



SPRING 2021

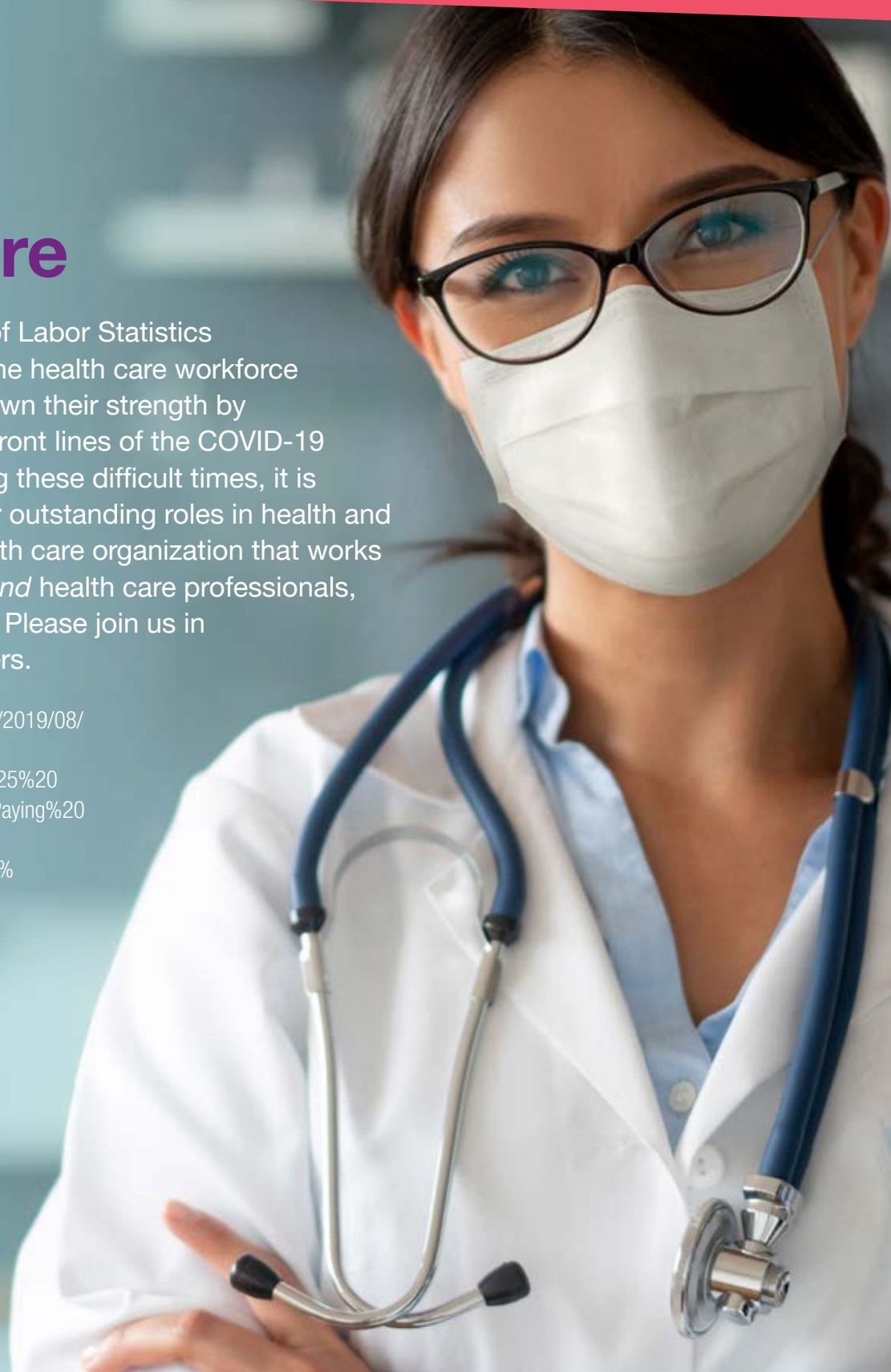
MEMBER *Source*

A Newsletter for CareSource® Dual Advantage Members

Women in Health Care

The United States Bureau of Labor Statistics reports that 76 percent of the health care workforce is female. Women have shown their strength by continuing to serve on the front lines of the COVID-19 pandemic. Especially during these difficult times, it is important to recognize their outstanding roles in health and impact every day. As a health care organization that works closely with our members *and* health care professionals, we want to say, Thank You! Please join us in thanking all essential workers.

Sources: www.census.gov/library/stories/2019/08/your-health-care-in-womens-hands.html#:~:text=Women%20Hold%2076%25%20of%20All,Gaining%20in%20Higher%2DPaying%20Occupations&text=The%20number%20of%20full%2Dtime,Census%20Bureau's%20American%20Community%20Survey.





PREVENT Cervical Cancer

Cervical cancer is a type of cancer that starts in the cervix. The cervix is the lower part of a woman's uterus, where a baby grows during a pregnancy. All women are at risk for cervical cancer, but it is found most often in women over the age of 30.

The human papillomavirus (HPV) is the most common cause of cervical cancer. HPV spreads mainly through sexual activity. In most people with HPV, the body can clear the infection on its own. An infection that does not go away on its own may cause cancer over time.

There are steps you can take to prevent cervical cancer:

- 1 **Quit smoking.** Smoking can weaken your body's immune system. This can make it harder for the body to fight cancer cells.
- 2 **Have routine pap tests.** Pap tests, or pap smears, look for pre-cancerous cells on the cervix. Getting a routine pap test can help find issues early before they get worse.
- 3 **Get the HPV vaccine.** Children and young adults should get the HPV vaccine. It helps protect against the types of HPV that most commonly cause cervical cancer.
- 4 **Limit sexual partners.** Use barrier protection to reduce risk of HPV and other STIs.

Learn more about cervical cancer at cdc.gov/cancer/cervical/.

Heart Disease: Differences Between Men and Women



Heart disease is often tied to men, but it is the leading cause of death for both men **and** women in the United States.

Women often get heart disease at an older age than men. Heart disease in women usually happens after menopause. This is when the level of the hormone estrogen drops. Women may have other risk factors for heart disease that men don't have. Risk factors like endometriosis and polycystic ovary disease that only impact women can increase the likelihood of developing heart disease.

The signs of a heart attack can also be different in men and women. While many people have the classic symptoms of a heart attack like sudden chest pain, women are more likely to have less common symptoms that happen more slowly. Less common symptoms include nausea or vomiting, fatigue, and dizziness, among others.

Protect your heart. Go to cdc.gov/heartdisease/ to learn more about your risk and what you can do to live a heart healthy life.

Source: <https://health.clevelandclinic.org/women-men-higher-risk-heart-attack/>





Breast Cancer **AWARENESS**

Breast cancer is the second most common cancer in the United States. It is the second-leading cause of cancer death in women. There is no sure way to prevent breast cancer, but there are ways to lower your risk.



Get regular physical exercise.



Have a healthy weight.



Eat healthy foods.



Limit alcohol.

The earlier breast cancer is found, the better chance for successful treatment. Women between ages 50 and 75 should get a mammogram at least once every two years. *All* women should talk with their PCP about when to start screening. Staying informed is key to prevention!

What to Expect at a *Mammogram* Visit

A mammogram screening is used to examine breast tissue and find any abnormalities. Research shows having a yearly mammogram can help detect cancer earlier, when it is most treatable.

During Your Visit

You and a trained technician will be the only ones in the exam room. The technician will place your breasts one at a time in between two plastic plates. You will likely feel pressure while taking the X-ray images but not for long. The screening only lasts about 10 minutes.

TIP: Make sure you do not wear deodorant, lotion or perfume on the day of your visit.



COVID-19 Safety

Health care offices **MUST** follow The Centers for Disease Control and Prevention (CDC) guidelines for COVID-19. You and the technician will be asked to wear a mask during the visit. You can always call your provider before the visit to ask any questions you may have.

It's vital to include mammograms in your preventive health care routine. Don't delay!

Source: www.cdc.gov/cancer/breast/basic_info/mammograms.htm

You have **COVID-19**, **Now What?**

Next Steps to Your Recovery

After testing positive for COVID-19, you may wonder what happens next. You've been told to stay home, monitor your symptoms and wash your hands, but what other actions should you take?



1



Contact a provider.

If you are ill, contact your primary care provider (PCP) or CareSource24®. They can assist you with your medical needs and answer questions you may have.

2



Protect your loved ones.

Choose a room for you to be away from people and pets you live with. If you can, use a separate bathroom. If your living quarters are small, wear a mask around other people and pets. Try to keep interactions brief.

3



Monitor your Symptoms

Follow the action plan set up by your provider. Understand the warning signs and when you should seek emergency medical attention.





- 4 
**Don't share things
with healthy people**

Avoid sharing dishes, cups, eating utensils and bedding in your home. Thoroughly clean each item after use.

- 5 
**Clean surfaces
everyday**

Make sure high-touch surfaces are cleaned daily. This includes your “sick room” and bathroom. Let someone else handle the daily cleaning for common areas in your home.

- 6 
Quarantine

Quarantine for 10 days after you test positive or start having symptoms. After you have at least 24 hours with no fever (without using medication to bring it down) you can be around others.

Your PCP will let you know when you can return to work or be around others.

REMEMBER: You should continue to wear a mask and keep a safe distance from others even after recovery.

Source: www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html

COVID-19 Precautions: Be Safe, Be Smart.

The COVID-19 pandemic has entered a second wave, causing even more infections and death around the world than the first. You still need to protect yourself against infection. Following Centers for Disease Control and Prevention (CDC) guidelines can help reduce your risk of infection.



1. Wear a proper face mask (N95 certified or double cloth). Protective eyewear may be needed in close social settings.



2. Wash your hands often with soap and water.



3. Wear protective gloves when you are cleaning or caring for someone who is sick.



4. Social distance at least six feet apart from others outside of your home.



5. Stay at home as much as you can. Only go out for essential needs.

We cannot let our guard down even with an effective vaccine available for general use in 2021.



You've likely been hearing a lot about the COVID-19 vaccines. If you are reviewing vaccine information on the Internet, make sure it's from a creditable source with regular updates. The Centers for Disease Control and Prevention (CDC) and your local and state health departments are great resources to learn more about the vaccination program and plans. We also want to help you stay informed.

Understanding

COVID-19 Vaccines

Below are a few things you should know:

- 1 The US Food & Drug Administration (FDA) has authorized the vaccines.
- 2 In the early phases of the vaccine, supply will be limited, but that will increase in the months to come.
- 3 The COVID-19 vaccines are safe and effective and are being thoughtfully distributed.
- 4 To have the most protection from COVID-19, second doses are required.
- 5 The COVID-19 vaccine will be available at no charge.

Getting the vaccine is one of the many important ways to help stop the pandemic. Continuing to wear masks and social distance will reduce the chance of being exposed to or spreading the virus. Proper prevention measures, coupled with the vaccine, will provide the best protection from COVID-19.



For more information about the COVID-19 vaccine, visit www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html.
Source: www.cdc.gov/coronavirus/2019-ncov/vaccines/8-things.html





How to Stay Active All Day

We are all guilty of spending a lot of time sitting – in your car, at your desk and on the couch. Studies show that too much sitting can up your risk for breast cancer, colon cancer and may take years off your life. Luckily, it's an easy fix by simply moving more. Here are four ways to get more activity into your day. Your health will thank you.



- 1 WALK MORE.** With walking, there is no gym required. To burn calories, pick up the pace and give more time to each walk. Try using a pedometer to track your steps.



- 2 STAND UP:** Work is a place where many sit for hours. Take a five-minute break at least once an hour to start moving. You will burn calories and boost your productivity.



- 3 CLEAN YOUR HOME:** Cleaning your home regularly is another way you can stay active. Cleaning your home can work many muscle groups without you even realizing it. To step it up, try tightening your abdominal muscles for a few minutes throughout each hour.



- 4 COMMERCIAL BREAK SESSION:** Squeeze in exercise while watching TV or when the kids are napping. Try some jumping jacks, pushups or sit-ups. Go for some fat-blasting moves during commercial breaks.

Looking for a fitness center or home fitness program options? Call Silver&Fit at 1-877-427-4788 (TTY: 711) or visit www.SilverandFit.com for more information.





Tips to **Limit Stress** Without Smoking

We all react differently to stressful events in our daily life. For people who smoke, stress can be a major trigger. However, former smokers have found ways to deal with their stress, boredom, anger, sadness and anxiety without relapsing and you can too!

Tips to de-stress without smoking:

1. Know the triggers that give you the urge to smoke.
2. Find other ways to cope. Try reading a book, taking a walk or talking with a friend.
3. Understand the signs of stress. Headaches, anxiety/nervousness or feeling overwhelmed are common signs.

5 D's when you feel the urge to smoke:

- 1** **Delay**
- 2** **Drink** water
- 3** **Do** something else
- 4** **Deep** breathe
- 5** **Discuss** with a friend

The Tobacco Quit Line provides free coaching. Nicotine replacement therapy is offered at no charge to eligible members. Call 1-800-QUIT-NOW (1-800-784-8669) to enroll or ask questions.



Stay Healthy and Prevent the **FLU**



Flu viruses can spread from person to person through coughing or sneezing. People may also get the flu by touching something with live flu viruses on it, and then touching their mouth or nose.

You can help prevent the spread of the flu by washing your hands often for at least 15-20 seconds. **The best way to prevent the flu is to get a flu vaccine each year.**



High Cholesterol **FACTS**

Cholesterol is a waxy, fat-like material. High cholesterol is when your blood has unhealthy levels. This can lead to heart attack and stroke.

Many factors like age, sex, diet, and physical activity level affect cholesterol levels. Children also can have unhealthy cholesterol levels, especially if they're overweight or their parents have it. Talk with your primary care provider (PCP) about how often to get a cholesterol screening. Learn what your numbers mean for you.

If you have unhealthy cholesterol levels, your PCP may help you make a management plan to lower your levels. If lifestyle changes alone are not enough, your PCP may prescribe a statin or other cholesterol-lowering medication to help you get and keep a healthy cholesterol level.





Heart disease is the leading cause of death in the United States. The good news is you can greatly reduce your risk of heart disease by making lifestyle changes. See the below list of tips to keep your heart strong and healthy!

- Know your health history.
- See your PCP regularly.
- Quit smoking.
- Drink five or more glasses of water every day.
- Keep a healthy weight.
- Limit alcohol.
- Get active (at least 30 minutes per day).
- Learn to manage stress and cope with problems.
- Get enough sleep (seven to nine hours per night).
- Choose healthy foods.



What's on a heart-healthy grocery list?

- | | |
|--|--|
| ✓ Leafy greens (spinach, collard greens, kale and cabbage) | ✓ Legumes (kidney beans, lentils, chickpeas, black-eyed peas and lima beans) |
| ✓ Fruits and vegetables | ✓ Low-fat dairy |
| ✓ Whole grains (plain oatmeal, brown rice, and whole-grain bread or tortillas) | ✓ Lean protein |
| ✓ Nuts | ✓ Eggs |
| | ✓ Healthy oils (olive oil, canola oil) |
| | ✓ Limited sugary drinks |



CareSource24[®] Nurse Advice Line

Our knowledgeable, caring Registered Nurses are here 24/7 to talk with you. They can offer advice about your injury, illness, or to answer your health questions. They can also help you decide when self-care, a doctor's visit, urgent care, or an ER visit is necessary. Unsure of when and where to get care? Call the CareSource24 Nurse Advice Line to talk to a Registered Nurse.



Call the CareSource24 number found on the back of the newsletter.

3 Tips

for Choosing a New Primary Care Provider (PCP)

When it comes to having questions about your health or scheduling a visit to treat an illness, your first call is likely your primary care provider (PCP). But how do you choose a PCP? And which type of doctors are PCPs, anyway? Use the three tips below when choosing a PCP for yourself or your family:

- 1. Check to see if the doctor is a part of the CareSource network:** Having a doctor in-network means you can have the best price and coverage for your care. Visit **CareSource.com** and use the **Find a Doctor/Provider** tool.
- 2. Find the best fit and type of doctor:** Based on your health care needs, there are four different types of PCPs:
 - Family practice doctors: Provide comprehensive care for all ages.
 - Internal medicine doctors: Doctors who treats only adults.
 - Pediatricians: These doctors specialize in children, 18 years of age and younger.
 - Obstetricians and Gynecologists (OB/GYNs): Women only. Some women choose to get all their care in one place.
 - Physician's assistant/nurse practitioner: Provides primary care services and prescriptions. Services generally cost less that of certified M.D.
- 3. Location:** Choose a PCP located near your home or work. This will make appointments more convenient.

Source: <http://www.nlm.nih.gov/medlineplus/ency/article/001939.htm>







Are You Up-to-Date on **Your Vaccines?**

Due to COVID-19, fewer people are visiting the doctor to get their vaccines. It is important to get all your vaccines on time to keep you and your loved ones safe. Vaccines help people stay healthy and stop the spread of illnesses. Your pharmacist or primary care provider (PCP) might be able to help. Ask your pharmacist or PCP if they can help you get up-to-date on all of your vaccinations. Be sure to ask your pharmacist or PCP about the COVID-19 vaccination too.



**Your
Feedback is
Important.**

Quality Care is our goal. CareSource is dedicated to gathering input from members like you. We collect member feedback through a variety of ways all year round.

Each Spring, we conduct the Medicare Assessment of Healthcare Providers and Systems (MCAHPS) survey to learn more about your overall healthcare experiences. If you receive the survey by email, mail, or phone, we hope you take it. We value your feedback!





REPORTING

Fraud, Waste and Abuse

CareSource takes cases of fraud, waste and abuse seriously. Learn about what types of activities are fraud, waste and abuse on our website at **CareSource.com**. There are ways to anonymously report anything that does not seem right:

1. **Call** Member Services and follow the prompts to report.
2. **Write to us.** You can fill out our Fraud, Waste and Abuse Reporting Form online or send a letter to:

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

Other ways to report that are **not anonymous** include:

3. **Fax** us at 1-800-418-0248.
4. **Email** a message to fraud@CareSource.com.



Pharmacy Updates

CareSource has a searchable drug list on our website. Find out which drugs are covered under your plan by going to the **Find My Prescriptions** link under Member Tools & Resources. You'll find the most current changes and updates, too. If you don't have access to the internet, we can help you. Call Member Services to find out more information.



PO Box 8738
Dayton, OH 45401 8738

CareSource.com

Member Services Dept:

1-833-230-2020

(TTY: 711)

CareSource24®

24 Hour Nurse Advice Line:

1-833-687-7323 (833 NURSE 23)

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Important Plan Information



We Want to Hear From YOU!

We love our members. That's why we want to hear from you! Go to the link below and let us know what topics you'd like to see in your quarterly newsletters. This survey only takes two to three minutes.

[CareSource.com/NewsletterSurvey](https://www.caresource.com/NewsletterSurvey)

Thank you for trusting CareSource with your health care needs.