



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.

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



CAN YOU READ THIS LETTER?

If not, please call us at **1-800-260-2055**. We can help.

¿PUEDE LEER ESTA CARTA?

Si no puede, llámenos al **1-800-260-2055**. Le ayudaremos.

BẠN ĐỌC ĐƯỢC THÔNG TIN NÀY KHÔNG? Nếu không, xin gọi số **1-800-260-2055**. Chúng tôi sẽ giúp.

您能阅读这封信吗? 如果不能, 请致电 **1-800-260-2055** 联系我们。我们能为您提供帮助。

NABABASA MO BA ANG LIHAM NA ITO? Kung hindi, pakitawagan kami sa **1-800-260-2055**. Makakatulong kami.

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



Text BABY to 511411

& get **FREE** messages on your **cell phone** to help you through your pregnancy & your baby's first year.

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Health and wellness or prevention information

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Keep your kids' teeth healthy

Tooth decay is a problem for a lot of kids. And it can be tough on them. For example, it can cause pain that makes it hard to chew. It can even harm their health and the way they develop.

Prevent decay at every age. From day one, you can start protecting your baby's teeth. Here's how:

- After every feeding, gently wipe your baby's gums with a clean washcloth.
- Avoid letting baby sleep with a bottle, unless it contains plain water.

As soon as baby's first tooth arrives, but no later than baby's first birthday, visit the dentist. Ask your child's dentist or doctor about giving extra fluoride. Your dentist can also explain

when to start flossing. At home, clean tiny teeth and gums with a soft-bristled toothbrush and water—and a smear of toothpaste about the size of a grain of rice.

When your toddler turns 3 years old, add a pea-sized dab of toothpaste to the toothbrush. Help your child brush twice a day. Teach your little one to spit out, not swallow, the toothpaste.

Until they are 7 or 8 years old, your kids need you to help them:

- Brush for at least two minutes after every meal.
- Floss once a day.

Finally, it's important to limit candy and sugary drinks. And take your child to the dentist twice a year.

Sources: American Academy of Pediatric Dentistry; American Academy of Pediatrics; American Dental Association

We speak your language

Is English your second language? Here's good news.

You can get an interpreter through the health plan. That way you can talk to your doctor in your first language. A family member, minor or friend won't have to interpret for you. You can have this service for free when you:

- Get medical care or advice on the phone.
- Visit your doctor.
- Call the health plan.

How can you get an interpreter? Tell your doctor's office you'd like one. You can do this when you call to set up your next visit.

Or call Member Services. We can help you find a doctor who:

- Speaks your language.
- Has an interpreter in the office.

For help with this, call Member Services at **1-800-260-2055**.

You have the right to know



Santa Clara Family Health Plan (SCFHP) is committed to providing timely access to care for all members.

SCFHP strives to ensure that all health services are provided in a timely manner. SCFHP will continue to notify our members of any changes or updates made regarding the current policies.

Unsure what is a medical emergency?

Please contact our Nurse Advice Line at **1-877-509-0294** for assistance.

AUTISM SPECTRUM DISORDER

Behavioral health treatment

If you or your child has autism, you may be eligible for a new Medi-Cal benefit. Santa Clara Family Health Plan (SCFHP) now covers behavioral health treatment (BHT) for members under age 21 with autism spectrum disorder (ASD).

This treatment may include applied behavior

analysis and other services such as occupational or speech therapy. The services may help you or your child with ASD to function better and lead a healthier, fuller life.

If you are currently receiving BHT services through the Regional Center, the Regional

Center will continue to provide these services for now. More information will be available when it is time to transition to SCFHP for these services.

Call Member Services at **1-800-260-2055** if you have any questions, or ask your primary care provider about diagnosing and treating ASD.

There is no cost for these services.



Ready to quit smoking?

Thousands of Medi-Cal members are quitting smoking. You can too! We can help.

Get free nicotine patches and a \$20 gift card bonus.* Call the California Smokers' Helpline today!

1-800-NO-BUTTS
(1-800-662-8887).

When you call, have your Medi-Cal ID card ready. Nicotine patches are mailed directly to your home. Remember to ask about the gift card bonus.

For more information, visit www.nobutts.org/medi-cal.

*Some conditions apply. One gift card per person, per year. While supplies last.

What is a personal representative?

Did you know you can have a family member or friend discuss your health and benefit information for you? This person is called a personal representative.

Your personal representative can call Santa Clara Family Health Plan to select your new doctor, follow up on a referral to your specialist, help get your prescription filled, or ask your

billing question.

To appoint your family member or friend, you need to fill out a Personal Representative Request form. Get the form online at www.scfhp.com/for-members/forms-and-documents. You can also call Member Services at **1-800-260-2055** and we will send you this form.

Don't know where to turn?
Need help?

CALL 211

A trained, caring professional will help you 24 hours a day in 170+ languages and TTY. **211 is free and confidential.**

We can help you find:

- Food, shelter, homeless services
- Employment assistance
- Health care/mental health services
- Immigration services
- Legal services
- Child care
- Senior services...**and much more!**

Information is also available at www.211scc.org



Summer activities for all ages

Are you and your family ready for summer? San Jose Parks and Recreation offers camps and activities for a variety of ages.

Visit www.sanjoseca.gov/prns to search for activities that your family may enjoy.

Camp Superstuff

A SUMMER CAMP FOR KIDS WITH ASTHMA

Do you have a child with asthma? He or she will love Breathe California's Camp Superstuff—an annual camp designed for 6- to 12-year-olds with asthma.

Camp Superstuff's trained staff and volunteers teach campers important techniques for managing asthma, including:

- Understanding different aspects of asthma.
- Recognizing the triggers of asthma attacks.
- Knowing when and how to take medication.
- Learning how to support peers with asthma.

Camp Superstuff offers educational and fun activities, such as field trips, games, arts and crafts,

skits, songs, and more! Campers meet Monday through Friday, July 20 through July 24, 9 a.m. to 5 p.m., at the Mayfair Community Center, 2039 Kammerer Ave., San Jose, CA 95116.

Sign up your child. To enroll, contact Breathe California. The deadline to enroll is Wednesday, July 1, 2015. You can enroll your child in person, by phone or online. The office is located at 1469 Park Ave., San Jose, CA 95126 and is open 9 a.m. to 5 p.m., Monday through Friday. Call **1-408-998-5865** or visit www.lungsrus.org.

Mandatory parent education night is Friday, July 10, 2015, from 6 to 8 p.m. (location TBD).

Lose weight before the summer!

Don't wait to look and feel great! Have fun getting in shape at the Indian Health Center Wellness Center. They'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 there are monthly door prizes!

For more information, call **1-408-445-3400, ext. 266**, or go to www.indianhealthcenter.org.

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