



FALL 2025

MEMBER *Source*

A Newsletter for CareSource Dual Advantage™ (HMO D-SNP) Members

Have a mental health emergency and need help now?

Call 988 or text HOME to 741741 to reach a crisis counselor. They are available 24 hours a day, 7 days a week.

Know Where to Go When You Need Care

Whether it's a common cold or a heart attack, know the best place to get care for each situation.



Primary Care Provider (PCP)

Used for common illnesses and advice. You get most of your preventive care from your PCP. You should see them the most often.



Telehealth

Used for common illnesses and advice. Visit with a provider by phone or computer from wherever you are. Ask your provider if they offer telehealth. You can also talk to a doctor 24/7 through Teladoc. Call 1-800-853-2362 or visit [Teladoc.com/CareSource](https://www.teladoc.com/) to get started.



Convenience Care Clinics

Used for common illnesses like coughs, colds, sore throats and to get shots. They are found in stores like CVS® and Kroger®.



Urgent Care

Used to treat non-life-threatening issues like illnesses or a deep cut. Go here if you cannot get a visit with your PCP quickly and your health issue cannot wait.



Emergency Room

Used for life-threatening issues like chest pain or a head injury that must be treated immediately. You do not need approval from us to get emergency care. Call 911 or go to the nearest ER.



Not sure where to go for care? Call our 24-Hour Nurse Advice Line. The number is on the back of your member ID card. We are here for you 24 hours a day, 7 days a week.


CareSource®

NEW!

CareSource MyLife

Have you used My CareSource? Whether you have used it online, through the mobile app or are just now finding out about it, we have a new experience waiting for you.

It's a new world of health and well-being set up just for you! CareSource MyLife has all the same great features as My CareSource. Log in to your secure account, view your plan, view your digital ID card and so much more.

CareSource MyLife is easy to use. Plus, you can get tips and resources tailored to you.

Set up your account today!

Visit **MyLife.CareSource.com** or get the app through the Apple App Store® or Google Play®.



Test Your Vision



Can you see this hidden Image?

If not, you may want to get your eyes examined. Talk to your provider to see if you need a vision test.



Stay Healthy and Prevent the Flu

Flu viruses can spread from coughing or sneezing. You may also get the flu by touching something with a live flu virus on it, and then touching your mouth or nose. Help stop 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. You could even earn a reward when you get your flu shot! Visit **CareSource.com/FluShot** to learn more.



Keeping Your Bones Healthy Is As Easy As 1-2-3!



Some things that affect bone health can't be controlled, like sex, race or family history. The good news is that there are some things you can control to help keep your bones healthy.

1. Diet

Eat enough foods with calcium and vitamin D like milk, orange juice and salmon.

2. Exercise

Weight-bearing exercises like walking, jogging, climbing stairs or even dancing can help. Doing exercises with free weights can help, too! Don't have free weights? Use something you have around the house like filled water bottles or canned goods!

3. Choose Healthy Habits

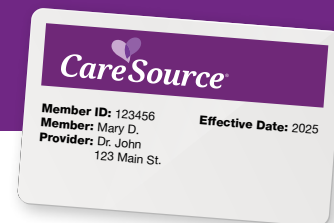
Avoid drinking too much alcohol and using tobacco. These things weaken your bones.

Source:

Mayo Clinic. www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/bone-health/art-20045060.

You Asked For It!

Your Top Questions to Member Services Answered



When will I get my member ID card?

Each member of your family who has joined CareSource Dual Advantage will receive their own member ID card. Carry your member ID card with you in a secure place. Call Member Services if you never got your card or any of the information listed is wrong. You must show your member ID card when you get any medical services or prescriptions.

Need it sooner? You can view your digital member ID card on CareSource MyLife.



I lost my member ID card. What should I do?

If you lose your member ID card, you can request a new printed ID card through CareSource MyLife. You can also call Member Services to get a new one sent to you.



I changed my PCP. Do I need a new member ID card?

Your PCP is listed on your member ID card. We will send you a new card if you change your PCP. Make sure you get rid of your old ID card when you receive your new one. If you don't tell us who your PCP is, we will assign one near you and print that provider on your ID card. This doesn't mean you have to see that PCP. You can call us and we can update your PCP and your ID card.



5-Minute Homemade Peanut Butter

INGREDIENTS:

2 cups dry roasted peanuts*
1–2 tablespoons honey or sugar
Additional salt to taste

INSTRUCTIONS:

Place peanuts in food processor. Turn the food processor on and let it run for four to five minutes. You'll see the peanuts go in stages from crumbs to a dry ball to a smooth and creamy peanut butter. Stir in the honey or sugar and salt to taste. Store in the fridge for two to four weeks.

**This recipe can be made with sunflower seeds instead of peanuts if you have a peanut allergy.*

Want more recipes and to stay connected?

CareSource Circle is an online community where you can help shape the future of your health plan. You can also receive CareSource updates, find new recipes, discover health tips, get to know other CareSource members and so much more. Sign up at [CareSource.com/CircleOHMyCare](https://www.caresource.com/CircleOHMyCare).

ADHD Paralysis and Brain Dumps



Source:

Attention Deficit Disorder Association.
add.org/adhd-paralysis/.

ADHD paralysis happens when a person with ADHD is overwhelmed by emotion, information, decisions or the world around them. This makes it hard to focus, prioritize and move forward.

One thing you can do to help get through a bout of ADHD paralysis is doing a daily brain dump. This is a list of thoughts you write down, either on paper, your phone or your computer. Get everything out of your crowded brain!

Some of these thoughts may not require any attention. Cross them off your list. Prioritize and sort the thoughts that are left. If they have deadlines, you can add them to your calendar or break them into smaller tasks. Crossing these smaller tasks off your list can help you feel motivated to tackle larger ones.





Improving Health Communications

We know you get a lot of information about your health and health care. It can make it hard to know what to act on and what you really need to know.

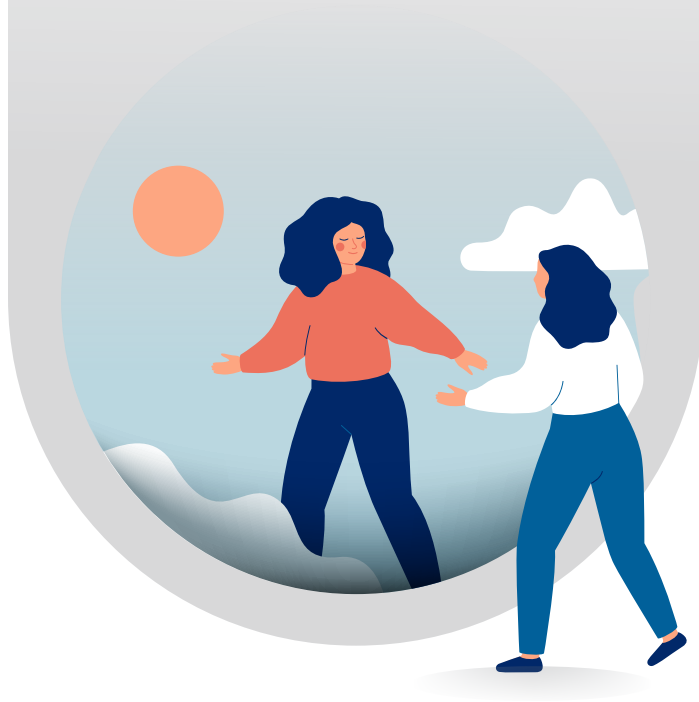
We work with your providers and use the claims they send to us to keep your data up to date. If you are getting reminders or communications from us that don't seem right for you based on your medical history, talk with your provider. They may need to update your claims or medical records with us. You can ask them to share these updates with us.

This helps us make sure we are sending the right types of health care reminders and communications to you for your unique health needs.

Dial 9-8-8 for Crisis Help

The 9-8-8 Lifeline is for anyone that is having problems with their mental health. If you need help dealing with your feelings or with drug or alcohol use, the Lifeline can help. **You can talk or text by calling or entering 9-8-8.** You can chat on the website. If you are deaf or hard of hearing, you can use video calls on the website at **988Lifeline.org**. Counselors are ready to help you 24 hours a day.

You are not alone!





Depression and Aging

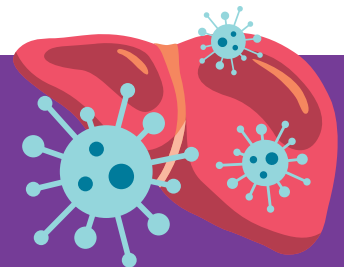
As you age, life changes can cause anxiety, sadness, stress or loneliness. Many people accept this as part of the aging process and don't ask for help. This may make their feelings worse over time.

Depression is not part of aging. Look out for the signs that you or someone you know may be suffering from depression. Possible signs include:

- extreme worry over health,
- tearfulness,
- feelings of worthlessness, or
- changes in weight or sleep.

Talk with your provider if you notice any of these in yourself or a loved one.

Source: Centers for Disease Control and Prevention, www.cdc.gov/healthy-aging/about/depression-aging.html



Testing and Care for Hepatitis C and HIV

Hepatitis C (HCV) and human immunodeficiency virus (HIV) are caused by viruses. If HCV is not treated, it can hurt the liver. This can lead to liver cancer or liver failure. If HIV is not treated, it can lead to AIDS.

Getting tested is the only sure way to know if you have HCV or HIV. Knowing your status lets you get early care and protect others. Ask your provider if you should get tested.

You can live well with HCV or HIV. Getting proper care can keep you healthy. Learn what you can do to protect yourself and others from HCV and HIV at the link below.

Source: National Institutes of Health, <https://hivinfo.nih.gov/understanding-hiv/fact-sheets/hiv-and-hepatitis-c>



What Can Care Management Do For You?

We created this program with you and your health in mind. Your care team includes nurses, pharmacists, a social worker and health specialists. We can help you with these things and more:



Coordinating your care.



Managing your health condition.



Accessing rides to provider visits.



Getting community support.



Tracking your rewards.

Call your Care Manager if you have questions. If you leave a message, please allow one business day for them to return your call. If you don't know who your Care Manager is, please call Member Services.



Tips for Your Next Telehealth Visit

Your providers may offer telehealth visits. Check with their office. If they don't, or if they have limited hours, you may use Teladoc® at no cost to you. Call 1-800-TELADOC (835-2362) or visit [Teladoc.com/CareSource](https://www.teladoc.com/CareSource) to get started.

You can use your phone, tablet or computer to talk to a provider. Telehealth lets you get quick health advice from home. Use these tips to get the most out of your visit:

- Find a quiet place with a reliable internet connection.
- Decide if you'll use your computer, phone or tablet.
- You may need to download an app or create an account. Make sure you do this well before your visit time.
- Have your medical history on hand.
- Write down any questions you want to ask ahead of time.
- Take notes during your visit.

How to Avoid or Manage RSV

Respiratory Syncytial Virus infection (RSV) may seem like the common cold. But it can become severe, especially in young children and older adults.

What's the best way to protect yourself? Wash your hands and clean surfaces often. Try to keep your distance from others if they are sick.

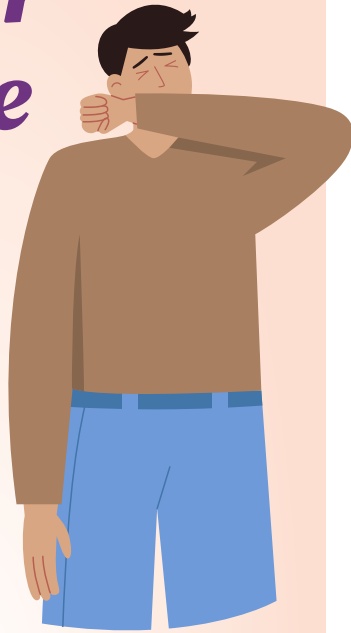
If you can, get an RSV vaccination each year! They are available for infants, some young children and those who are pregnant. Adults 60 and older may be able to get them too.

If you or anyone close to you gets sick:

- ✓ Wash hands and clean surfaces often.
- ✓ Cover coughs and sneezes.
- ✓ Don't touch your eyes, nose or mouth.
- ✓ Avoid others who are not sick.

For more info, visit
www.cdc.gov/rsv/causes/index.html.

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



Questions About Your Prescriptions?

Find out if a drug is covered or how much it will cost at **CareSource.com**. We have a searchable drug list. Go to Find My Prescriptions under Members then Tools & Resources. Choose your State and MyCare to find out which drugs are covered. It is where the most current drug list can be found. You can also call Member Services



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

Exercise looks different for everyone. Popular exercises have also changed throughout time. Switch up your fitness routine with these trends from the past!



➤ **Hula-hooping**

You may have used a Hula Hoop® when you were young as a toy. 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 build your core strength. You can build your lower body strength by moving the muscles in 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 an 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 to create a workout for all ages. It's like a big dance party! Zumba helps build your strength and flexibility. It may also relieve stress and can boost your mood.

➤ **Online Fitness Classes & Games**

Some more modern versions of exercise are online fitness classes and games. These are a great way to stay active from the comfort of your own home. You have access to on-demand home fitness programs on the Silver&Fit® website and mobile app.

What is most important is finding 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 **SilverandFit.com**.



Fall into Healthy Habits and Earn Rewards



Adults 18 and older are automatically enrolled in MyHealth Rewards. Log in to **MyLife.CareSource.com** to get started. You can also track your progress and view your balance here. As you complete healthy activities, you will earn rewards that can be redeemed for gift cards to stores like Old Navy®, TJ Maxx®, Walmart® and more!

Kids from newborn through age 17 can earn rewards through CareSource MyKids. Sign each child up at [CareSource.com/MyKids](https://www.caresource.com/MyKids). They will earn rewards as they complete healthy activities and can use the rewards card at stores like Kroger®, Walmart® and more!

Learn more about rewards at **CareSource.com/GArewards** or **CareSource.com/OHrewards**. You can also call Member Services if you have questions.

Did you get a flu shot this year? Did you get an annual wellness exam? If so, you earned reward dollars. Your rewards are loaded onto your Healthy Benefits+ card. Use your card at stores like Walmart®. If you haven't done any healthy activities yet, it is not too late! You have until the end of the year to do eligible activities to earn rewards in 2025.



Questions? Call Member Services.
The number is on the back of the newsletter.

**The rewards are subject to change. They may vary by age, gender and health needs. Rewards are only available for MyCare Medicare-Medicaid members only. My CareSource rewards expire one year after issuance.*



3-STEP GUIDE

FOR Meditating



Stress is something that affects everyone. The good news is, there are many ways to manage stress. One way is through meditation. Here's how to meditate right at home!

- STEP 1:** Sit or lie down in a quiet area where distractions are limited.
- STEP 2:** Take slow, deep breaths. Pay attention to these breaths. Place your hand on your tummy or chest to help you stay focused.
- STEP 3:** If you start to get distracted, don't worry – it's OK! Just notice it and try to focus on your breathing again.

Stress affects all of us. By meditating regularly, you can help manage your stress better. Good luck!

Source: MedlinePlus. medlineplus.gov/ency/patientinstructions/000874.htm.



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 provider about when to start screening. Staying informed is key!

Source: Siteman Cancer Center,
<https://siteman.wustl.edu/prevention/8-ways/8-ways-to-prevent-breast-cancer/>



Are you at Risk for Chronic Kidney Disease?

If you have diabetes or high blood pressure, you're at risk for chronic kidney disease (CKD). You may not notice any symptoms during the early stages. If it is left untreated, CKD can get worse and lead to permanent kidney failure.

Here's how you can take action:

1. Get screened for CKD today.
2. Keep your blood pressure below 140/90.
3. Keep your blood sugar levels under control.

Need help managing CKD?

Our Care Management program can help you learn more about CKD and find ways to better manage it. Call **1-833-230-2037** (TTY: 711) if you would like to be part of the Care Management program.

Sources:

Cleveland Clinic,
my.clevelandclinic.org/health/diseases/15096-chronic-kidney-disease,
Centers for Disease Control and Prevention,
www.cdc.gov/kidney-disease/index.html

What the Color of Your Tongue Can Tell You About Your Health

A healthy tongue is a shade of pink. If you notice changes in your tongue color, call your provider. It could be a sign that you have a new health condition. They can help you find out what is going on and get treatment if you need it.



Yellow – This can be a sign of poor oral hygiene.



Blue – This can happen if you have a blood vessel disorder or disease.



Black – Some medications can cause this.



Purple – This could mean you have Kawasaki disease.



White – This can be a sign of leukoplakia or oral thrush.

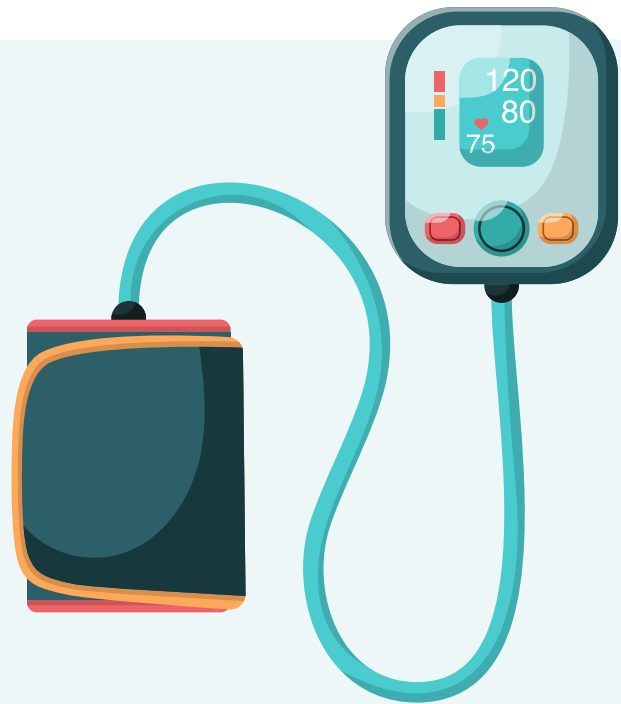


Green – Tobacco use can cause this.

Source: Cleveland Clinic, my.clevelandclinic.org/health/symptoms/24600-tongue-color.



Know Your Blood Pressure Numbers



Managing your blood pressure is one of the best things you can do for your heart. Get your blood pressure checked at every doctor visit.

Know your numbers and what they mean. Talk to your provider about your goals. They may have target blood pressure numbers for you to maintain.

There are usually no signs or symptoms for high blood pressure. If it is not treated, it can cause strokes, heart attacks or even death. Changing your lifestyle can help control it. Your provider may ask that you:

- Eat a healthy diet with less salt
- Exercise regularly
- Quit smoking
- Maintain a healthy weight

You may also need to take medicine to lower your blood pressure. Always take it as directed. If you skip doses because you can't afford the medicine, have side effects or forget to take it, talk to your doctor about solutions. Don't change your treatment without your provider's guidance.

BLOOD PRESSURE LEVEL	SYSTOLIC (mm Hg) (upper number)		DIASTOLIC (mm Hg) (lower number)
Normal	Less than 120	or	Less than 80
Elevated	120 – 129	or	Less than 80
High – Stage 1	130 – 139	or	80 – 89
High – Stage 2	140 or Higher	or	90 or Higher
Crisis – See doctor right away.	180 or Higher	or	120 or Higher

***Source:** American Heart Association,
www.heart.org/en/health-topics/high-blood-pressure/the-facts-about-high-blood-pressure

Get free help in your language
with interpreters and other written
materials. Get free aids and support
if you have a disability. Call **1-833-230-2020 (TTY: 1-833-711-4711 or 711)**.



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. Por teléfono, llame al: **1-833-230-2020 (TTY: 1-833-711-4711 o 711)**.

احصل على مساعدة مجانية بلغتك من خلال المترجمين الفوريين والمواد المكتوبة الأخرى. إذا كنت من ذوي الاحتياجات الخاصة، ستحصل على المساعدات والدعم مجانًا. اتصل على الرقم **1-833-230-2020 (TTY: "الهاتف النصي للصم وضعاف السمع" 1-833-711-4711 أو 711)**.

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，可获得免费的辅助设备和支持。请致电 **1-833-230-2020 (残障人士专用电话：1-833-711-4711 或拨打 711)**。

Erhalten Sie kostenlos Hilfe in Ihrer Sprache mit Dolmetschern und anderen schriftlichen Materialien. Erhalten Sie kostenlose Hilfsmittel und Unterstützung, wenn Sie eine Behinderung haben. Rufen Sie an unter **1-833-230-2020 (TTY: 1-833-711-4711 oder 711)**.

Obtenez une aide gratuite dans votre langue grâce à des interprètes et à des documents écrits. Bénéficiez d'aides et d'assistance gratuites, si vous souffrez d'un handicap. Appelez le **1-833-230-2020 (TTY: 1-833-711-4711 ou composez le 711)**.

Nhận trợ giúp miễn phí bằng ngôn ngữ của quý vị thông qua phiên dịch viên và các tài liệu dạng văn bản khác. Nhận trợ giúp và hỗ trợ miễn phí nếu quý vị bị khuyết tật. Gọi **1-833-230-2020 (TTY: 1-833-711-4711 hoặc 711)**.

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 **1-833-230-2020 (TTY: 1-833-711-4711 odder 711)**.

आपकी भाषा के इंटरप्रेटर और आपकी भाषा में अन्य लिखित सामग्रियों संबंधी मदद फ्री पाएं। यदि आपको कोई डिसएबिलिटी हो, तो मुफ्त सहायता और सपोर्ट पाएं। कॉल करें **1-833-230-2020 (TTY: 1-833-711-4711 या 711)**।

통역사 및 기타 서면 자료를 통해 귀하의 언어로 무료 도움을 받으세요. 장애가 있을 경우, 무료 보조와 지원을 받으세요. 문의: **1-833-230-2020 (TTY: 1-833-711-4711 또는 711)**.

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Gba ìrànṣíwọ̀ ọ̀fẹ́ ní èdè rẹ̀ pẹ̀lú àwọn atúmọ̀ èdè àti àwọn ohun èlò mírán tí a kọ sílẹ̀. Gba àwọn ìrànṣíwọ̀ àti àtílẹ̀yìn ọ̀fẹ́ bí o bá ní àìlera kan. Pe **1-833-230-2020 (TTY: 1-833-711-4711 or 711)**.

Makakuha ng libreng tulong sa wika mo gamit ang mga interpreter at iba pang nakasulat na materyales. Makakuha ng mga libreng tulong at suporta kung may kapansanan ka. Tumawag sa **1-833-230-2020 (TTY: 1-833-711-4711 o 711)**.

په خپله ژبه کې د شفاهي ژباړونکو او نورو لیکل شویو موادو له لارې وړیا مرسته ترلاسه کړئ. که تاسو معلولیت لرئ نو وړیا ملاتړ او مرستې ترلاسه کړئ. دې شمیرې ته زنگ ووهئ **1-833-230-2020 (TTY: 1-833-711-4711 یا 711)**.

మీ భాషలో వ్యాఖ్యాతలతో మరియు ఇతర వ్రాతపూర్వక మెటీరియల్స్‌తో ఉచితంగా సహాయాన్ని పొందండి ఒకవేళ మీకు వైకల్యం ఉన్నట్లయితే, ఉచిత ఉపకరణాలను మరియు మద్దతును పొందండి. కాల్ చేయండి: **1-833-230-2020 (TTY: 1-833-711-4711 లేదా 711)**.

दोभासे तथा अन्य लिखित सामग्रीहरूका सहायताले आफ्नै भाषामा निःशुल्क मददत प्राप्त गर्नुहोस्। तपाईंलाई कुनै अपाङ्गता छ भने निःशुल्क सहायता प्राप्त गर्नुहोस्। **1-833-230-2020 (TTY: 1-833-711-4711 वा 711)** मा फोन गर्नुहोस्.

စကားပြန်များနှင့် အခြားပုံနှိပ်စာရွက်များကို သင့်ဘာသာစကားဖြင့် အခမဲ့အကူအညီရယူပါ။ သင်သည် မသန်စွမ်းသူတစ်ဦးဖြစ်ပါက အခမဲ့အကူအညီများနှင့် အထောက်အပံ့များ ရယူပါ။ **1-833-230-2020 (TTY: 1-833-711-4711 သို့မဟုတ် 711)** သို့ ခေါ်ဆိုပါ.

Jwenn èd gratis nan lang ou ak entèprèt ansanm ak materyèl ekri. Jwenn èd ak sipò gratis si w gen yon andikap. Rele **1-833-230-2020 (TTY: 1-833-711-4711 oswa 711)**.

Bök jibañ ilo an ejjelok wōnāān ikkijjien kajin eo am ibbān rukok ro im wāween ko jet ilo jeje. Bök kein jerbalin jibañ im jibañ ko ilo an ejjelok wōnāer ñe ewōr am nañinmej in utamwe. Kall e **1-833-230-2020 (TTY: 1-833-711-4711 ako 711)**.

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HOW TO REACH US

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24-Hour Nurse Advice Line:

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(833 NURSE 31)

(TTY: 1-833-711-4711 OR 711)

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