

# BEWELL

Tips and resources to support a healthy lifestyle | Volume 4 – 2021



## WHY DO I NEED A MAMMOGRAM?

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PROGRAMS  
PROVIDE HELP

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FOR BETTER  
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### 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](http://www.care1staz.com)**

 **24-Hour Behavioral Health Suicide and Crisis Hotline information by county:**  
Apache, Coconino, Gila, Mohave, Navajo and Yavapai:  
**1-877-756-4090 (TTY 1-800-327-9254)**  
Community Connections Help Line:  
**1-866-775-2192 (TTY 711)**



## Why Do I Need A **MAMMOGRAM?**

Regular mammograms can lower your risk of dying from breast cancer. It's the second most common cancer among women.

A mammogram is the best way to find abnormal breast tissue. Finding breast cancer early makes treatment more successful.

### **Mammogram Discomfort?**

During a mammogram, you will feel pressure on the breast tissue. It only lasts for a few seconds. To reduce potential discomfort:

- Schedule your appointment shortly after your period, when breast tissue is least sensitive.
- If you feel pain, ask your technician to reposition you.

Remember why you are there! It can help make a few seconds of discomfort well worth it.

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**Most women ages 50–74 should get a mammogram every 2 years.**

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**Don't miss out on your \$25 GIFT CARD!**

- 1** After your mammogram, go to **<https://carelstaz.com/healthyrewards>** and log in to the Member Portal
- 2** After logging in, click on the Healthy Rewards link or call Customer Service at **1-866-560-4042**

*SOURCES: American Academy of Family Physicians, "What is Breast Cancer?" retrieved from: <https://familydoctor.org/condition/breast-cancer/>; Office on Women's Health, "Mammograms," retrieved from: <https://www.womenshealth.gov/a-z-topics/mammograms>*

# COMMUNITY PROGRAMS PROVIDE HELP

These resources can help you and your family have a better, healthier life.

## Arizona Early Intervention Program (AzEIP)

This program provides therapies to children with learning delays or disabilities up to 3 years old.



If you think your child needs help: Contact AzEIP at **1-602-532-9960**

## Head Start

A program that helps children 2–4 years old get a head start on school. Help is also available to infants and toddlers in some areas.



Find a Head Start program in your area: Call **1-866-763-6481**

## Home Visiting Programs

Nurses or other child health experts can support you with home visits. This can help you have a healthy pregnancy and baby. They can also help you be a better parent, set goals for your family's future and find ways to help you reach them.



Call Southwest Human Development at **1-602-266-5976**



Visit <https://www.swhd.org/programs/>

## Women, Infants and Children (WIC)

A nutrition program for women during and after pregnancy and for children up to 5 years old. Benefits include healthy foods at no cost and advice on eating well.



Find a WIC clinic near you: Call **1-800-252-5942**

## The Community Connections program makes it easy to find help!

A phone call to our Community Connections Help Line can match you with services. Call **1-866-775-2192 (TTY 711)**

# DIABETES: You Can Prevent or Control It

Diabetes is when your blood sugar is higher than normal. If it's not managed well, diabetes can lead to eye problems, nerve damage or kidney disease.

It's the 7th leading cause of death in the U.S.

The good news is that making small changes to your life can help prevent or control diabetes.

## PREVENT IT:

- Increase physical activity
- Lose weight
- Eat healthy
- If you smoke, get help to quit

## CONTROL IT:

- Maintain regular doctor visits
- Eat healthy
- Stay active



Talk to your doctor about how he or she can help you prevent or manage high blood sugar.

*SOURCE: Centers for Disease Control and Prevention, "Diabetes Fast Facts," retrieved from: <https://www.cdc.gov/diabetes/basics/quick-facts.html>, "Prevent Complications," retrieved from: <https://www.cdc.gov/diabetes/managing/problems.html>, "What is Diabetes?" retrieved from: <https://www.cdc.gov/diabetes/basics/diabetes.html> and "Diabetes Risk Factors," retrieved from: <https://www.cdc.gov/diabetes/basics/risk-factors.html>*

## STOP SMOKING FOR BETTER HEALTH

Cigarette smoking is the #1 cause of preventable death in the U.S. It accounts for 1 in every 3 cancer deaths. Smoking also increases your risk of health problems, such as heart disease, stroke and diabetes.

When you quit smoking, you can cut your risk of dying from certain cancers:

- After 10 years, quitting cuts the risk of lung cancer in half
- After 5 years, quitting cuts the risk of throat and mouth cancer in half

**Talk to your doctor about medications to help you quit.**

**Support groups can help!**

Go to [www.ashline.org](http://www.ashline.org) or call 1-800-556-6222

*SOURCE: Centers for Disease Control and Prevention, "Health Effects of Cigarette Smoking," retrieved from: [https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/health\\_effects/effects\\_cig\\_smoking/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/index.htm)*



# PROMOTING A HEALTHY PREGNANCY

## **FIND AN OBSTETRICAL (OB) DOCTOR.**

If you already have a doctor who is not in the Care1st network, you may be able to keep seeing him or her. Or you can change health plans.

## **START PRENATAL CARE AS SOON AS POSSIBLE.**

See your doctor as soon as you know you are pregnant – or think you might be. The sooner you know if there are problems with your health or your baby's health, the better for you both.

*SOURCE: National Institutes of Health, "What can I do to promote a healthy pregnancy?" retrieved from: <https://www.nichd.nih.gov/health/topics/preconceptioncare/conditioninfo/healthy-pregnancy> and "About Pre-Pregnancy Care and Prenatal Care," retrieved from: <https://www.nichd.nih.gov/health/topics/preconceptioncare/conditioninfo>*

## IF YOU FEEL DEPRESSED OR SAD, CALL YOUR DOCTOR.

Or call our Behavioral Health team during business hours.  
Call **1-866-560-4042** (ext. 1826)

## REDUCE THE RISK OF HAVING A LOW-BIRTH-WEIGHT OR PREMATURE BABY:

- Follow your doctor's advice: take prenatal vitamins, eat a healthy diet and exercise regularly
- Don't use alcohol, cigarettes, street drugs, opioids or any drug not ordered by your doctor
- Avoid toxic substances such as lead
- Talk with your doctor about testing for sexually transmitted infections (STIs)
- Talk with your doctor about the risks and benefits of inducing labor or having a C-section before you are full term (39–41 weeks)



### Need help making appointments or arranging a ride?

We can help! Call us Monday–Friday at **1-866-560-4042** (ext. 8336)

## 3 TIPS BEFORE YOU GET PREGNANT

**Are you planning to have a baby?** Make sure your baby gets the best possible start with these tips:

- 1 Talk to your doctor.** Get to a healthy weight, and tell your doctor about your family history. Ask questions so you can have a healthy pregnancy and baby.
- 2 Cut out the alcohol.** Since alcohol can harm a baby, plan to stop drinking. If you smoke, talk to your doctor about ways to quit.
- 3 Take folic acid.** It's best to start taking it before you are pregnant. It can help prevent birth defects.

If you aren't ready for a baby yet, talk with your doctor about the birth control method that's right for you.

*SOURCE: Centers for Disease Control and Prevention, "Planning for Pregnancy," retrieved from: <https://www.cdc.gov/preconception/planning.html>*



# TELEHEALTH:

Get Health Care Services in the Comfort of Your Home

Telehealth is when you connect with your health care provider virtually. It could be through a phone call, video call or an app. A virtual visit can help provide easier access to care. It's also a great way to maintain social distancing.

All you need for telehealth is a computer or smartphone with internet access.

## Telehealth allows you to:

- Talk to your doctor via phone or video chat
- Communicate with your doctor using chat messaging or email
- Monitor your health care conditions at home

Telehealth works well for many health care scenarios. Ask your doctor if it's an option for the care you need. Many offices offer virtual care for conditions and services such as:

- Results from lab tests
- Therapy
- Prescriptions
- Issues like a cold, upset stomach or migraine
- Follow-up after surgery

During a virtual visit, you and your doctor can decide if you need an in-person visit for a physical exam or other tests.

AHCCCS covers all major forms of telehealth services. Some services, like a well-child (EPSDT) visit, must include video (not a voice-only phone call).

SOURCE: Health Resources and Services Administration, "What is telehealth?" retrieved from: <https://telehealth.hhs.gov/patients/understanding-telehealth/#benefits-of-telehealth>



# ALL ABOUT BREASTFEEDING

Experts recommend breastfeeding until babies are at least 6 months old.

Breastfeeding:

- **Reduces your baby's risk** of asthma, obesity and ear infections
- **Reduces mom's risk** of high blood pressure, type 2 diabetes and certain cancers

## BREASTFEEDING Q&A:

**Q: How often should I feed my baby?**

**A:** As often as baby desires.

**Q: How do I know when to stop breastfeeding?**

**A:** Breastfeed until your baby seems full. Baby will probably detach on his or her own.

**Q: Can I take medications while breastfeeding?**

**A:** Talk to your doctor before you take any medication.

## ENROLL IN OUR PACIFY APP!

Enjoy 24/7 access to video calls with experts at no cost to you. Pacify can help with:

- Breastfeeding
- Nutrition for you and baby
- Colic



**Download the  
Pacify app today.**

Need help? Call **1-602-474-1301**

**Breastfeeding questions?** Call the Arizona Department of Health Services' Breastfeeding Hotline: **1-800-833-4642**

*SOURCES: Centers for Disease Control and Prevention, "Breastfeeding: Frequently Asked Questions (FAQs)," retrieved from: <https://www.cdc.gov/breastfeeding/faq/index.htm>; American Academy of Pediatrics, "How Often To Breastfeed," retrieved from: <https://www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/How-Often-to-Breastfeed.aspx>*

## UPDATE YOUR MAILING ADDRESS WITH AHCCCS

AHCCCS sometimes sends information to your mailing address. Make sure yours is up to date! It is **your responsibility** to notify AHCCCS when your address changes.

**Call: 1-855-HEA-PLUS (432-7587)**

**Write: P.O. BOX 19009,  
Phoenix, AZ 85005**

**Visit:** Go to [www.healtharizonaplus.gov](http://www.healtharizonaplus.gov) and set up an account if you don't already have one. Click "Report a Change" and follow the prompts.



# BROWN RICE BREAKFAST BOWL

## Sick of oatmeal?

Try a new take on breakfast: chewy brown rice topped with fruit, nuts and a touch of spice. It's hearty and adaptable. Use any leftover cooked grain: think rice, quinoa or barley. Top with your favorite fruits – and change it up with the season.

### SERVES: 1

#### Ingredients

- ½ cup brown rice, cooked
- ¼ cup milk
- ¼ tsp. cinnamon
- ½ cup chopped fruit
- 1 T. chopped nuts

#### Directions

1. Put cooked rice, milk and cinnamon in a microwave-safe bowl. Microwave 45 seconds. Stir, and heat 30-60 more seconds or until hot.
2. Top with fruit and nuts. Serve warm.

#### Topping Ideas:

- Apples + Raisins + Walnuts
- Pears + Pomegranate Seeds + Pumpkin Seeds
- Bananas + Shredded Coconut + Almonds

SOURCE: U.S. Department of Agriculture, "Rice Bowl Breakfast with Fruit and Nuts," retrieved from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/rice-bowl-breakfast-fruit-and-nuts>

## PRENATAL TESTS AND SCREENINGS

Prenatal tests are tests and screenings you get while you are pregnant. They check for problems that could affect you or your baby.

Ask your doctor which tests are right for you. Some tests are done at every prenatal visit, while others are done just once. Routine screenings may test for:


- Diabetes
- Bacterial infections
- Genetic or chromosomal problems

Your doctor may recommend additional screenings depending on your health or other risk factors.

SOURCE: National Institute of Health, "What tests might I need during pregnancy?" retrieved from: <https://www.nichd.nih.gov/health/topics/preconceptioncare/conditioninfo/tests-needed>

# 4 STEPS TO POSTPARTUM CARE

Take care of yourself and your baby. After you deliver, follow these steps:

- 1 Make your post-partum appointment.** See your OB doctor 7 days to 8 weeks after delivery. This visit may be different than the C-section check. This visit gives you a chance to ask questions about your health since baby arrived. Follow your doctor's advice.
  - 2 Think about family planning.** There are many types of birth control. Talk with your doctor about your options.
  - 3 Deal with your emotions.** Tell your doctor if you feel depressed or sad. You can also call our Behavioral Health Team.  
Call **1-602-778-1800** (ext. **1826**) or toll-free **1-866-560-4042**
  - 4 Eat Healthy.** Good nutrition is important for you and your baby.
-  **We are here to help.** You can reach our Postpartum Specialist Monday–Friday. Call **1-866-560-4042** (ext. **1301**) or direct at **1-602-474-1301**



## Enroll in our Pacify App!

Pacify gets you 24/7 access to video calls with experts at no cost to you. You also receive education through push texts. Download the Pacify app.

**Contact us at 1-602-474-1301** for an enrollment code.

SOURCE: Arizona Health Care Cost Containment System (AHCCCS), "Maternity Care Services", retrieved from: <https://www.azahcccs.gov/shared/Downloads/MedicalPolicyManual/400/410.pdf>



## 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.



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Health and wellness or prevention information

## BEWELL

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**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**).

