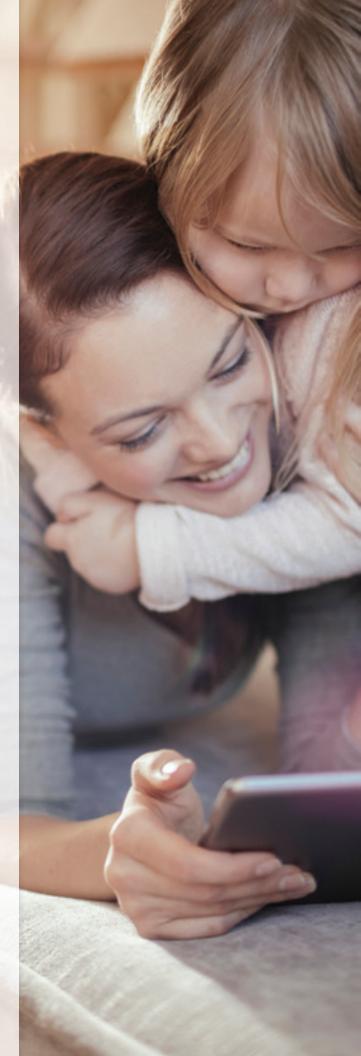
## **CareSource Mobile App**

Manage your Humana - CareSource plan from wherever you are with the CareSource mobile app. The app lets you access your secure My CareSource account from your mobile device to:

- View your ID card
- Find a network provider
- Review your plan benefits
- Check your claims (copays, deductibles and balances)
- Call our 24-Hour Nurse Advice Line and speak with a nurse 24/7
- Call and speak with Member Services
- And more!

The CareSource mobile app is available for both iPhone and Android® systems. Get it free through the App Store® or Google Play® by searching for CareSource.

iPhone is a registered trademark and the App Store is a service mark of Apple, Inc. Android and Google Play are registered trademarks of Google, Inc.





# **Holiday Schedule**

In observance of major holidays, Humana – CareSource is closed on the following days:

- Thanksgiving Day: Thursday, November 22, 2018
- The day after Thanksgiving: Friday, November 23, 2018
- Christmas Eve: Monday, December 24, 2018
- Christmas Day: Tuesday, December 25, 2018
- New Year's Day: Tuesday, January 1, 2019
- Memorial Day: Monday, May 27, 2019
- Independence Day: Thursday, July 4, 2019
- Labor Day: Monday, September 2, 2019

# Holiday Gifts on a Budget

The holidays are a time for giving, but you don't have to break the bank. Here are three easy ways to cross everyone off your list and stick to your budget at the same time.

- 1. Get crafty. Homemade gifts cost less and are always cherished.
- 2. Give memories. Frame a photo. A memory captured in time is personal and heartfelt.
- 3. Draw names. For large groups, draw names so you only have to buy a gift for one person.

# **New Year, New Start**

Make 2019 your best year yet. The New Year is a great time to pledge to add at least one healthy habit to your lifestyle. Eat right, get enough sleep, stay fit - even small steps can make a big difference. It all adds up! Don't forget – you can complete a new Health Risk Assessment (HRA) each year to identify what you want to work on for the New Year!



Humana – CareSource P.O. Box 221529 Louisville, KY 40252-1529

## **HOW TO REACH US**

Member Services Dept: **1-855-852-7005** 

(TTY: 1-800-648-6056 or 711)

24-Hour Nurse Advice Line:

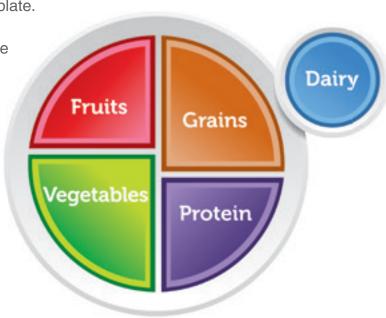
1-866-206-9599

# **Healthy Holiday Eating**

The holidays can wreak havoc on a well-balanced diet. Before you eat, think about what goes on your plate.

Use this simple graphic. It can help you estimate how much of each food group you should eat at each meal. Find tips and tools to help you make wise choices at www.choosemyplate.gov.





# Humana CareSource

If you, or someone you're helping, have questions about Humana – CareSource, you have the right to get help and information in your language at no cost. Please call the member services number on your member ID card

## **ARABIC**

إذا كان لديك، أو لدى أي شخص تساعده، أية استفسارات بخصوص Humana CareSource –، فيحق لك الحصول على مساعدة ومعلومات مجاناً وباللغة التي تتحدث بها. للتحدث إلى أحد المترجمين الفوريين، ُرجى الاتصال على رقم خدمة الأعضاء الموجود على بطاقة تعريف العضو الخاصة بك.

#### **AMHARIC**

እርስዎ፣ ወይም እርስዎ የሚያግዙት ግለሰብ፣ ስለ Humana – CareSource ጥያቄ ካላቸው፣ ያለ ምንም ክፍያ በቋንቋዎ እርዳታና መረጃ የጣግኘት መብት አላችው። ከአስተርጓሚ *ጋ*ር አባክዎን በመታወቂያ ካርዱ ላይ ባለው የአገልግሎቶች ቁጥር ይደውሉ፡፡

## **BURMESE**

Humana – CareSource အကြောင်း သင် သို့မဟုတ် သင်အကူအညီပေးနေသူ တစ်စုံတစ်ယောက်က မေးမြန်းလာပါက သင်ပြောဆိုသော ဘာသာစကားဖြင့် အကူအညီနှင့် အချက်အလက်များအား အခမဲ့ ရယူနိုင်ရန် အစွင့်အရေးရှိပါသည်။ ဘာသာပြန်တစ်ဦးအား ချေး့ဈကျ ပုပြု သင်္ကြာ၏ အသင်္ကြု ကြဲကြက်ပြေါ် ရှိ အသင်္ကြုံ ကြဲ ဝက်ငေငြာင်မှဝကျ်ဝ်ုနံက်သို့သို့ စာျှေ့နြဲ။

#### **CHINESE**

如果您或者您在帮助的人对 Humana – CareSource 存有疑问,您有权免费获得以您的语言提供的帮助和信息。 如果您需要与一位翻译交谈,请拨打您的会员 ID 卡上的会员服务电话号码。

## **CUSHITE - OROMO**

Isin yookan namni biraa isin deeggartan Humana – CareSource irratti gaaffii yo qabaattan, kaffaltii irraa bilisa haala ta'een afaan keessaniin odeeffannoo argachuu fi deeggarsa argachuuf mirga ni qabdu. Nama isiniif ibsu argachuuf, Maaloo lakkoofsa bilbilaa isa waraqaa eenyummaa keessan irra jiruun tajaajila miseensaatiif bilbilaa.

#### **DUTCH**

Als u, of iemand die u helpt, vragen heeft over Humana – CareSource, hebt u het recht om kosteloos hulp en informatie te ontvangen in uw taal. Als u wilt spreken met een tolk. Bel naar het nummer voor ledendiensten op uw lidkaart

## FRENCH (CANADA)

Des questions au sujet de Humana – CareSource? Vous ou la personne que vous aidez avez le droit d'obtenir gratuitement du soutien et de l'information dans votre langue. Pour parler à un interprète. Veuillez communiquer avec les services aux membres au numéro indiqué sur votre carte de membre.

## **GERMAN**

Wenn Sie, oder jemand dem Sie helfen, eine Frage zu Humana – CareSource haben, haben Sie das Recht, kostenfrei in Ihrer eigenen Sprache Hilfe und Information zu bekommen. Um mit einem Dolmetscher zu sprechen, Bitte rufen Sie die Mitglieder-Servicenummer auf Ihrer Mitglieder-ID-Karte an

GUJARATI જો તમે અથવા તમે કોઇને મદદ કરી રહ્યાં તેમ ાંથી કોઇને Humana – CareSource વિશે પ્રશ્નો હોર્ તો તમને મદદ અને મ હહતી મેળિનો અવિક ર છે. તે ખર્ય વિન તમ રી ભ ષ મ i પ્ર પ્ત કરી શક ર છે. દ ભ વષરો તિ કરિ મ ટે,કૃપા કરીને તમારા સભ્ય આઈડી કાર્ડ પર સભ્ય સેવા માટે ના નંબર પર ફોન કરો.

## **HINDI**

यदि आपके, या आप जिसकी मदद कर रहे हैं उसके Humana – CareSource के बारे में कोई सवाल हैं तो आपके पास बगैर किसी लागत के अपनी भाषा में सहायता और जानकारी प्राप्त करने का अधिकार है। एक दुभाषिए से बात करने के लिए कॉल करें, कृपया अपने सदस्य आईडी कार्ड पर दिये सदस्य सेवा नंबर पर कॉल करें।

## **ITALIAN**

Se Lei, o qualcuno che Lei sta aiutando, ha domande su Humana – CareSource, ha il diritto di avere supporto e informazioni nella propria lingua senza alcun costo. Per parlare con un interprete. Chiamare il numero dei servizi ai soci riportato sulla tessera di iscrizione.

## **JAPANESE**

ご本人様、または身の回りの方で、Humana – CareSource に関するご質問がございましたら、ご希望の言語でサポートを受けたり、情報を入手したりすることができます(無償)。 通訳をご利用の場合は、お持ちの会員IDカードにある、会員サービスの電話番号までお問い合わせ下さい。

#### **KOREAN**

귀하 본인이나 귀하께서 돕고 계신 분이 Humana – CareSource에 대해 궁금한 점이 있으시면, 원하는 언어로 별도 비용 없이 도움을 받으실 수 있습니다. 통역사가 필요하시면 다음 번호로 전화해 귀하의 회원 ID 카드에 적힌 회원 서비스 팀 번호로 전화하십시오.

#### **PENNSYLVANIA DUTCH**

Wann du hoscht en Froog, odder ebber, wu du helfscht, hot en Froog baut Humana – CareSource, hoscht du es Recht fer Hilf un Information in deinre eegne Schprooch griege, un die Hilf koschtet nix. Wann du mit me Interpreter schwetze witt, Bel alstublieft met het Ledenservice nummer op uw lid ID -kaart.

#### RUSSIAN

Если у Вас или у кого-то, кому Вы помогаете, есть вопросы относительно Humana – CareSource, Вы имеете право бесплатно получить помощь и информацию на Вашем языке. Для разговора с переводчиком. Пожалуйста, позвоните по телефону отдела обслуживания клиентов, указанному на вашей идентификационной карточке клиента.

## **SPANISH**

Si usted o alguien a quien ayuda tienen preguntas sobre Humana – CareSource, tiene derecho a recibir esta información y ayuda en su propio idioma sin costo. Para hablar con un intérprete. Por favor, llame al número de Servicios para Afiliados que figura en su tarjeta de identificación.

#### **UKRAINIAN**

Якщо у вас, чи в особи, котрій ви допомагаєте, виникнуть запитання щодо Humana – CareSource, ви маєте право безкоштовно отримати допомогу та інформацію вашою мовою. Щоб замовити перекладача, Зателефонуйте за номером обслуговування учасників, який вказано на вашому посвідченні учасника

## **VIETNAMESE**

Nếu bạn hoặc ai đó bạn đang giúp đỡ, có thắc mắc về Humana – CareSource, bạn có quyền được nhận trợ giúp và thông tin bằng ngôn ngữ của mình miễn phí. Để nói chuyện với một thông dịch viên. Vui lòng gọi số dịch vụ thành viên trên thẻ ID thành viên của bạn.

Humana – CareSource complies with applicable state and federal civil rights laws and does not discriminate on the basis of age, gender, gender identity, color, race, disability, national origin, marital status, sexual preference, religious affiliation, health status, or public assistance status. Humana – CareSource does not exclude people or treat them differently because of age, gender, gender identity, color, race, disability, national origin, marital status, sexual preference, religious affiliation, health status, or public assistance status.

Humana – CareSource provides free aids and services to people with disabilities to communicate effectively with us, such as: (1) qualified sign language interpreters, and (2) written information in other formats (large print, audio, accessible electronic formats, other formats). In addition, Humana – CareSource provides free language services to people whose primary language is not English, such as: (1) qualified interpreters, and (2) information written in other languages. If you need these services, please call the member services number on your member ID card.

If you believe that Humana – CareSource has failed to provide the above mentioned services to you or discriminated in another way on the basis of age, gender, gender identity, color, race, disability, national origin, marital status, sexual preference, religious affiliation, health status, or public assistance status, you may file a grievance, with:

Humana – CareSource Attn: Civil Rights Coordinator P.O. Box 1947, Dayton, Ohio 45401 1-844-539-1732, TTY: 711 Fax: 1-844-417-6254

CivilRightsCoordinator@CareSource.com

You can file a grievance by mail, fax, or email. If you need help filing a grievance, the Civil Rights Coordinator is available to help you.

You may also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office of 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, D.C. 20201 1-800-368-1019, 800-537-7697 (TDD)

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