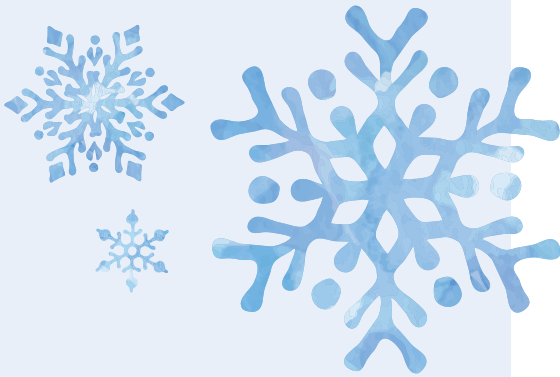


WHOLE you



Winter 2021 Member Newsletter



Welcome to the Winter 2021 Edition of the Care1st Newsletter.

Care 1st wants you to have the information you need to get your services. That is why in this issue of the Newsletter, we are giving you information on:

- **Rental Assistance for Renters and Landlords**
- **Assistance with Internet or Phone Services**
- **Community Services for Families**

Rental Assistance Is Available to Renters and Landlords

If you or someone you know is having trouble paying rent or utilities, help may be available. There is help for landlords trying to stay afloat, too.

The Arizona DES Emergency Rental Assistance Program (ERAP) offers rent and utility help to eligible Arizona renters impacted by COVID-19. Eligible households may receive up to \$3,500 per month in combined rent and utility assistance for up to 18 months.

Visit the Emergency Rental Assistance Program at <https://des.az.gov/ERAP> to find out more and apply.



Covered services are funded under contract with AHCCCS.

Need Help with Internet or Phone Services?



The Emergency Broadband Benefit (EBB) is a temporary discount on monthly internet bills for qualifying households. It offers up to \$50 per month for broadband services and up to \$75 per month for households located on Tribal lands.

You can also get a one-time discount of \$100 to buy a desktop, laptop, or tablet computer from a participating provider.

You may qualify for the EBB if a member of your household:

- Qualifies for the [Lifeline](https://www.fcc.gov/lifeline-consumers) program (<https://www.fcc.gov/lifeline-consumers>).
- Participates in the free and reduced-price school lunch or breakfast programs.
- Currently has a Federal Pell Grant.

You may be eligible for both the EBB and the Lifeline programs. For more details on who can qualify and how to apply, go to <https://connect-arizona.com/ebb>.

Interoperability

Connecting your Healthcare

Get easy access to your health information when you need it most. A new access rule puts patients first. You have more control.

Learn More https://care1staz.com/az/members/member_interoperability.asp



Birth to Five Helpline

Offers help for parents with children under 5 years old. Get help with fussiness, sleeping, feeding and more. To learn more, call (877) 705-5437 to <https://www.swhd.org/programs/health-and-development/birth-to-five-helpline/>.

Raising Special Kids

Offers support to families of children with special health care needs. Provides information, training, and resources. To learn more, call (800) 237-3007 or go to <http://www.raisingpecialkids.org/>.

Strong Families Arizona

Free home visiting program. Provides help with raising healthy, successful children. Program centers on pregnant individuals and children under 5 years old. To learn more, call (602) 364-1462 or go to <https://strongfamiliesaz.com>.

WIC Women, Infants and Children

No-cost nutrition and breastfeeding program that serves pregnant, breastfeeding, and postpartum individuals, infants, and children under the age of 5 years. Offers advice on choosing healthy foods while pregnant. To learn more, call (800) 252-5942 or visit <https://azdhs.gov/prevention/azwic/>.

Vaccines for Children (VFC) Program

Federally funded program that provides vaccines at no cost to children who might not otherwise be vaccinated because of inability to pay. Contact the Arizona VFC Program at (602) 364-3642 or talk with your primary doctor about getting your child vaccinated against serious diseases.

Head Start

For children up to 5 years old and pregnant individuals from low-income families. Head Start helps prepare kids for school. It covers areas such as health, education, and social needs. To learn more, call (602) 338-0449 or visit www.azheadstart.org.

Arizona Early Intervention Program (AZEIP)

Provides eligible children and their families services that support the child's growth and development. To learn more, call (602) 532-9960 or visit www.azdes.gov/azeip.

Children's Rehabilitation Services (CRS)

For children and young adults up to 21 years old with certain health conditions and health care needs. CRS helps with medical treatments and support services. To learn more, call (602) 417-4000 or (800) 654-8713 or visit <https://www.azahcccs.gov/Members/GetCovered/Categories/CRS.html>.

Parenting Support Home Visiting Programs

Build on the parenting skills and nurture your child's health, development, and learning. Allows families to work 1-on-1 with a trained and caring parent educator, in the convenience of their own homes. To find programs in your area, go to <https://www.firstthingsfirst.org/resources/find-programs> and look for Home Visiting.

Mentally Ill Kids in Distress (MIKID)

Mentally Ill Kids in Distress offers mental health services to youth and offers support services for their families. For more information, visit <https://www.mikid.org/>.

Poison and Drug Information Center

The Poison and Drug Information Center provides information on dangers of medications, plants, bites, and stings. Help with first aid for poisoning. To learn more, call (800) 222-1222 or visit <https://aapcc.org/>.

Don't see what you're looking for? Visit the Care1st Community Resource page for other organizations that may be able to help with behavioral health services, housing, employment, food and more! Go to <https://care1staz.com/az/members/links.asp>

Care1st Arizona Health Plan Contact Information:

- Member Services **1-866-560-4042**, TTY/TDY: 711
- Nurse Advice Line **1-800-746-3163**
- Website: <https://www.care1staz.com/az/index.asp>