

BEWELL

Tips and resources to support a healthy lifestyle | Volume 2 – 2021



HOW TO HANDLE BULLYING AND SOCIAL MEDIA

WOMEN: KEEP YOURSELF
HEALTHY – YOUR FAMILY
NEEDS YOU

SLEEP SAFETY
TIPS FOR BABIES

COMMUNITY
CONNECTIONS IS
HERE FOR YOU

PAGE 9

SLEEP SAFETY TIPS FOR BABIES







IN THIS ISSUE

- 3** WOMEN: KEEP YOURSELF HEALTHY – YOUR FAMILY NEEDS YOU
- 4** FAMILY PLANNING: WHAT MEETS YOUR NEEDS?
- 5** HEALTHY EATING HABITS FOR KIDS
HEALTHY TEETH: ARE YOUR TEETH PROTECTED?
- 6** HOW TO HANDLE BULLYING AND SOCIAL MEDIA
- 8** LEAD POISONING
- 9** SLEEP SAFETY TIPS FOR BABIES
- 10** GRAPESICLES
COMMUNITY CONNECTIONS IS HERE FOR YOU
- 11** THE FACTS ON CHLAMYDIA
ALWAYS TALK WITH YOUR DOCTOR

NUMBERS TO KNOW

We're just a phone call (or click) away!

-  Customer Service:
1-866-560-4042 (TTY 711)
(Monday–Friday, 8 a.m. to 5 p.m. MST)
-  Nurse Advice Line:
1-800-746-3163
(24 hours a day/7 days a week)
-  Visit:
www.care1staz.com
-  **24-Hour Behavioral Health Suicide and Crisis Hotline information by county:**
Maricopa:
1-602-222-9444 or 1-800-631-1314 (TTY 1-800-327-9254)
Pima and Pinal:
1-866-495-6735 (TTY 711)
Apache, Coconino, Gila, Mohave, Navajo and Yavapai:
1-877-756-4090 (TTY 1-800-327-9254)

WOMEN:

Keep Yourself Healthy –
Your Family Needs You



It's important to have an annual well-woman visit. This visit is different than an annual physical exam, and is best done with a doctor who is an OB/GYN (obstetrician/gynecologist).

At this visit, your doctor may suggest you get some preventive screenings, including:

- **A MAMMOGRAM:** to screen for breast cancer
- **A PAP SMEAR:** to screen for cervical cancer
- **HPV SCREENING:** to test for a common sexually transmitted infection (STI) that can cause cancer

Cancer is easier to treat when it's found early. Don't wait until you have signs of a problem. Schedule an appointment for your well-woman visit today!

Ask questions at your appointment. Talk to your doctor about your stress levels, your mood, your sex life, or something else that's on your mind. This helps your provider know what's important to you and what to look for.

Breast Cancer Facts for Women of Color

- Among women younger than 45, more African American women have breast cancer
- African American women have a higher risk of death from breast cancer
- The most common cancer diagnosis among Hispanic/Latina women is breast cancer

SOURCES: American Cancer Society, "Breast Cancer Risk Factors You Cannot Change," retrieved from: <https://www.cancer.org/cancer/breast-cancer/risk-and-prevention/breast-cancer-risk-factors-you-cannot-change.html> and "Cancer Facts & Figures for Hispanics/Latinos 2018-2020," retrieved from: <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/cancer-facts-and-figures-for-hispanics-and-latinos/cancer-facts-and-figures-for-hispanics-and-latinos-2018-2020.pdf>; U.S. Department of Health and Human Services, "Get Your Well-Woman Visit Every Year," retrieved from: <https://health.gov/myhealthfinder/topics/everyday-healthy-living/sexual-health/get-your-well-woman-visit-every-year> and "Get Screened," retrieved from: <https://health.gov/myhealthfinder/topics/doctor-visits/screening-tests/get-screened>



FAMILY PLANNING: What Meets Your Needs?

Family planning (birth control) lets you choose the right time to have a child. You may also decide not to have children at all.

Your doctor can help you find birth control that works for you. Services are available to male and female members. You don't need a referral.

THE FOLLOWING SERVICES ARE COVERED:

- Birth control counseling, medication and supplies, including:
 - Birth control pills
 - Depo-Provera shots
 - Long-Acting Reversible Contraceptives (LARC)
 - Birth control implanted under the skin
 - IUDs
 - Condoms
 - Diaphragms
 - Foams and suppositories
 - Emergency oral birth control (the morning-after pill) within 72 hours of unprotected sex
 - Natural family planning education or referral to qualified providers
- Pregnancy tests, medical exams and lab work related to family planning
- Treatment of complications from birth control use, including emergencies
- Screening and treatment for sexually transmitted infections (STIs)

Members can also get sterilizations (tubes “tied” or vasectomy). You must be at least 21 and meet AHCCCS consent requirements.

PREGNANT WOMEN: Space pregnancies 18 to 24 months apart to allow your body to recover and prepare for your next child. The hospital can insert LARC after you deliver. Ask your OB/GYN about the benefits and risks of LARC **before** you deliver!

HEALTHY EATING HABITS FOR KIDS

The key to a healthy weight is not about short-term changes. It's about a balanced lifestyle:

- Healthy eating
- Regular physical activity, including reducing screen time
- Eating the right number of calories for what your body uses

Encourage kids to develop healthy eating habits:

- Serve lots of vegetables, fruits and whole-grain products
- Offer low-fat or non-fat milk, cheese and yogurt
- Choose lean meats, chicken, fish, lentils and beans for protein
- Remind kids to drink plenty of water
- Save sugar, sugar-sweetened beverages and saturated fat for occasional treats

SOURCE: Centers for Disease Control and Prevention, "Healthy Weight, Nutrition, and Physical Activity," retrieved from: <https://www.cdc.gov/healthyweight/index.html> and "Tips to Help Children Maintain a Healthy Weight," retrieved from: <https://www.cdc.gov/healthyweight/children/index.html>



HEALTHY TEETH: Are Your Teeth Protected?

Dental sealants and fluoride varnish are coatings placed on teeth to help prevent cavities. Both are simple and painless.

- **Kids ages 6 months to 2 years:** should have fluoride varnish on their teeth
- **Kids around ages 6 and 12:** should have sealants on their new back teeth as soon as they come in

Care1st members under 21 years old are assigned a dental home. This is a dentist that sees members for all routine dental care and knows their needs best. Call Customer Service if you need help finding your assigned dentist.

SOURCE: National Institute of Dental and Craniofacial Research, "Dental Sealants" retrieved from: <https://www.nidcr.nih.gov/health-info/sealants>; Centers for Disease Control and Prevention, "Children's Oral Health," retrieved from: <https://www.cdc.gov/oralhealth/basics/childrens-oral-health/index.html>

HOW TO HANDLE BULLYING AND SOCIAL MEDIA

All of us – including kids – seem to be spending more time online these days. No matter your age, an online presence comes the risk of cyberbullying and other online crimes. That’s why it’s important to teach your kids to be smart about social media.

When teens post photos of themselves, use their real names and birthdates, and share their school name or town, it can make them easy targets for online predators.

It can also be harmful for kids to spend too much time on social media. Too much screen time can lead to kids unfairly comparing themselves to others. That may trigger feelings that make kids feel bad about themselves.

How can you help?

First, it’s important to be aware of what your kids do online. Respect their privacy, but also make sure they’re safe.

SOURCE: Kids Health, “Teaching Kids to Be Smart About Social Media,” retrieved from: <https://kidshealth.org/en/parents/social-media-smarts.html?ref=search>



Follow these 3 tips for a safe online presence:

1 THINK ABOUT YOUR POST.

- Don't share anything you wouldn't want your teacher or grandma to see.
- Be nice to others online. Don't say things that embarrass or hurt other people's feelings.
- Don't post your location, phone number or event details.

2 PASSWORDS & PRIVACY SETTINGS.

- Review privacy settings with kids to make sure they understand them.
- It's important to keep passwords secret. Remind kids not to share passwords with friends.
- Only "friend" people you actually know.

3 SET LIMITS ON MEDIA USE.

- Establish a reasonable amount of screen time per day.
- Keep computers in the office, living room or kitchen, where everyone can see them.

Ask kids to tell you if anyone is harassing or bullying them online or in person.



LEAD POISONING

Pregnant women and children should be extra careful around lead.

Lead exposure can have permanent damage on a child's growth and development. Young children are most at risk because they tend to put things in their mouths. Their hands or other objects could have lead dust on them. Exposure to lead during pregnancy can also harm you and your unborn baby.

Health problems caused by lead include:

- Kidney damage
- High blood pressure
- Anemia
- Slow reflexes
- Reduced fertility in men and women
- Brain and nervous system damage

You or your child should be screened for lead exposure if:

- You live in or often visit a home that may have been built before 1978
- You sand or strip old paint, or refinish old furniture
- You live with someone who works where lead is found (such as car repair, construction, mining, welding or plumbing)
- Someone in your home has a hobby that uses lead (including bullets or artist paints)
- You use imported pottery, traditional medicine or cosmetics, or imported Asian, Hispanic or Indian spices

Your doctor will ask questions to see if you or your child is at risk for lead poisoning. If there's a risk, the doctor will order a simple blood lead test.

SOURCE: Arizona Department of Health Services, "Childhood Lead Poisoning," retrieved from: <https://azdhs.gov/documents/preparedness/epidemiology-disease-control/lead-poisoning/poisoning-flyer.pdf>; "Adult Lead Poisoning," retrieved from: <https://azdhs.gov/documents/preparedness/epidemiology-disease-control/lead-poisoning/adult-lead-poisoning-flyer.pdf>



SLEEP SAFETY TIPS FOR BABIES

Whether you're pregnant, have just had a child or care for an infant, it's important to know how you can keep babies safe while they sleep. Each year, around 3,500 babies in the U.S. die from sleep-related causes. You can reduce the risk of all sleep-related infant deaths (SIDS).

Follow these tips to help babies sleep safely.

- **Position:** Babies should sleep and nap on their backs. It reduces the risk of SIDS.
- **Location:** Babies should sleep in the same room you sleep in until they are 6 months to 1 year old. Keep your baby in a crib close to – but not in – your bed.
- **Environment:** Put your baby to sleep on a firm, flat surface, like a mattress. Make sure to keep your baby's sleep area clutter-free. There should only be a bottom sheet. Blankets, soft toys, pillows and bumper pads can lead to suffocation or overheating.
- **Clothing:** Dress your baby in sleep clothing, like a wearable blanket, that's appropriate for the room temperature.

Make sure others who care for your child know how to protect your baby, too!

SOURCE: Centers for Disease Control and Preventions, "Helping Babies Sleep Safely," retrieved from: <https://www.cdc.gov/reproductivehealth/features/baby-safe-sleep/index.html>



GRAPESICLES

SERVES 4

INGREDIENTS

- 48 SEEDLESS GREEN GRAPES
- 48 SEEDLESS RED GRAPES
- 16 6-INCH WOODEN SKEWERS

DIRECTIONS

1. Rinse grapes.
2. Thread 6 grapes onto each skewer. Try alternating colors for a fun look.
3. Place skewers in the freezer for 30 minutes or until frozen.
4. Serve frozen.

SOURCE: National Heart, Lung, and Blood Institute, "Grapesicles," retrieved from: <https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=1&cId=10&rId=159>

Get kids involved in the kitchen! These yummy frozen grape skewers are the perfect frozen treat for spring and summer. Plus, kids can help rinse the grapes and thread them on the skewers.

REMEMBER:

- Remove grapes from skewers before eating.
- Cut grapes in half for kids younger than age 3.

COMMUNITY CONNECTIONS IS HERE FOR YOU

Everyone deserves to live the best life possible. Yet a lot of things can affect your ability to do that, especially amid the ongoing challenges of COVID-19.

A phone call to our Community Connections Help Line can match you to a wide range of services beyond health care.

Our Peer Coaches will listen to your challenges. They can refer you to resources anywhere in the country or right in your local area.

Program services vary depending on your needs, but may include:

- Financial assistance (utilities, rent)
- Medication assistance
- Housing services
- Transportation
- Food assistance
- Affordable childcare
- Job/education assistance
- Family supplies – diapers, formula, cribs and more

Call to get the help you need. 1-866-775-2192 (TTY 711)

The Facts on CHLAMYDIA



Chlamydia is a common sexually transmitted infection (STI). Once it's diagnosed, it's easy to treat. If not treated, it can make it hard for women to get pregnant later on. It can also lead to problems with pregnancy.

If you have chlamydia, you also have an increased risk of becoming infected with HIV.

How it spreads:

Both men and women can get it through vaginal, anal or oral sex with a partner who has it. If you've had it, you can get it again. If you're pregnant, you can pass it to your baby when you give birth.

Lower your risk for chlamydia:

- Have a relationship with only one partner
- Talk to your partner about STIs
- Use condoms
- Get tested for STIs

Parents: talk honestly and openly with your son or daughter about sex and preventing HIV, STIs and pregnancy.

Talk to your doctor to learn more.

SOURCE: Centers for Disease Control and Prevention, "Chlamydia – CDC Fact Sheet," retrieved from: <https://www.cdc.gov/std/chlamydia/stdfact-chlamydia.htm>



ALWAYS TALK WITH YOUR DOCTOR

This material is for informational purposes only and is not to be taken as medical advice or guarantee of coverage of any service by Care1st.



Care1st Health Plan Arizona
1870 West Rio Salado Parkway
Tempe, AZ 85281

Health and wellness or prevention information

BEWELL

Care1st Health Plan Arizona, Inc. (Care1st) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATTENTION: If you speak English, language assistance services are available to you at no cost. Call **1-866-560-4042** (TTY: **711**).

ATENCIÓN: Si habla español, tiene a su disposición servicios de asistencia lingüística sin ningún costo. Llame al **1-866-560-4042** (TTY: **711**).

