



Gold Coast Health Plan
A Public Entity

Building Community
Advocating for Members & Engaging the Community

Compassionate Care, Accessible to All, for a Healthy Community.

Dear Partners,

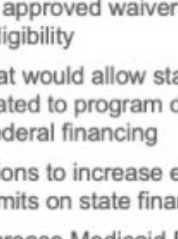
As the presidential election nears, Gold Coast Health Plan is tracking where the candidates stand on various issues that affect the Medicaid program (known as Medi-Cal here in California) and the vulnerable populations that the program serves.

One of the main campaign issues regarding health care is the fate of the Affordable Care Act (ACA). In Ventura County, the ACA made it possible for about 60,000 childless adults between the ages of 19 to 64 to qualify for Medi-Cal because of the Adult Expansion provision. More than 200,000 county residents have Medi-Cal coverage through Gold Coast Health Plan, making it a vital safety net for the most vulnerable populations.

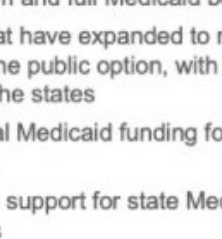
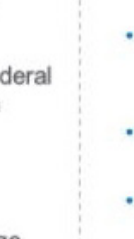
According to the Kaiser Health Foundation, President Donald Trump supports the repeal of the ACA. He has proposed changes to cap and limit federal funding for Medicaid and limit Medicaid eligibility. He also has made changes to immigration policy, known as public charge regulations, to restrict entry into the U.S. by individuals who are likely to use Medicaid and certain other public assistance programs. Former Vice President Joe Biden, who is running against Trump, supports retaining and strengthening the ACA and creating a new public option. He also proposes maintaining the ACA's Medicaid expansion and providing the option to enroll in Medicare at age 60.

This is a side-by-side comparison on where both candidates stand on the Medicaid program.

Medicaid



Trump's Record



Biden's Proposals

- Supporting repeal of the ACA / lawsuit to overturn the law (including Medicaid expansion and other provisions)
- Proposed changes to cap and limit federal funding for Medicaid and limit Medicaid eligibility
- Supported policies and approved waivers to require work as a condition of Medicaid eligibility
- Invited state waivers that would allow states to deviate from federal minimum standards related to program design and oversight in exchange for capped federal financing
- Took administrative actions to increase eligibility verification requirements and put limits on state financing mechanisms
- Signed legislation to increase Medicaid FMAP by 6.2 percentage points with eligibility protections

- Retain ACA Medicaid expansion and other ACA Medicaid provisions
- Automatically enroll into the public option adults who would be eligible for Medicaid if their state had expanded under the ACA, with no premium and full Medicaid benefits.
- Allow states that have expanded to move Medicaid expansion enrollees into the public option, with a maintenance-of-effort payment from the states
- Increase federal Medicaid funding for home- and community-based services
- Provide federal support for state Medicaid programs during economic crisis

For a complete health care comparison analysis from the Kaiser Family Foundation, [click here](#).

I encourage you to make your voice heard by exercising your right to vote. Here in Ventura County, in-person voting will take place from Saturday, Oct. 31 through Tuesday, Nov. 3. You can find a list of voting locations [here](#).

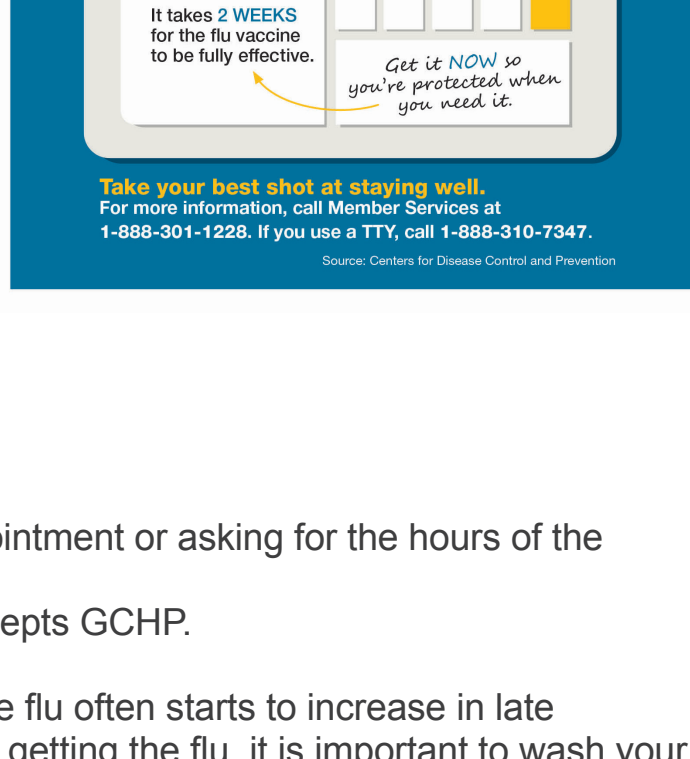
Sincerely,
Marlen Torres
Executive Director of Strategy and External Affairs

Minding the Health of Our Community

Get your flu shot today!

Flu season is here! And since it seems likely that COVID-19 will still be spreading this fall and winter, the two illnesses may occur at the same time. That is why it is vital for you and your family to get your flu shots this season.

While the flu and COVID-19 share some symptoms, they are caused by different viruses. The flu is a contagious disease that spreads easily and getting a shot can help protect you from the flu—from serious illness if you do get the flu. The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months of age and older get the flu shot.



GCHP members can get a free flu shot by:

- Calling their doctor to schedule an appointment or asking for the hours of the walk-in flu shot clinic.
- Going to the nearest pharmacy that accepts GCHP.

October is a good time to get vaccinated, as the flu often starts to increase in late November or December. To reduce your risk of getting the flu, it is important to wash your hands often and cover your mouth with your arm – not hands – when you cough or sneeze. Wearing a face covering and maintaining six feet of distance from others will help prevent the spread of both the flu virus and the coronavirus.

For more information about the flu shot, GCHP members should call the Health Education Department Monday through Friday between 8 a.m. and 5 p.m. at **1-805-437-5603**. Those who use a TTY should call **1-888-310-7347**.

Whether or not you're a GCHP member, call your doctor and get your flu shot today!

Coming Soon: Change in Pharmacy Services

On January 1, 2021, the state Department of Health Care Services (DHCS) will change how the Medi-Cal pharmacy benefit is managed. It will be called Medi-Cal Rx. Pharmacy services and support will be provided by Magellan Medicaid Administration, Inc.

This change applies to Gold Coast Health Plan (GCHP) members who currently receive their prescriptions through GCHP. For most people, nothing will change. But for some members, their doctor will need to fill out a form to get approval when they renew their prescriptions. Their doctor may need to talk to them about changing their medications.

For members who have both Medicare and Medi-Cal, the switch will not change their current Medicare Part D pharmacy coverage. Medi-Cal Rx may cover things Medicare does not. Members should talk to their doctor or pharmacy if they have questions.

Most pharmacies in the state will be part of the new system but some will not be. If a member needs to find a new pharmacy, they can talk to their doctor about their options. They can also use the Medi-Cal Rx website to find one.

Members will be receiving letters in the mail from GCHP and DHCS with more information about Medi-Cal Rx.

Join GCHP's Community Advisory Committee!

Gold Coast Health Plan (GCHP) is looking for members of our community to join the Community Advisory Committee (CAC). The purpose of the CAC is to give a voice to our members and address important issues that affect our community. Committee members serve as a bridge between GCHP and the members we serve. Through this committee, GCHP has been able to better understand the needs of our members and their barriers to seeking care, and pursue opportunities to improve health care services.

The committee is made up of various constituencies served by GCHP. They include:

- Beneficiaries with chronic medical conditions
- County Health Care Agency
- County Human Services Agency
- Foster children
- Medi-Cal beneficiaries
- Persons with disabilities
- Persons with special needs
- Seniors

Each of the appointed members serves a two-year term. Committee members may reapply for additional terms, as there are no term limits. The committee meets at least quarterly.

If you are a beneficiary or a member of the community who is interested in joining the CAC, please submit an [application](#).

For more information, contact:

- Maddie Gutierrez
Clerk of the Ventura County Medi-Cal Managed Care Commission
MGutierrez@goldchp.org
1-805-437-5512

- Deborah Munday
Assistant Clerk
DMunday@goldchp.org
1-805-437-5594

Virtual Interactive Development and Health Conference for Children

On Oct. 22-24, Proyecto Acceso and Amigo Baby will be hosting the first annual "Virtual Interactive Development and Health Conference for Children" to discuss the importance of brain development in children ages 0-8.

Over three days, the virtual conference will cover:

- The importance of getting regular doctor's visits.
- Teletherapy for children.
- Language development for children 0-3 years of age.
- Intellectual development.

This is a free event for families. Registrants will receive a bag with diapers, toys, a first aid kit, and personal protective equipment.



The conference will be held via a live Facebook feed on the Mixteco Indigena Community Organizing Project (MICOPE) page and on Radio Indigena (94.1 FM). It will be held in Spanish and interpreted to Mixteco and Zapotecan.

The three-day conference is scheduled for:

- Oct. 22-23: 4-6 p.m.
- Oct. 24: 2-4 p.m.

A recording of the conference will be made available. For more information, contact Proyecto Acceso at 1-805-483-1166 or Amigo Baby at 1-805-485-7000.

October is Health Literacy Month

Did you know that nine out of 10 adults struggle to understand and use health information when it is unfamiliar, complex or filled with jargon?

During Health Literacy Month, organizations and individuals promote the importance of using plain language to convey health information. Health literacy is defined by the Institute of Medicine's 2004 report as the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions. Health literacy is important because people need information they can understand and use to make the best health decisions for themselves and their family.

Here are helpful tips when working to improve health literacy:

1. Clear communication means using familiar concepts, words, numbers and images presented in ways that make sense to the people who need the information.
2. Conduct focus groups for testing information with your targeted audience before it is released.
3. Test and ask for feedback on information that is released to the general public as needed.
4. Use clear and simple language to convey health messages.
5. It is recommended to write in the 6th grade reading level or below. To access the readability level, you can use various software applications such as Flesch-Kincaid.
6. If you are translating a document, it is recommended to conduct field testing in the translated language.

If you would like to learn more about health literacy strategies and using plain language to communicate, please refer to the following resources:

- [Centers for Disease Control and Prevention](#)
- [National Institutes of Health](#)
- [www.plainlanguage.gov](#)
- [Centers for Medicare & Medicaid Services Toolkit for Making Written Material Clear and Effective](#)

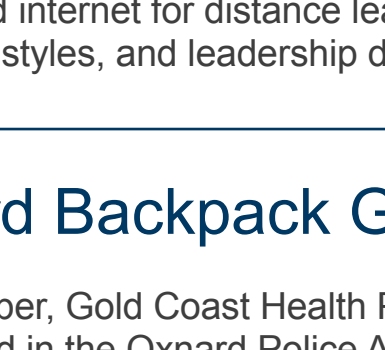
In the Community

Showing Appreciation for our Farmworker Community



Farmworkers are the unsung heroes of the COVID-19 pandemic. Throughout the pandemic, they have continued to work in the fields to ensure that the food supply chain is uninterrupted. To show our appreciation for the important work they do, Gold Coast Health Plan partnered with Good Farms in Oxnard to provide farmworkers with reusable water bottles and cooling towels to help them stay hydrated and cool during the recent heat waves. We are grateful for their important contribution to the health and wellbeing of our community!

Supporting the Boys & Girls Club of Greater Conejo Valley



BOYS & GIRLS CLUBS
OF GREATER CONEJO VALLEY

In an effort to continue supporting the Ventura County community during the COVID-19 pandemic, Gold Coast Health Plan awarded a \$2,000 sponsorship to the Boys & Girls Club of Greater Conejo Valley (BGCVCV) to cover program fees for children who want to participate in the club's all-day camps. The camps provide children with academic and social support. BGCVCV has opened six clubs for full-day operation, providing access to high-speed internet for distance learning and activities around STEM, arts, performing arts, healthy lifestyles, and leadership development.

Oxnard Backpack Giveaway

In September, Gold Coast Health Plan participated in the Oxnard Police Activities League's annual school supply and resource distribution event. The event was held in collaboration with Assembly member Jacqui Irwin. We were happy to participate in the event and provide pencils, pens, pencil pouches, coloring books, and crayons for the kids who live in the Southwinds neighborhood of Oxnard.



To read the Spanish version of the newsletter, [click here](#).

About Gold Coast Health Plan

Gold Coast Health Plan proudly serves more than 200,000 Medi-Cal beneficiaries in Ventura County through its network of primary care physicians, specialists, behavioral health providers, hospitals, and pharmacies. Since it was founded in 2011, Gold Coast Health Plan has been committed to providing access to high-quality care and improving the health of its members, which include 1 in 5 county residents, 1 in 8 seniors, and 1 in 2 children up to the age of 5. To learn more, visit: www.goldcoasthealthplan.org.