

# HEALTH matters

Helpful information from CenCal Health

## Coronavirus News Inside

*Noticias de Coronavirus están adentro*

Standard Presort  
US Postage  
PAID  
Santa Barbara, CA  
Permit No. 625

*La versión en español, Temas de Salud, está adentro.*

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## You Still Need to See Your Doctor during COVID-19

Now more than ever, it is important that you continue to see your doctor. Adults and children still need important check-ups, screenings, and immunizations. Doctor's offices are open and ready for you!

### Why Is It Important To See Your Doctor?

Many people are staying home to prevent the spread of COVID-19. But there are important reasons why you may need to see your Primary Care Provider (PCP):

- To get needed vaccines.
- For routine health exams and screenings.
- For cancer screenings.

### Your Doctor Is Taking Steps To Keep You Safe

Don't delay your preventive care! Your doctor's office is taking steps to make sure patients are safe during COVID-19. If you want to know more about what your PCP is doing, call them! Their phone number is on your CenCal Health ID card.

### You May Be Able To Do a Telemedicine Visit!

Telemedicine means having your doctor's appointment over the phone or video. It is a way to get care when you can't (or don't need to) be face-to-face with your doctor. Telemedicine is a great option for follow-up appointments and mental health care. Ask your doctor or mental health provider if telemedicine is right for you.

# Know When Your Child Needs Screenings and Immunizations

## Visits and Screenings

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**At birth:** Exam in hospital.

**1 Month:** Well-Child Visit, Hearing Test.

**2 Months:** Well-Child Visit.

**4 Months:** Well-Child Visit.

**6 Months:** Well-Child Visit.

**9 Months:** Well-Child Visit.

**12 Months:** Well-Child Visit, First Dental Visit, Fluoride Varnish, Blood Lead Screening.

**15 Months:** Well-Child Visit, Fluoride Varnish.

**18 Months:** Well-Child Visit, Fluoride Varnish.

**2 Years:** Well-Child Visit, Fluoride Varnish, Blood Lead Screening.

**30 Months:** Well-Child Visit, Fluoride Varnish.

**3 Years:** Well-Child Visit, Fluoride Varnish, Vision Test.

**4 to 6 Years:** Well-Child Visit, Fluoride Varnish, Hearing & Vision Tests.

**7 to 10 Years:** Well-Child Visit / **Screenings for:** Vision, Hearing, Dyslipidemia.

**11 to 12 Years:** Well-Child Visit / **Screenings for:** Vision, Hearing, Dyslipidemia, Depression.

**13 to 20 Years:** Well-Child Visit / **Screenings for:** Vision, Hearing, Depression, Dyslipidemia, STI/HIV (for ages 15 and older).

## Immunizations

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**Birth:** Hepatitis B (HepB).

**1 Month:** HepB.

**2 Months:** Diphtheria, Tetanus, Pertussis (DTaP), Pneumococcal (PCV13), Haemophilus influenzae type b(Hib), Rotavirus (RV), Polio (IPV).

**4 Months:** DTaP, RV, Hib, PCV13, IPV.

**6 Months:** DTaP, RV, Hib, PCV13, IPV.

**Between 6 to 18 Months:** IPV, HepB.

**Between 12 to 15 Months:** Measles, Mumps, Rubella (MMR), Hib, PCV13, Chickenpox (VAR).

**Between 12 to 23 Months:** Hepatitis A (HepA). (2 doses, 6 months apart).

**Between 15 to 18 Months:** DTaP.

**4 to 6 Years:** DTaP, MMR, IPV, VAR.

**11 to 12 Years:** Meningococcal (MCV), Tdap, Human Papillomavirus (HPV) (2 doses for girls and boys).

**13 to 21 Years:** MCV (at age 16).

## Save a Life: Become an Organ Donor

Anyone can help save lives by becoming an organ or tissue donor. If you are between 15 and 18 years old, you can become a donor with the written consent of your parent or guardian. You can change your mind about being an organ donor at any time. If you want to learn more about organ or tissue donation, talk to your PCP. You can also visit the United States Department of Health and Human Services website at [www.organdonor.gov](http://www.organdonor.gov).

## Do You Qualify for CalFresh?

If you receive Medi-Cal benefits, you may also qualify for the CalFresh program. CalFresh provides monthly benefits that you can use to buy food. The benefits are loaded on an Electronic Benefit Transfer (EBT) card that looks and works like a debit card at most grocery stores, and many neighborhood stores and farmers markets.

Applying for CalFresh is fast and confidential. You can apply online at [www.getcalfresh.org](http://www.getcalfresh.org). If you have any questions, please contact your local DSS office.

# Know When to Get Your Screenings and Immunizations

## Routine Health Exams

**Cholesterol:** Beginning at age 35 for men and age 45 for women.

**Chlamydia and Gonorrhea Screening:**

For women 24 and younger, if sexually active, and older women at increased risk.

**Osteoporosis Test:** Beginning at age 65 for women.

**Blood Pressure:** Beginning at age 18 for men and women.

**Body Mass Index (BMI):** At regular checkups for all adults.

**HIV Test:** For men and women ages 15 to 65 and all pregnant women.

**Depression Screening:** For all adults, including pregnant and postpartum women.

**Tuberculosis (TB) Screening:** For adults at increased risk.

## Immunizations (shots)

**Tetanus-Diphtheria-Pertussis (Td or Tdap):** One dose Tdap, then Td booster every 10 years. Pregnant women should get a Tdap vaccine with each pregnancy.

**Influenza (Flu Shot):** Every year for all adults.

**Pneumococcal (PCV13 or PPSV23):** One dose after age 65.

**Zoster (RZV):** Two doses for ages 50 or older.

**Measles, Mumps, Rubella (MMR):** One or two doses for adults born in 1957 or later.

**Chicken Pox (VAR):** Two doses for adults with no history of immunity.

**Human Papillomavirus (HPV):** If not already completed, adults ages 19 to 26 should get two or three doses.

## Cancer Screenings

**Colorectal Cancer Screening:** For men and women beginning at age 50 and continuing until age 75.

**Cervical Cancer Screening (Pap Smear):**

Every three years for women 21 to 65 or every 5 years for women ages 30 to 65 with an HPV test.

**Breast Cancer Screening (Mammogram):** Every two years for women 50 to 74.

# What's Healthcare Fraud?

Healthcare fraud is when a person submits false or misleading information to get healthcare products, coverage, or medicine. Fraud is illegal and increases healthcare costs. Here are some examples of possible healthcare fraud:

- Loaning or using another member's CenCal Health ID card to get services.
- Changing or falsifying a prescription order.
- Selling prescription drugs or supplies obtained under CenCal Health benefits.

**If you know of a situation like this, please tell us.** The call is free and confidential. Call our Fraud Hotline at 1-866-775-3944. You can also learn more at [www.cencalhealth.org](http://www.cencalhealth.org) by clicking "Do You Suspect Fraud?" in the Members tab.

# Need an Interpreter?

CenCal Health offers interpreter services at no cost to our members. If you need an interpreter for a medical appointment, you can request:

- An over-the-phone interpreter 24 hours a day, seven days a week.
- A video interpreter in the doctor's office.
- An in-person interpreter for certain services (make sure to schedule this at least 3 days before your appointment).

You do not need to bring your own interpreter or family member to help you translate.

# Get Your Flu Shot!

Get your flu vaccine in the next couple of months to protect yourself and others from serious illness. You can get one from your doctor or at one of our many network pharmacies. If you need help finding a location, call Member Services at 1-877-814-1861.



# How to Stay Safe during COVID-19



Public Health officials say there are things we must still do to prevent the spread of COVID-19. Here are some safety tips for your neighborhood, workplace, school, and doctor's office:



**Wear a face mask or cloth face covering** every single time you leave your home.



**If you feel sick, stay home.** Even if you have mild symptoms or don't think you have COVID-19, stay home. Don't risk spreading it.



**Wash your hands several times each day.** Use hand sanitizer if you aren't near soap and water.



**Stay at least six feet apart from another person,** even if you are both wearing masks.



**If you have symptoms,** notify your work, school, and your doctor - don't just show up.



**Choose telemedicine doctor appointments whenever possible.** Ask your doctor if a telemedicine appointment is right for you.

To learn more about how to stay safe during COVID-19, visit [www.cencalhealth.org/coronavirus](http://www.cencalhealth.org/coronavirus).

# Don't Miss Your Child's Preventive Health Visits

Preventive health visits are important to make sure your child receives vaccines and screenings they need, and to check they are growing and developing as expected. If your child is due for services, a visit to their doctor is highly recommended for:

- **A physical exam and measurements.**
- **Vaccines to protect against diseases** (check out the schedule on page 2).
- **Blood lead testing** (routine screenings at 12 months and 24 months of age).
- **Screenings for development, dental health, vision, hearing, and nutrition.**



**Call your child's doctor right away to schedule these important services that your child needs.**

Your child's Primary Care Provider (PCP) is the doctor who is in charge of your child's healthcare. The phone number is on your child's CenCal Health ID card. Their PCP will tell you the exact vaccines and screenings your child needs.



**Your child's PCP is taking steps to make sure your child gets the care they need safely in the office.**

For example, some offices are providing patients with a mask when they don't have one to wear in the office. Others are asking patients to wait in their car and not in the waiting room. Some have specific days for childhood vaccines. While others are not seeing sick and healthy patients at the same time.



**Don't let the fear of catching COVID-19 prevent your child from getting the care they need!**

Children, especially, need to get shots and check-ups on time to protect them from serious illness. When you make your child's appointment, ask the clinic what they are doing to keep patients safe.

See our 2020 Quality Report on our website or call us for a copy at (805) 562-1609.

Member Services department: 1-877-814-1861,  
Monday — Friday from 8 a.m. — 5 p.m.