



HEALTH matters

Helpful information from CenCal Health



Who needs a flu shot? You do.

Everyone 6 months and older should get a flu vaccine. This season, protect yourself and those around you by getting yours today.

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

La versión en español, Temas de salud, está adentro.

Get your COVID-19 vaccine and get a \$50 gift card!

Any CenCal Health member ages 5 and up who have not yet gotten their COVID-19 vaccine can get a \$50 gift card for getting vaccinated!

The \$50 gift card will be mailed to you at your mailing address on file once CenCal Health gets a record of your vaccination from the Immunization Registry. This might take several months.

If you have already had 1 or 2 doses of a COVID-19 vaccine, you are not able to get a gift card.



Find a vaccine site near you!

Go to:
www.whyishould.org
or scan the QR code below to find:

- Vaccine sites
- Transportation information
- And more!



PARENTS:
Your children ages 5 and up can safely get the Pfizer vaccine. Don't wait!

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If you have questions about the gift card, you can call 1-800-421-2560 ext 3126.

For mental health benefits, call CenCal Health directly

NEW

Starting January 1, 2022, CenCal Health now offers mild to moderate mental health benefits directly. **You will no longer contact The Holman Group for these services.**

If you need mental health services, please call Member Services at 1-877-814-1861 and follow the menu prompts to select mental health or ABA service assistance.

Most of the mental health providers that were contracted with The Holman Group have now contracted with CenCal Health. This means that if you were already seeing a mental health provider, you will most likely not need to change them. CenCal Health also added some new providers.



Support for your teens

It is normal for teens to be moody or sad from time to time. You can expect these feelings for example, after the death of a pet or a move to a new city. But if these feelings last for weeks or months, they may be a sign of depression.

Pandemic stress affects everyone, and teens may feel this more than others. CenCal Health has resources to support teens during this difficult time. Visit www.cencalhealth.org/teens to learn more.



March is Colorectal Cancer Awareness Month

And it's coming up soon! Now is a great time to schedule your colorectal cancer screening.

Who needs screening? Adults age 45 to 70 should be screened for colorectal cancer. Talk to your Primary Care Provider to find out how often you should be screened.

Join CenCal Health's Community Advisory Board!

CenCal Health offers you the opportunity to represent our members as the "voice of the member" on our Community Advisory Board. This Board offers input and feedback on population needs and experiences and offers input into the design and content of member materials. It's a great opportunity to make a difference.

Call Member Services at 1-877-814-1861 to learn how to apply!

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Prevent falls at home

Every year, thousands of older adults fall and hurt themselves. Falls are one of the main causes of injury and loss of independence in people ages 65 and older.

- Keep your bones strong. Talk to your doctor to be sure you are getting enough vitamin D and calcium.
- Have your vision and hearing checked each year or anytime you notice a change. If you have trouble seeing and hearing, you might not be able to avoid objects that make you lose your balance.
- Remove or fix things you could trip over, such as raised doorway thresholds, throw rugs, or loose carpet.
- Install grab handles and nonskid mats in the tub and shower.
- Keep your house well lit. Use night-lights (or keep the overhead light on at night) in hallways and bathrooms.
- Put sturdy handrails on stairways. Make sure you have a light at the top and bottom of the stairs.
- Know the side effects of the medicines that you take. Ask your doctor if the medicines you take can affect your balance. For instance, sleeping pills and some medicines for anxiety can affect your balance.
- Be sure you are drinking enough water, especially if the weather is hot.



We can send you information about preventing falls at home. Call 1-800-421-2560 ext. 3126.

To learn more about ways to prevent falls at home, visit www.cencalhealth.org/health-and-wellness, and search “prevent falls”.

Your new pharmacy program and customer service line

NEW

Starting January 1, 2022, you will get your Medi-Cal covered prescriptions through the Medi-Cal Rx program instead of CenCal Health. This means that if you have a problem with getting your covered prescription drugs, you will need to call the Medi-Cal Rx program beginning on January 1, 2022.

Will I need to change my medication?

Most people will not have to change their medications or pharmacy. The list of drugs that require prior approval may be different from before. Your doctor may need to get approval to refill prescriptions. They may talk to you about changing to a medication that does not require prior approval. These decisions are now made by the Medi-Cal Rx program, not CenCal Health.

Will my pharmacy change?

Most pharmacies will accept your new coverage. If you need help finding a pharmacy, use the Medi-Cal Rx Pharmacy Locator online at www.Medi-CalRx.dhcs.ca.gov or call the Medi-Cal Rx Call Center 24 hours a day, 7 days a week, at 1-800-977-2273, or 711 for TTY, Monday through Friday, 8 a.m. to 5 p.m.





CenCal Health offers After-hours care for appointments after 5 pm and on the weekends.

Get your child's well-child visits and developmental screenings. They are important!

The ages between 2 and 5 years are full of growth. Each child grows and gains skills at their own pace.

Routine checkups are important

Routine checkups usually are scheduled several times during ages 2 to 5. These routine checkups are called well-child visits. They are important to check for problems and to make sure that your child is growing and developing as expected.

During these visits, the doctor will:

- Give your child a physical exam.
- Give your child any needed vaccines.
- Weigh and measure your child to see how he or she compares to other children of the same age.
- Ask questions about your child's behavior and your family.
- Ask about your child's favorite activities or friends.

After-hours care:
www.cencalhealth.org/afterhours

Well-child visits are a good time to talk with your doctor about any concerns you have about your child's health, growth, or behavior. Between visits, write down any questions you want to ask the doctor next time.

For a schedule of well-child visits, visit www.cencalhealth.org/health-and-wellness (search for "well-child visits")

Changes to CenCal Health's 2022 Evidence of Coverage (EOC):

The Department of Health Care Services has updated the language within the 2022 EOC for the following Medi-Cal covered benefits:

- The Postpartum Care Extension Program
- Rapid Whole Genome Sequencing
- Whole Child Model (WCM) Program

To review these changes, please go to CenCal Health's website at the link provided here: www.cencalhealth.org/members/member-handbook/ and view the Errata.