

winning health

Winter 2018



Medi-Cal/Healthy Kids

Your initial health assessment

Are you a new member? Even if you are not sick now, call your primary care provider (PCP), nurse practitioner, or physician assistant right away. Schedule a routine health exam within the first 60 days. You can find your PCP's phone number on the back of your Santa Clara Family Health Plan (SCFHP) member ID card. Or, if you need to find a new PCP, you can call us at **1-800-260-2055**. SCFHP covers this visit so you don't have to pay anything!

Has it been over a year since your last doctor's visit?

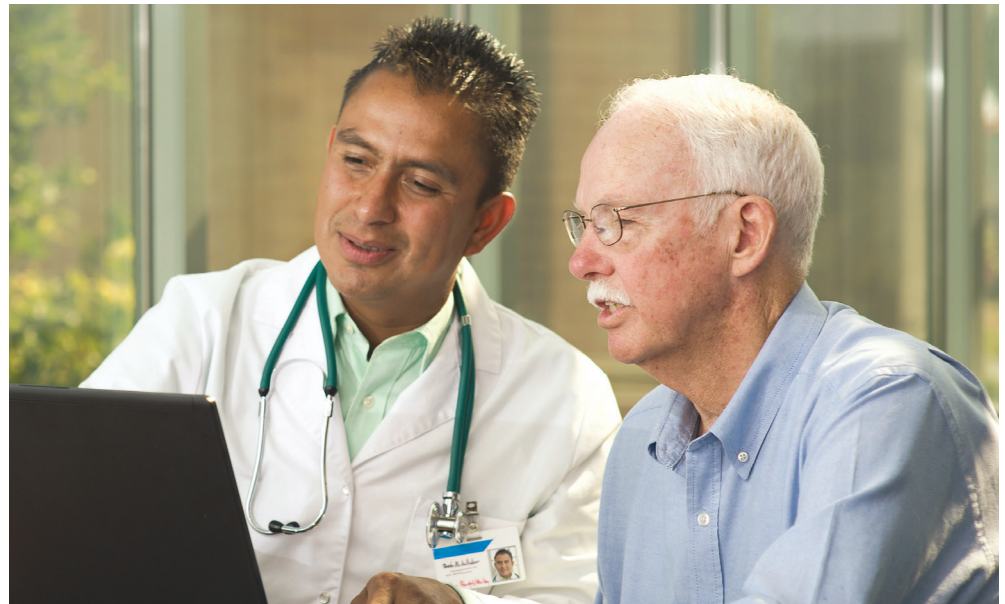
It's important to visit your PCP every year. These annual checkups give your PCP an update on your health. SCFHP covers these visits. Call your PCP today to schedule an appointment!

What will happen during my doctor's visit? You and your PCP will talk about your current health status and how you can stay

healthy. This is your chance to ask any health-related questions—your PCP will answer them!

During this visit, your PCP will perform a physical exam. Your PCP may also ask you to fill out a survey about your current health and lifestyle and your family's medical history. This is called an initial health assessment. You will have the

option to get a flu shot (depending on the time of year) and other immunizations to protect you—if you need them. Also, your PCP may refer you to get other tests like a mammogram, colonoscopy, or lab testing. All of this information helps you and your doctor manage any serious, long-term, or preventive health needs.



Call Us

Customer Service

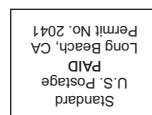
8:30 a.m. to 5 p.m., Monday through Friday (except holidays)

1-800-260-2055

TTY/TDD

1-800-735-2929 or 711

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» **SHOW YOUR HEART SOME LOVE.** Valentine's Day comes just once a year. But it's a great reminder to work toward a lifetime of healthy hearts.



Have a heart-healthy Valentine's Day

On Feb. 14, hearts are the star of the show. This hardworking muscle sets the beat for life every day, all year long. To show your love for all the beating hearts you hold close, why not plan a heart-healthy Valentine's Day? These four ideas can help you get started:

1 **Roses are red—and so are strawberries.** Dip them in dark chocolate for a delicious treat that provides flavonoids from the chocolate and fiber, phytochemicals, and potassium from the fruit—all of which promote heart health.

And for a meal that's true to the day's festivity, include dishes that feature red produce, such as apples, beets, cherries, grapes, peppers, and pomegranate seeds.

2 **Exercise is one key to a healthy heart.** Plan an active date with your loved one. Take a walk hand-in-hand. Try something new together, like hitting balls at an indoor batting cage. Dance the night away. And make a pact to exercise together regularly.

3 **Valentine's Day gifts can be both from the heart and for the heart,** especially if they help reduce stress. Although stress hasn't been directly linked to heart disease, it can cause heart-related health issues—like higher blood pressure and damaged arteries.

4 **Kids and grandkids are sweethearts too.** To set a healthy example for your little valentines, plan an active family outing every Feb. 14. For classroom parties, help kids choose healthy tokens of affection, like whole-wheat pretzels (the heart-shaped ones, of course!) or mini boxes of raisins decorated with seasonal stickers.

Sources: American Heart Association; American Institute for Cancer Research; Produce for Better Health Foundation

HEARTFELT ADVICE

Know your numbers

Talk with your doctor about your personal risk of heart disease. Here are four types of numbers to know—and to keep an eye on:



BLOOD PRESSURE

High blood pressure makes your heart and blood vessels work harder.



CHOLESTEROL

Unhealthy levels can raise your risk of a heart attack.



BODY MASS INDEX (BMI)

BMI is an estimate of your body fat based on your weight and height.



BLOOD SUGAR

When your blood sugar is high, it can lead to diabetes, which is a major risk factor for a heart attack.



NEED A DOCTOR? We've got you covered. Search for a provider online at www.scfhp.com or call **1-800-260-2055**.

Sources: American Heart Association; National Heart, Lung, and Blood Institute



Practicing gratitude for health and happiness

Talk about a positive perk: By cultivating a spirit of gratitude, you actually end up with more to be thankful for.

A grateful spirit may seem like it comes naturally to some people. But to nurture a habit of thankfulness, it helps to make a conscious choice, day by day. Here are four practices that can help you keep gratitude at the center of your day.

- 1. Savor your everyday life.** Slow down and enjoy those things that bring you comfort and joy—but that can be easy to take for granted. A loved one's smile. A crisp, cold apple. A bright blue sky. A warm cup of tea.
- 2. Write it down.** What makes you smile? Note it in a daily gratitude journal. It can truly make a difference in where your focus lies. It's hard to get stuck in the negative when you are busy counting—and

writing about—your blessings.

Big or small, find moments from your day—or reflections on your life—to appreciate. It could be a kind word said, a helpful neighbor, or a hearty laugh.

And any time you need a lift, you can turn back to your journal and read those memories and moments.

3. Say thanks. Write a letter. Deliver it in person if you can. Let others know how much you appreciate them—their kindness, generosity, friendship, time, etc. You'll reap the benefits of a grateful deed and bring that person joy of their own.

4. Do for others. Reaching out and assisting those in need often reminds us of the good in the world. Even better, make volunteering a family affair—and teach your children the power of giving and gratitude.

»» CARE TO SHARE? Happiness shared is happiness multiplied. Studies show that telling a friend about a happy event in your life increases the amount of joy you feel about that event. And that attitude of gratitude may just spread to those around you.

Keeping you and your baby healthy

What's one of the first things you should do as soon as you know you're pregnant? Or if you think you may be?

Call your doctor and schedule a checkup. Doctors call these visits prenatal care. And getting early—and regular—prenatal care is one of the best ways to help keep you and your baby healthy.

Your doctor may want to see you every four weeks for the first six months of pregnancy, and more often during the last three months.

Your resources

■ SCFHP offers prenatal classes to members. To sign up, call our Health Education Department at **1-800-260-2055**, Monday through Friday, 8:30 a.m. to 5 p.m. (except holidays).

■ Text4baby: Text **BABY** to **511411** and get **FREE** messages on your cell phone to help you through your pregnancy and your baby's first year. You can also visit www.text4baby.org for more information and to download the app.

■ Order a free kit for new parents from **FIRST 5 Santa Clara County**. These kits are available in English, Spanish, Chinese, and Vietnamese. Visit www.first5kids.org/resources-and-tools/kit-for-new-parents to order.

At every visit, your doctor will check on the two of you. That way if there's a problem, it can be treated early.

So be sure to show up for every visit with your doctor—even if you feel fine.

What's ahead Your first visit will be the longest. One reason: Your doctor has a lot to learn about you during that visit. Your doctor will ask about your health and family medical history. Your doctor will also ask about your lifestyle—for example, if you're under stress, drink, smoke, or use drugs. Honest answers will help your doctor provide the best possible care—and they'll be kept between you and your doctor.

Most prenatal visits include:

- Checking your blood pressure.
- Tracking your weight gain.
- Measuring your abdomen to check your baby's growth.
- Checking your baby's heart rate.

You'll also have tests. Some are routine, such as ones to check for anemia or sexually transmitted diseases. But you may have others based on your age, health, and other test results.

Each visit is your chance to ask questions. Make a list to bring with you so you don't forget anything.

Not sure how to make an appointment with an obstetrician-gynecologist, or OB-GYN, for your prenatal care? As a Santa Clara Family Health Plan (SCFHP) member, you can go to any OB-GYN that's in the same provider group as your PCP. Look for an OB-GYN in our Provider Directory for your prenatal care. Visit www.scfhp.com/for-members/find-a-doctor to find an OB-GYN near you.

Sources: March of Dimes, Office on Women's Health



POSTPARTUM VISIT

New moms need checkups too

As a brand-new mom, you may be busier than you've ever been. You're tending to your baby around the clock. At the same time, your body is still healing from the hard work of giving birth. So be sure to tend to your own needs too. Eating well and resting are now more important than ever. So is seeing your provider for a checkup.

A must-have visit. You'll need a postpartum checkup about four to six weeks after giving birth. If you had a cesarean section, you may need to see your provider earlier—about two weeks after the surgery.

Either way, this is a chance for your provider to:

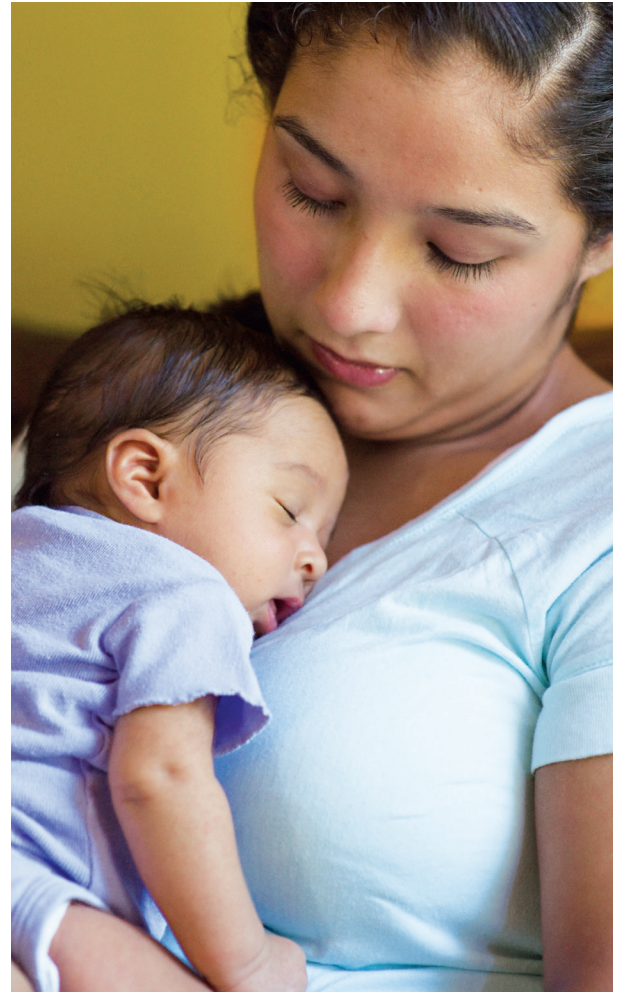
- Be sure you're recovering well from giving birth.
- See if you can get back to normal activities.

Your turn to talk. This is also your chance to bring up any concerns you might have about your recovery and how your body is feeling. You can ask your provider about: ■ Breastfeeding. ■ Birth control. ■ Weight loss. ■ Your diet and staying fit. ■ Your emotions.

Feeling low? Some women become depressed after having a baby. This can happen to any mom. It's nothing to feel embarrassed about.

If you feel sad, tell your provider. He or she can help you feel like yourself again.

You can talk to your provider about anything.



Source: Office on Women's Health

5 STEPS TO CLEAN HANDS

STEP 1

Wet your hands with clean, running water (it can be warm or cold). Apply soap.

STEP 2

Rub your hands together to make a lather. Scrub hands well all over—make sure to scrub the backs of your hands, between your fingers, and under your nails.

STEP 3

Continue rubbing your hands together for at least 20 seconds.

STEP 4

Rinse your hands well under running water.

STEP 5

Dry off using a clean towel, or air dry.

Staying well

5 WAYS TO PREVENT A RETURN TRIP TO THE HOSPITAL

When you're discharged, you don't want to return. Here is what you can do to avoid going back:

1. Make sure you understand your condition. Ask: What you should do to help yourself get better? What things to be careful of? What problems to watch for? What to do if problems occur?

If you'll be handling certain medical tasks on your own or with the help of a family caregiver—like changing a dressing—ask a member of the hospital staff to go over the procedure with you until

you're comfortable with it.

2. Review your medications. Ask if you should keep taking everything you were taking before you were admitted. And if you need to take some new medications, be sure you know when and how to take them, how much to take, and for how long. Also be sure you understand why you're taking the new medicines.

Keep a list of all your medicines to make sure you take them correctly.

3. Keep your medical appointments. Often follow-up

tests or doctor visits are scheduled before you leave the hospital. It's essential that you keep them. They help you stay well.

4. Speak up if you need help.

Can you bathe and dress yourself and cook your meals? If you have worries about handling tasks like these, say so. We can get help for you. If you're worried about things like paying for medications or getting transportation to doctor visits, mention that as well.

5. Get a name and number. Be sure you know who to call if you have questions.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-800-260-2055** (TTY: **1-800-735-2929** o **711**).

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số **1-800-260-2055** (TTY: **1-800-735-2929** hoặc **711**).

注意: 如果您说中文, 将为您提供免费的语言服务。请致电**1-800-260-2055** (TTY: **1-800-735-2929** 或 **711**)。

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa **1-800-260-2055** (TTY: **1-800-735-2929** o **711**).

Notices

Santa Clara Family Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call **1-800-260-2055** (TTY: **1-800-735-2929** or **711**).

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WINNING HEALTH is published as a community service for the friends and patrons of Santa Clara Family Health Plan.

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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