



**CenCal
HEALTH®**

Local. Quality. Healthcare.

HEALTH matters

Helpful information from CenCal Health



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

Fight the Flu!

Flu season is here, and it is important you protect yourself and loved ones.

The Centers for Disease Control and Prevention recommends that everyone 6 months old and older get a flu vaccine. **Schedule yours today!**

Are you due for a COVID-19 vaccine booster?

Scan the QR code to find out!



URGENT

Do not lose your coverage! Report Changes to Medi-Cal

Once a year, Medi-Cal sends out a redetermination package for you to complete. The redetermination package tells Medi-Cal if you still qualify.

If you do not complete your redetermination package when you receive it, you will lose your coverage with CenCal Health.

To prevent losing your coverage, let the Department of Social Services (DSS) know **if you move, change your phone number or go through life changes**. If you are unsure about what changes you need to report, contact your local DSS office:

<https://www.cdss.ca.gov/county-offices>



Treatment and Testing for COVID-19



TESTING

You can get free testing for COVID-19 if you think you have been exposed or if you have symptoms.

Here's how:

- **Get tested at any provider site**—just make sure to show your CenCal Health Member ID card and your BIC card.
- **Get an at-home test kit.** You can either get this from your Primary Care Provider (PCP) or from Medi-Cal Rx at <https://medi-calrx.dhcs.ca.gov>. Medi-Cal Rx can even deliver these to you through their mail order pharmacy!

If you have been exposed to COVID-19 or have had symptoms, you can also request antibody testing from your PCP to check for a past COVID-19 infection.

TREATMENT

You can get free treatment for COVID-19. Treatment is available if you have “long COVID” from a past infection, and is also available right away if you have a new COVID-19 infection.

Getting treatment within 5—7 days after your symptoms start is most effective way to treat COVID-19. If you test positive, you can get “test-to-treat” care. This means you can get specialized care right away.

Here's how:

- Find a “test-to-treat” site on **MyTurn** at <https://myturn.ca.gov/>
- Request an urgent appointment with your PCP to get tested and start treatment. If they don't offer treatment in their office, they can refer you to a treatment site.

You can also get treatment for conditions that may put you at higher risk of developing severe COVID-19, like diabetes, cancer, or obesity.

MEDICATIONS FOR COVID-19

CenCal Health will cover all medications and therapies that will treat or prevent COVID-19.

You can get medications through:

- Medi-cal Rx's mail order pharmacy: <https://medi-calrx.dhcs.ca.gov/>
- Your primary care provider (PCP)

If you **do not** have COVID-19 **and** are moderately to severely immunocompromised **or** are not able to get vaccinated, you can get “Pre-exposure prophylaxis.” This is a type of medication that helps prevent COVID-19. **To get more information on the different treatments available for COVID-19, contact your PCP.**

VACCINATIONS

COVID-19 vaccinations are available for everyone 6 months and older.

Boosters are available for:

- Everyone 5 years and older (1 booster)
- Adults ages 50 and older and some people 12 and older who are immunocompromised (2 boosters)

Schedule your Vaccine

To make an appointment or find a walk-in:

- Visit vaccines.gov / vacunas.gov
- Text to GETVAX (438829) / VACUNA (822862)
- Visit [MyTurn.ca.gov](https://myturn.ca.gov)

Unintended pregnancy

An unintended pregnancy is a pregnancy that is either unwanted or unplanned. CenCal Health members have benefits to help prevent or manage an unintended pregnancy.



Birth Control

There are several types of birth control you can use to prevent pregnancy:

- Implant
- Intrauterine Device (IUD)
- Hormonal methods
- Barrier methods
- Emergency contraception after unprotected sex
- And more

To learn more about each type of birth control and what works for you, talk with your doctor, or visit <https://medi-calrx.dhcs.ca.gov/>

Abortion

Abortion is the ending of a pregnancy by getting surgery or taking medicine. The safest time for an abortion is in the first trimester, when there is low risk for complications.

It's not easy to decide to end a pregnancy. You may need some time to think about your choices. Family planning clinics also offer counseling to help you decide what is best for you.



You may also want to talk with someone close to you who understands how pregnancy and raising a child would affect your life.

CenCal Health members do not pay for abortions. Abortion law in California gives women the right to end their pregnancy until between 24-28 weeks.

For more information on your abortion benefits, contact your doctor or Member Services at 1-877-814-1861.

**Need a translator?
We've got you covered!**

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, 7 days a week
- A video interpreter in the doctor's office
- An in-person interpreter for certain services

CenCal Health and your doctor will always work with you to provide an interpreter. You do not need to bring your own interpreter or family member to help you talk with your doctor.

Please call Member Services to request interpreter services at 1-877-814-1861 (TTY 1-833-556-2560) or call the California Relay Line at 711.



Yoga that you can do at home

Many people use **complementary medicine** along with traditional medical care. Complementary medicine therapies, like yoga, focus on your overall health and may help you feel good.

Yoga is a mind and body practice that involves movement, breathing exercises, and mindfulness. It can help with stress, back pain, improving quality of life, and overall health.

It can look intimidating, but anyone can do yoga, even in their own home!

Here are some simple yoga poses and tips:

- Remember to breathe steadily, in and out, and always pay attention to your breath.
- Yoga positions should not be painful. Stop if anything hurts.
- Look for free yoga videos on the internet. Even a few minutes can help you feel great.



Child's pose

Cow

Cat

Side body stretch

Forward fold

Monkeypox: What to know

Monkeypox is a rare disease caused by infection with the monkeypox virus. Monkeypox causes rash, fever, headache, muscle aches and backache.

It is spread by skin-to-skin contact, touching items that have been touched by rash, and by contact with respiratory droplets (like coughing or kissing).

People who may be at higher risk of getting monkey pox might include people who:

1. Had contact with someone who had a rash that looks like monkeypox or confirmed monkeypox.
2. Had skin-to-skin contact with someone who has monkeypox.
3. Traveled outside the U.S. to a country with confirmed cases of monkeypox.

If you have a rash that looks like monkeypox, talk to your doctor, even if you don't think you had contact with someone who has monkeypox. You can also notify your local Public Health Department:

- Santa Barbara County: (805) 681-5100
- San Luis Obispo County: (805) 781-5500



Example of monkeypox

How to get mental health services when you need them

Mental Health Treatment

Members can find a mental health specialist by:

- Searching providers on www.cencalhealth.org
- Calling our Behavioral Health Call Center at (877) 814-1861

Members do not need a referral to see a contracted Mental Health Specialist for an initial mental health assessment or treatment.

Behavioral Health Treatment - Applied Behavior Analysis

CenCal Health members have benefits for Applied Behavior Analysis (ABA) as part of the Early and Periodic Screening, Diagnosis, Treatment benefit.

Members may be eligible for ABA if they:

1. Are under 21 years of age
2. Are medically stable
3. Do not require 24-hour nursing/monitoring AND
4. Have a referral from a qualified provider (like a Physician, Psychiatrist, Primary Care Provider (PCP), Psychologist, or Surgeon) that ABA is medically necessary.

If you believe that your child may benefit from ABA, please contact your PCP or a qualified provider to start the referral process.

Members are encouraged to choose their own ABA provider. Your PCP can help you with this. Providers are listed on www.cencalhealth.org. If you have questions, please contact our Behavioral Health Call Center at (877) 814-1861.

Psychological Testing

If you believe you need a Psychological Evaluation, discuss your mental health symptoms with your PCP. Your PCP can help you find a Psychologist for this evaluation, or you can also find and contact a Psychologist yourself. A list of Psychologists can be found on www.cencalhealth.org.

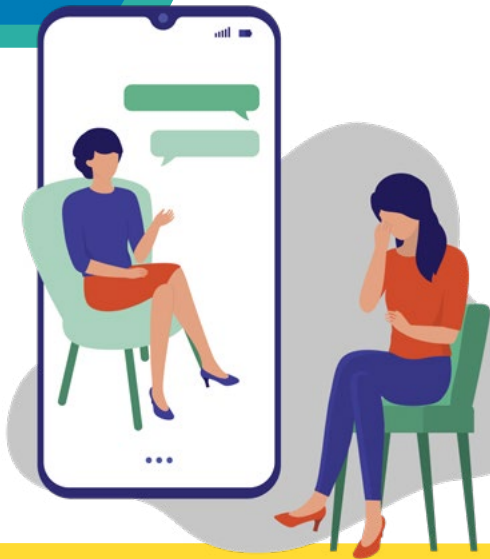
The Psychologist will complete a Psychological Evaluation and will provide recommendations for your care that may include:

- Psychological Testing
- Psychotherapy
- Medication management
- Or other services

For some of these services, like Psychological Testing, the Psychologist will need to get prior authorization from CenCal Health.

For more assistance

If you need help getting services or finding a mental or behavioral health provider, call our Behavioral Health Call Center at 1-877-814-1861 and request to speak with a **Behavioral Health Navigator**.



A referral means that your Primary Care Provider must give written approval for you to see a specialist, like a Behavioral Health provider.

Behavioral Health Navigators can help by:

1. Contacting providers
2. Making appointments
3. Providing a list of providers that meet your needs

988

24/7 Crisis & Support

Call 988: Suicide and Crisis Lifeline

988 offers 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress.

That could be:

- Thoughts of suicide
- Mental health or substance use crisis, or
- Any other kind of emotional distress

People can call or text 988 or chat 988lifeline.org for themselves or if they are worried about a loved one who may need crisis support.

No matter where you live in the United States, you can call 988 and reach a trained crisis counselor who can help.

988 SUICIDE & CRISIS
LIFELINE



Kick tobacco out!

Quitting tobacco isn't easy, but if you smoke or use tobacco products, quitting is the best thing you can do for your health.

Tobacco use increases your risk for cancer, diabetes, heart failure, and other serious medical problems. **With support, quitting is possible!**

How can I get support?

Ask for help

Before anybody can help you quit smoking, you have to ask for help. Tell people that you're quitting and that you want their support. Be sure to tell people how much help you want.

Avoid triggers

Triggers are things that make you want to smoke. Identify your triggers so that family and friends can help you avoid them.

Tobacco Cessation programs

- Free counseling through Kick it CA at <https://kickitca.org/>.
- Online smoking cessation programs at www.smokefree.gov.
- National Tobacco hotline: 1-800-QUIT NOW (1-800-784-8669).
- Text QUIT to 47848 to join the texting program called SmokefreeTXT.





What to know about your Privacy Rights

Protected Health Information (PHI) is health information that has your name, Social Security number, or other information that can let others know who you are.

Your PHI can be spoken, written, or electronic. CenCal Health must protect your PHI. You have certain rights regarding your PHI such as the right to:

- See and get a copy of your health records.
- Ask that your health information not be shared with certain people, groups, or companies.
- Ask to change any wrong information or add information if you think something is missing or incomplete.
- An Accounting (listing) of disclosures.
- Ask to be reached somewhere other than home.
- Receive a paper copy of CenCal Health's Notice of Privacy Practices.

If you have questions about your PHI, privacy rights, or want to learn more, please contact CenCal Health's Privacy Office at:

CenCal Health
Attn: Privacy Office
4050 Calle Real
Santa Barbara, CA 93110

Phone: 877-814-1861
Fax: 805-681-8279
Email: privacy@cencalhealth.org

Health Education services are here for you!

- Want materials sent to your home?
- Looking for a health class in your area?

CenCal Health members can call the **Health Education Request Line** at **1-800-421-2560 ext 3126** to request health education information.

Call the
Health
Education
Request
Line!



Get active this Fall

Being physically active means doing any kind of activity that gets your body moving, like:

- Cardio
- Strength training
- Stretches

Aim for a balance between these three types of physical activity.

Each one contributes to your overall health.

Fitting Physical Activity in your day

Moving your body for at least 30 minutes each day will help you stay healthy and strong! Here are some ideas:

- Park your car further than usual
- Take the dog for a long walk
- Do yoga at home! (check out page 4 for yoga tips)

Staying motivated!

Adding variety to a fitness program is a good way to keep motivated. Vary the activity, place, or time you move your body!



Fun
for
kids and
adults

Color your way to help Maria get home!

