



FALL 2024

MEMBER *Source*

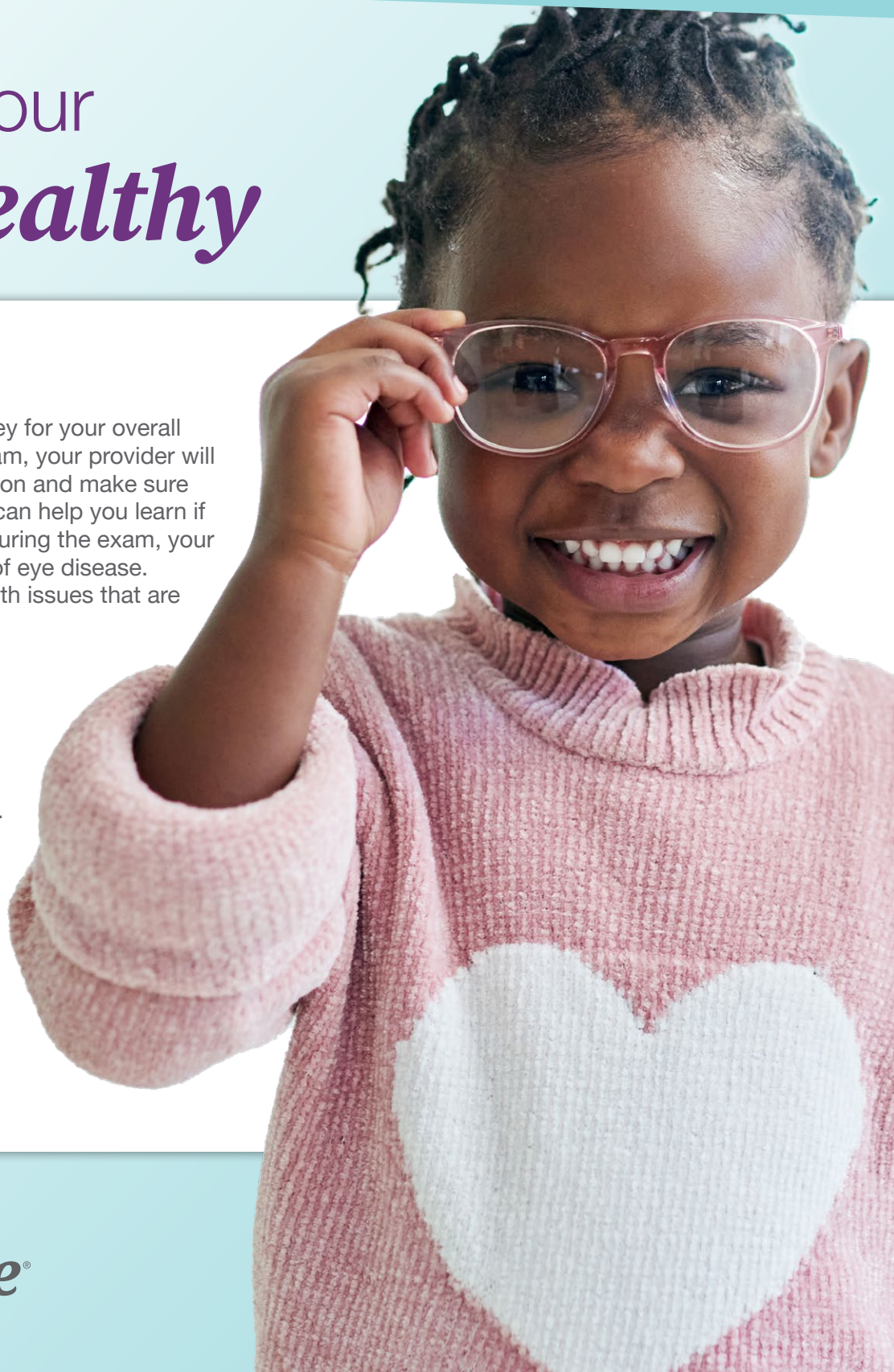
A Newsletter for CareSource Members

Keeping Your *Eyes Healthy*

Getting routine eye exams are key for your overall health. When you get an eye exam, your provider will do some tests to check your vision and make sure your eyes are healthy. An exam can help you learn if you need glasses or contacts. During the exam, your provider will also look for signs of eye disease. They can even detect some health issues that are not eye related.

Put your vision benefits to work for you! Your vision benefits are covered by Superior Vision®. Find eye care at **FindADoctor.CareSource.com**. You can also call Member Services. Make sure the provider knows you are covered by Superior Vision before you visit.

Source: Cleveland Clinic,
my.clevelandclinic.org




CareSource®

Simple Substitutions for **Healthy Eating**



Sometimes it can be hard to find easy ways to eat healthy. There are often low or fat free, sugar free or lower sodium (salt) choices in food. Did you know that applesauce can be used to replace oil or butter in baked goods? Plain yogurt can be used to replace sour cream. If you have trouble getting or storing fresh fruits and vegetables, canned and frozen are good choices. Choose fruits canned in juice rather than syrup. When choosing frozen vegetables, pick ones that don't have added sauces, salt or sugar. For a sweet treat, instead of ice cream, frozen yogurt is a yummy choice. You can also make puddings with skim milk.

If you need healthy food, you may be able to get help through the Supplemental Nutrition Assistance Program (SNAP). You can apply online by going to **benefits.ohio.gov**.

Sources:

National Heart, Lung, and Blood Institute, www.nhlbi.nih.gov
American Heart Association, www.heart.org



Using Your Health Benefits Has Never Been Easier!



Use your smart phone camera to scan the QR code and learn more about our mobile app.



Our mobile app helps you use your benefits wherever you are. Download the app from Google Play® or the App Store®.

You can easily:

- Find an in-network doctor, hospital, or clinic near you.
- Call the CareSource24® Nurse Advice Line any time, 24/7/365.
- Call Member Services.
- View and show your digital member ID card to your providers.
- Review your plan benefits.
- Login to your My CareSource® member portal account.
- Check your claims.
- Learn about our rewards programs.

Get it today!

Get Rides for Your Health Visits and More!

You can get rides to:

- Pickups at your pharmacy.
- Health care visits including going to your dentist, eye doctor or hearing visits.
- Grocery stores for curbside pickup or to food banks and pantries.
- Renew your Medicaid benefits at your county Job and Family Services or Women, Infants and Children (WIC) appointments.



Rides must be scheduled at least two business days before your visit or pickup. A driver will take you to your visit and will pick you up after the visit. For grocery pickups, we need your order number, store location and pickup time when you call us. These rides are at no cost to you. To schedule a ride, call Member Services.





Member Moments

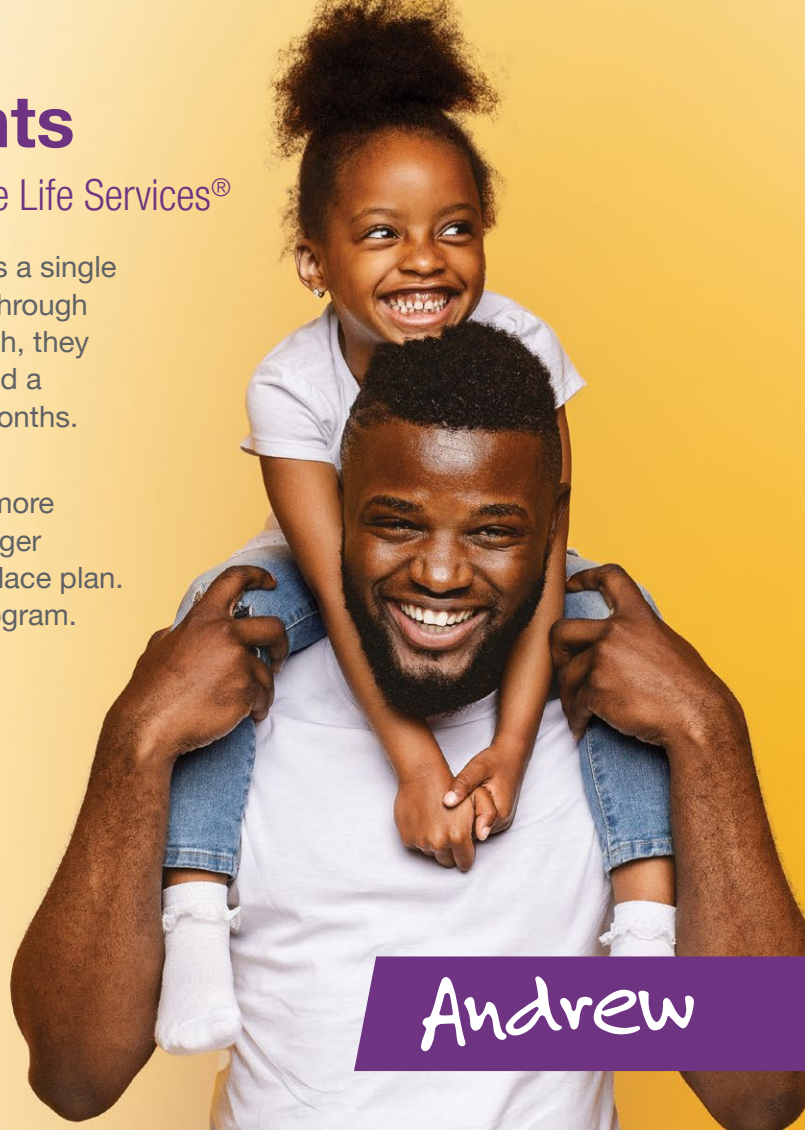
True stories of triumph in CareSource Life Services®

Andrew and his daughter were living in a shelter. He was a single parent, working and feeling overwhelmed. He got help through CareSource Life Services®. With help from his Life Coach, they moved into an apartment. His Life Coach helped him find a program that covered rent and utilities for the first six months. With the program, they also got free furniture.

Later on, Andrew got a promotion at his job and made more money. Because he was making more money, he no longer qualified for Medicaid. He joined a CareSource Marketplace plan. That way, he stayed in the CareSource Life Services program.

We can help you, too!

We want to help pave the way from where you are to where you want to be. This is at no cost to you. To learn more, email LifeServices@CareSource.com or call 1-844-543-7378 (TTY: 1-800-750-0750 or 711).

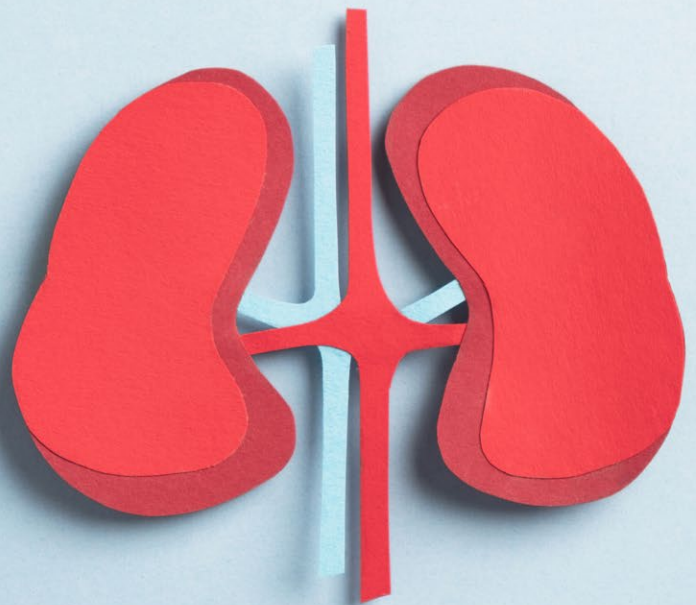


Andrew

What is Chronic Kidney Disease?

Your kidneys play a vital role in keeping you healthy. They filter extra fluid and waste from your body. Chronic Kidney Disease (CKD) is when your kidneys don't work as well as they should. Fluids and waste build up. This can cause health issues such as anemia, infection, kidney failure, heart disease and more. In the early stages, though, there may be no signs.

You may be at higher risk if you have diabetes, high blood pressure, family history of CKD or heart disease. To prevent CKD or keep it from getting worse, take action! Control risk factors and make healthy life choices. Get tested yearly and see your provider regularly.



Source: National Institute of Diabetes and Digestive and Kidney Diseases, www.niddk.nih.gov





Stay Healthy on a Busy Schedule

Taking care of your physical health is key to overall well-being. This can be tough when you have a busy life. There are small things you can add to your daily routine to increase your overall well-being.



Take breaks!

Get up and go for a walk outside. This can help lower your anxiety, improve your mood and even give you more energy.



Focus on your meal.

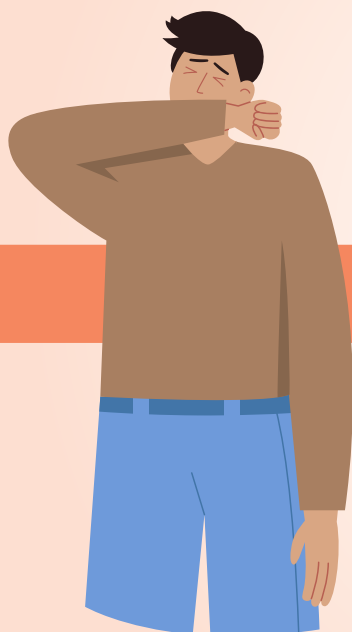
While it can be hard to stop yourself from multitasking, it's important to step away from distractions when eating. Your brain needs 20 minutes to tell you you're full. Focus on the meal and listen to your body.



Ask about our wellness programs.

Use MyHealth to track your physical health goals or myStrengthSM to better your mental health. Both are available through your My CareSource account.

Stop the Spread of Flu & RSV!



Two common types of sickness this time of year are respiratory syncytial virus (RSV) and flu. They both cause coughing, runny nose, and fevers or chills. With RSV, you may notice sneezing, trouble breathing and that you are not as hungry. If you have the flu, you may have a sore throat, stuffy nose, headache or body aches. Infants and older adults are at highest risk for getting the flu or RSV.

What's the best way to protect yourself?

Get both a flu shot and an RSV vaccination each year.

Stop the spread of Flu and RSV:

- ✓ Wash your hands often.
- ✓ Cover your coughs and sneezes.
- ✓ Don't touch your eyes, nose or mouth.
- ✓ Don't go around others who are sick.
- ✓ Wipe down high-touch places in your home.

Source: Centers for Disease Control and Prevention, www.cdc.gov/rsv/index.html

Continuous Glucose Monitoring



If you have been diagnosed with diabetes, there may be a simpler way to manage your blood sugar. A continuous glucose monitor (CGM) is a small device that sticks to your arm or belly. It has a tiny sensor that goes under your skin. CGMs track your blood sugar all the time. They alert you if it goes too high or too low.

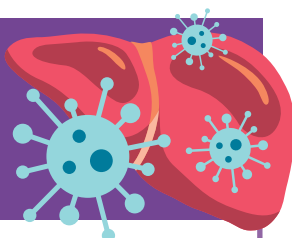
CGMs are helpful if you have trouble reaching and staying at a target blood sugar level. They are also useful if your blood sugar often drops too low, but you don't realize it. This can put you at risk for severe low blood glucose and can be very dangerous.

To see if you are eligible to get one, talk to your Care Manager or your provider.

Sources:

National Institute of Diabetes and Digestive and Kidney Diseases, www.niddk.nih.gov
American Diabetes Association, www.diabetes.org

What is Hepatitis C?



Hepatitis C is a liver disease. It spreads through infected blood. The most common way this happens is by sharing needles. Many people don't have symptoms. If they do, it means the liver is badly damaged. It can even lead to cirrhosis and liver cancer.

All adults should be tested at least once in their lives. Pregnant people should be tested each time they are pregnant. If you are not sure if you've been tested, talk with your provider.

Source: Centers for Disease Control and Prevention, www.cdc.gov



Questions About Your Prescriptions?



Do you have questions about your medications? Talk to a CareSource pharmacist. They can look over your medications with you and answer questions. You do not need an appointment! Call **1-833-230-2073** (TTY: 711) to speak with a pharmacist today.



Pregnant?

Protect Your Baby!

Did you know that if you have syphilis and are pregnant, you can pass it to your baby? This is called congenital syphilis. This can be prevented with timely testing and treatment. You will get your first test during your first prenatal visit. The next one happens between 28-32 weeks. Your last test will be when your labor starts. If your test is positive, get treated as soon as you can to protect your baby. Your partner should also be tested and treated.

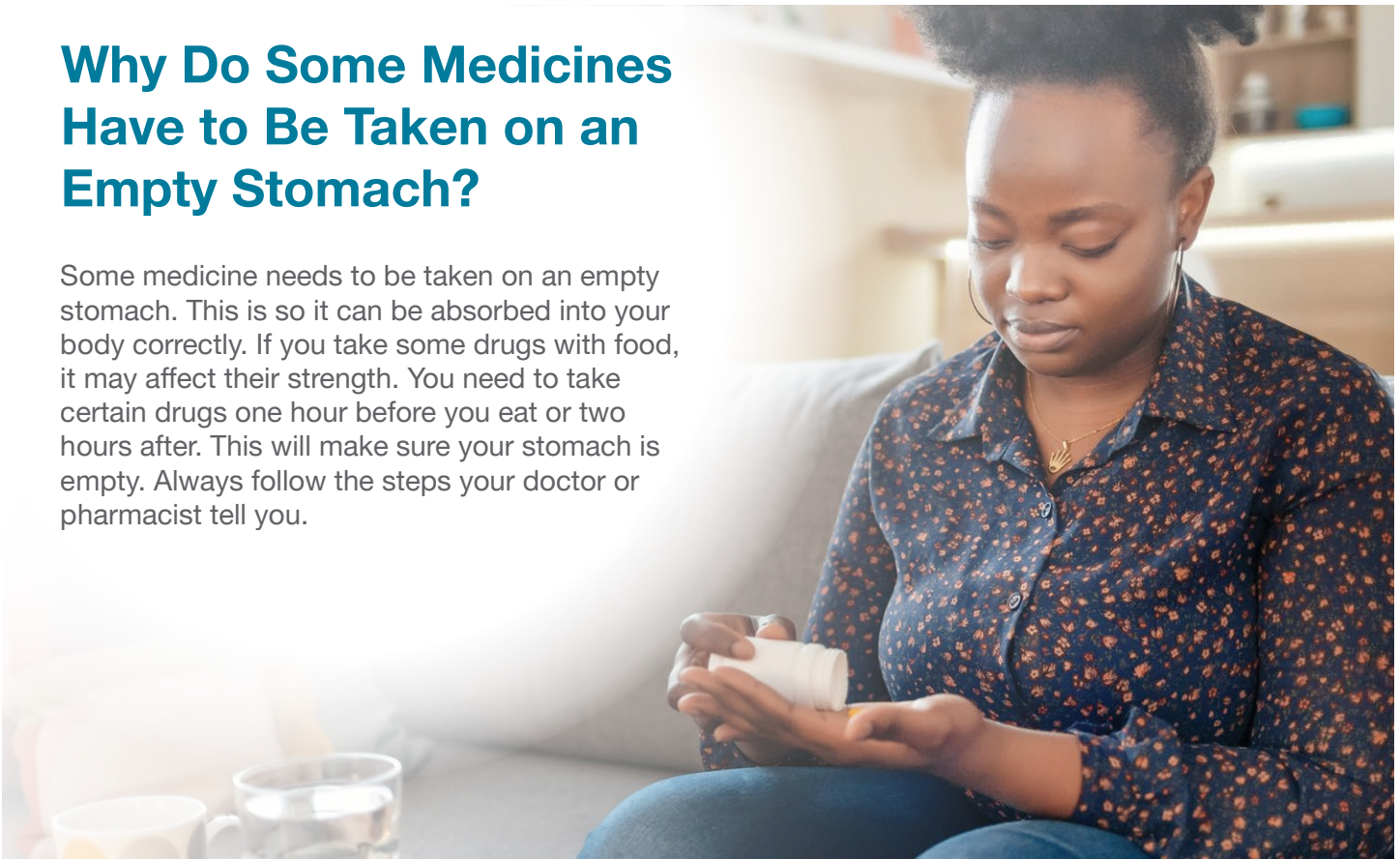
Why is this vital? Not treating syphilis can lead to miscarriage, stillbirth, pre-term birth, low birth weight or death. Babies born with syphilis can have deformed bones, anemia, jaundice, brain and nerve problems, meningitis, rash or be blind or deaf. *Take action.* Keep your baby safe.

Source: Centers for Disease Control and Prevention, www.cdc.gov



Why Do Some Medicines Have to Be Taken on an Empty Stomach?

Some medicine needs to be taken on an empty stomach. This is so it can be absorbed into your body correctly. If you take some drugs with food, it may affect their strength. You need to take certain drugs one hour before you eat or two hours after. This will make sure your stomach is empty. Always follow the steps your doctor or pharmacist tell you.



Know Where to Go to Get Care

You have choices when you need care. Use this chart to know where to go when.

No matter where you get care, your primary care provider (PCP) is your main health partner.

Visiting them on a routine basis helps them get to know you and your health care needs.

	Primary Care Provider (PCP)	Used for common illnesses and advice. See your PCP for your annual physical. They can help you with preventive care, tests, and seeing specialists. See your PCP the most often!
	Telehealth	Visit with a provider by phone or computer from wherever you are. Ask your providers if they offer telehealth. You can also talk to a doctor 24/7 through Teladoc®. Learn more about telehealth visits on page 9.
	Community Behavioral Health Centers (CBHCs)	Provide health and social services for people living with mental health and/or substance use issues.
	Convenience Care Clinics	Used for common illnesses and to get shots. They can be in stores like CVS® and Walmart®.
	Urgent Care	Used to treat non-life-threatening issues like a mild flu or deep cut. Go here if you cannot get a visit with your PCP and your health issue cannot wait. These are usually open 7 days a week with evening and weekend hours.
	Hospital Emergency Rooms	Used for life-threatening issues like chest pain or a head injury that cannot wait. Call 911 or go to the nearest ER.



Not sure where to go?

Call the CareSource24 Nurse Advice Line. We are here 24 hours a day, 7 days a week.



Services Covered for **YOU**



What to Do if You Get a Bill

You get all medically necessary Medicaid-covered services at no cost to you. Medically necessary means you need the services to prevent, diagnose, or treat a medical condition. You should not be billed for these services. Call Member Services if you get a bill. Services covered by CareSource can be found in your **member handbook**. You can get a printed copy sent to you when you call Member Services.

YOU ASKED FOR IT!



Why is CareSource calling me?

You may have asked yourself this question when you've gotten a call from us. We want you to get the best care. That's why we may call you about:

- Updates, like changes to our provider network.
- Changes in your plan or benefits.
- Gaps in your care.
- Medication refills you need.
- Visits you've had to the emergency room or inpatient visits.

When we call, you'll know it's us. We'll always say that we are calling from CareSource.



What Should I Expect at My Telehealth Visit?

Talk to a doctor from the comfort of your own home with telehealth. These health care visits take place online or by phone. They can save you time. Use telehealth for common health needs. Here are a few tips so you can be ready for your visit.

Before Your Visit:

- ✓ Write down any questions.
- ✓ Find a quiet place where you can talk openly.

During Your Visit:

- ✓ Be open and honest about your health. Tell them what you are feeling.
- ✓ Take notes.

At the End of Your Visit:

- ✓ Talk through any next steps you need to take.
- ✓ Do you need to pick up a prescription?
- ✓ Do you need a follow up visit?

USE TELADOC®: Talk with a doctor 24 hours a day, 365 days a year. Call 1-800-TELADOC (835-2362) (TTY: 711) or visit **Teladoc.com/CareSource**. You can also find a link on the CareSource mobile app.



Is All Screen Time Bad?

We live in a digital world. Digital media and screens are part of our daily lives. They help us work, learn, keep in touch with family and friends, and provide easy and endless entertainment. But too much screen time can be bad for our health.

For kids and teens, too much time on screens means less time for being active and building real-world relationships. It also means they are more likely to be overweight and perform worse in school.

Too much screen time also means you are less active. This can lead to higher rates of obesity and health issues like diabetes and heart disease.

Not all screen time is bad. The key is balance. Focus on quality screen time over the amount of time on screens. Have clear boundaries for when you can be on screens so that your time with others is not affected. When we set healthy limits and focus on what is important, we prioritize our well-being.

Source: American Academy of Pediatrics, www.aap.org

Advocate For Your Health



Before 1993, women were not always part of medical research studies. For example, women face worse side effects from medications than men. They are not always part of the trials when drugs are tested. Crash test dummies shaped more like women's bodies were not used for testing until 2003. This means women are more likely to be killed or seriously injured in a car crash. Heart attacks and heart disease were considered "a man's disease". It wasn't until the 1980's that anyone studied how it impacted women.

Knowing this history, women need to advocate for their health.

- ✓ Be open and honest with your provider. Share your concerns even if it feels embarrassing. Your provider should listen and respond with respect.
- ✓ Do not be afraid to ask questions. It can be helpful to write down what you want to talk about and bring it to your visit. Make sure all of your concerns are addressed.

You know your body best. If they tell you your symptoms are normal but you feel off, speak up. Ask, "What about my issue tells you that it is not serious or something to worry about?" Or, "What should I look for that may mean this is getting worse?"

If you feel unheard or dismissed by your provider, speak up. When you tell them you do not feel heard, that should result in a change. If it doesn't, it may be time to see a new provider.

Source: Association of American Medical Colleges, www.aamc.org



ENGLISH - Language assistance services, free of charge, are available to you. Call **1-800-488-0134** (TTY: 711).



SPANISH - Servicios gratuitos de asistencia lingüística, sin cargo, disponibles para usted. Llame al 1-800-488-0134 (TTY: 711).

NEPALI - तपाईंका निम्ति निःशुल्क भाषा सहायता सेवाहरू उपलब्ध छन् । 1.800.488.0134 तथा बहिरा, कम सुन्ने वा गम्भीर वाचन दुर्बल प्रयोगकर्ता (TTY) ले 711 मा फोन गर्नुहोस् ।

UKRAINIAN - Вам доступні безкоштовні послуги мовної допомоги. Телефонуйте за номером 1-800-488-0134 (телетайп: 711).

FRENCH - Services d'aide linguistique offerts sans frais. Composez le 1-800-488-0134 (ATS: 711).

HAITIAN - Sèvis Asistans Lang yo, gratis, disponib pou ou. Rele nan 1-800-488-0134 (TTY: 711).

PASHTO - د ژبې په برخه کې د مرستې خدمات، ستاسو لپاره - په وړیا ډول د لاسرسۍ وړ دي. 1-800-488-0134 (د کڼو یا په اورېدو کې د ستونزو لرونکو لپاره: 711) شمېرې ته زنگ ووهئ.

TURKISH - Ücretsiz dil destek hizmetleri mevcuttur. 1-800-488-0134 no'lu numarayla arayın (TTY: 711).

ARABIC - نوفر لك خدمات المساعدة اللغوية بالمجان - اتصل بالرقم 1-800-488-0134 (الهاتف النصي: 711).

SOMALI - Adeegyada kaalmada luuqadda, oo bilaa lacag ah, ayaad heli kartaa. Wac 1-800-488-0134 (TTY: 711).

SWAHILI - Huduma za usaidizi wa Lugha, bila malipo, zinapatikana kwako. Piga simu kwa 1-800-488-0134 (TTY: 711).

RUSSIAN - Услуги языковой помощи доступны для вас бесплатно. Звоните по номеру 1-800-488-0134 (телетайп: 711).

DARI - خدمات مساعدت زبان، بطور رایگان برای شما قابل دسترس می باشد. زنگ بزنید به 1-800-488-0134 (TTY: 711).

VIETNAMESE - Ngôn ngữ miễn phí, có sẵn cho bạn. Gọi số 1-800-488-0134 (TTY: 711).

UZBEK - Til masalasida yordam beradigan bepul xizmatlar mavjud. 1-800-488-0134 telefon raqamiga qo'ng'iroq qiling (TTY: 711).

KINYARWANDA - Tubafitiye serivisi z'ubufasha bujyanye n'indimi ku buntu. Hamagara kuri 1-800-488-0134 (TTY: 711).

NOTICE OF NON-DISCRIMINATION

CareSource complies with applicable state and federal civil rights laws. We do not discriminate, exclude people, or treat them differently because of age, gender, gender identity, color, race, disability, national origin, ethnicity, marital status, sexual preference, sexual orientation, religious affiliation, health status, or public assistance status.

CareSource offers free aids and services to people with disabilities or those whose primary language is not English. We can get sign language interpreters or interpreters in other languages so they can communicate effectively with us or their providers. Printed materials are also available in large print, braille or audio at no charge. Please call Member Services at the number on your CareSource ID card if you need any of these services.

If you believe we have not provided these services to you or discriminated in another way, you may file a grievance.

Mail: CareSource, Attn: Civil Rights Coordinator
P.O. Box 1947, Dayton, Ohio 45401

Email: CivilRightsCoordinator@CareSource.com

Phone: 1-800-488-0134 (TTY: 711)

Fax: 1-844-417-6254

You may also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights.

Mail: U.S. Dept. of Health and Human Services
200 Independence Ave, SW Room 509F
HHH Building Washington, D.C. 20201

Phone: 1-800-368-1019 (TTY: 1-800-537-7697)

Online: ocrportal.hhs.gov/ocr/portal/lobby.jsf

Complaint forms are found at:

www.hhs.gov/ocr/office/file/index.html.



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

HOW TO REACH US

Member Services:

1-800-488-0134

(TTY: 1-800-750-0750 or 711)

CareSource24

24-Hour Nurse Advice Line:

1-866-206-0554

(TTY: 1-800-750-0750 or 711)

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Important Plan Information

***Tell Us
What You
Think!***



We want to know your thoughts about your quarterly newsletter.

Tell us what you like, what you dislike, and ideas for improving your newsletters! Take the survey at the link below. It only takes a few minutes.

CareSource.com/NewsletterSurvey

We want to make your coverage the best you've ever had! We thank you for trusting us with your health coverage needs.