

# winning health®



Santa Clara  
Family Health Plan  
*The Spirit of Care*

Fall 2013



## Will the changes to health care in 2014 affect you?

If you are already enrolled in Medi-Cal, Healthy Kids or a plan offered by your employer, nothing changes for you. Just make sure you complete your renewal forms on time and continue to pay your premiums on time.

**More options.** If you or family members do not have health coverage now, the Affordable Care Act may help you get coverage in 2014 through:

■ **Medi-Cal expansion.** Starting Jan. 1, 2014, the eligibility requirements for adults change. If you are 19 to 65 years old, you may now qualify for Medi-Cal if you earn less than 133 percent of the federal poverty level (\$31,322 per year for a family of four). You can apply right now for Valley Care, and if you are

eligible, your Valley Care coverage will be automatically moved to Medi-Cal on Jan. 1, 2014. Call **888-363-3394** if you have questions or would like more information about Valley Care. ■ **Covered California™.** If you or someone in your family is not eligible for Medi-Cal or Healthy Kids, you may now be able to purchase affordable coverage through the state-operated health coverage marketplace, called

Covered California. For legal residents of California, Covered California helps you compare and choose a health plan that works best for your health needs and budget. You can't be turned down because of a pre-existing condition (like diabetes or asthma), and

*You don't have health coverage? You have new options.*

rates won't be higher because of a pre-existing condition.

Financial assistance is available to help lower costs if you qualify based on income. The amount of any financial assistance is determined on a sliding scale, which means the lower your income, the more help you may receive. To learn more about Covered California, go to **www.coveredca.com** or call **888-975-1142**.

For your health and for your peace of mind, take advantage of these new options to get health coverage. And tell your friends and family members so they can apply.

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## EYE PROTECTION

# Do you need an eye exam?

**H**ow's your vision? No matter how well you see, you want to protect your eyes. It's key to your quality of life.

One eye problem to watch for is glaucoma. It's a disease that can cause blindness. But getting tested and treated can help save your sight.

**What is it?** Your eyes have fluid that needs to drain. With glaucoma, they drain too slowly. This builds pressure, which can damage your eyes.

You may start to lose your side vision in one or both eyes. It might seem like you're looking through a tunnel. And you can lose more vision over time.

**Who is at risk?** Some people are more prone to getting the disease. Your risk is higher if you:

- Are over age 60.
- Have a close family member with it.
- Are African American.
- Have diabetes.
- Have high blood pressure.
- Take certain medicines.

Corticosteroids are one of these.

**How is it treated?** You can't get back the sight you lose from glaucoma. But treatment can help keep your vision from getting worse. Most people who have it use eye drops or take medicine daily. Be sure to follow your provider's advice. This is a lifelong treatment.

Laser surgery can also help. If its effects wear off later, ask your provider about regular surgery. It can help fluid drain from your eye.

**What you can do.** The sooner you get help, the better. That's why it's best to have your eyes tested. People over age 60 should have an eye test at least every two years. If you are at high risk, ask your provider how often you need the test.

Sources: American Optometric Association; National Eye Institute

**» TAKE ACTION.** Diabetic eye exams are a covered benefit with Santa Clara Family Health Plan. If you have diabetes, make sure to get an exam every year. Call your doctor today and schedule an appointment.

## Why kids need to see the dentist

There's nothing like seeing your child smile. So make sure a dentist gets to see that smile too.

Regular dental visits are important—even when your child only has baby teeth.

During these visits, the dentist can show you how to clean your child's teeth. He or she can also check for problems. If there are problems, it's better to find them early.

Beginning with the first tooth, take your child to see the dentist twice a year. Some children may need to go more often. Ask the dentist what is best for your child.

Sources: American Academy of Pediatric Dentistry; American Dental Association



## FIND A DENTIST NEAR YOU.

- Medi-Cal members: Call Denti-Cal at 800-322-6384.
- Healthy Kids members: Call Liberty Dental at 888-902-0403.



## Life can be great without cigarettes

**H**ave you ever imagined life as an ex-smoker? Quitting can bring sweet rewards. Reducing your cancer risk is a big one, for sure. But it could improve your life in many other ways too. For example:

**Feel and look your best!** Smoking can harm more than your health.

As an ex-smoker, you may:

- Breathe better and cough less. So activities such as climbing stairs might be easier.
- No longer worry that your hair and clothes smell smoky. And you can enjoy whiter teeth, fresh breath and less chance of early wrinkles.
- Find that food tastes better as your senses improve.
- Feel great about yourself—and set a great example that will make others proud too.

**Save money, time and other people's health.** Quitting helps you:

- Save perhaps thousands of dollars a year.

- Be in control of your life again. When you're in public buildings or other nonsmoking places, you won't have to worry about when you can smoke again.

- Protect your loved ones. You won't expose them to toxic secondhand smoke.

### Ready to be smoke-free?

You can do it. Millions of former smokers are living proof of that. Talk to your provider about ways to quit. Medicines such as nicotine gums or patches and stop-smoking programs can make it easier.

Sources: American Cancer Society; Centers for Disease Control and Prevention

» **JOIN THE SMOKEOUT.** The Great American Smokeout is the third Thursday in November each year. Some people plan to give up smoking for good that day. Won't you join them by quitting too?

## Time to breathe!

*QUIT-SMOKING SERVICES FOR SCFHP MEMBERS*

Do you want to quit smoking? Breathe California has trained instructors to help! Call them to find the right program for you, or check [www.scfhp.com/for-members/health-education](http://www.scfhp.com/for-members/health-education) for details.

**CONTACT BREATHE CALIFORNIA.**

Call 408-998-5865, or visit [www.lungsrus.org](http://www.lungsrus.org). Breathe California is located at 1469 Park Ave., San Jose, CA 95126.

## Fall means flu: Get immunized!

Fall is the start of flu season. That means it's time to get the flu vaccine.

The flu feels awful. And it can be serious for:

- People ages 65 and older.
- Young children.
- Pregnant women.
- People with health problems like heart, lung or kidney disease and those with weakened immune systems.

If you wait until later in the year, the vaccine can still help protect you. But if you get it early, you'll be protected all flu season long.

Source: Centers for Disease Control and Prevention

## Have you moved recently?

If so, please call Member Services at **800-260-2055** so we can update your personal information.



# things to know

## MEDI-CAL MEMBERS

### Want to stop smoking?

Quitting smoking is the most important thing you can do to improve your health. The Medi-Cal Incentives to Quit Smoking Project is offering a \$20 gift card to Medi-Cal members who want to quit smoking and call the California Smokers' Helpline at **800-NO-BUTTS (800-662-8887)**.

To get the \$20 gift card, you will need to have your Medi-Cal ID number, be a current smoker who wants to quit, ask for the gift card when you call and finish the first counseling session.

The helpline is a free program that offers help in English, Spanish, Chinese (Cantonese and Mandarin),



Korean and Vietnamese. Helpline counselors are trained, caring professionals. Calling the helpline doubles your chance of quitting!

## INDIAN HEALTH CENTER

### Lose weight before the holidays!



Don't wait to look and feel great!

Come have fun getting in shape at the Indian Health Center Wellness Center. We've got:

- Free open gym membership. Membership includes individual fitness classes and youth group fitness classes for ages 13 to 18.
- Free diabetes education and nutrition counseling services by health professionals.

Walk-ins are welcome, and we have monthly door prizes!

Call **408-445-3400, ext. 278**, or go to **indianhealthcenter.org** for more information.

Indian Health Center is located at 602 E. Santa Clara St. in downtown San Jose.

## We launched a new website for you!

Visit our new website at **www.SCFHP.com**! We made changes so that you can find information more quickly and easily. Website enhancements include:

- **New look and easy, fast site navigation.**
- **Find a Doctor:** improved search with Google Maps to help you find a doctor or health facility near you.
- **Community portal:** upcoming community events, community resources, newsletters with timely health and wellness information, and information on health care reform.
- **Helpful Information:** providing information on topics such as getting help in your language,

nurse advice services, health education and advance health care directives.

- **Member FAQ:** with answers to frequently asked questions, including questions about Medi-Cal eligibility, HMOs and what to do if you receive a bill.
- **"About Us" section:** including press releases, information about our Consumer Advisory Committee and Governing Board, and the history of Santa Clara Family Health Plan.

The new website is easier to use and offers our members, our providers and the community an enhanced web experience. You now have quick, easy access to information when you need it—24 hours a day, 7 days a week. Check the website regularly for the latest news, events and information about Santa Clara Family Health Plan and our programs, services and community.

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Information in WINNING HEALTH comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

Models may be used in photos and illustrations.

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