

BEWELL

Tips and resources to support a healthy lifestyle | Volume 2 – 2022



WOMEN: KEEP YOURSELF HEALTHY... YOUR FAMILY NEEDS YOU

**FAMILY PLANNING:
WHAT MEETS YOUR NEEDS?**

**TIPS TO KEEP YOUR
SLEEPING BABY SAFE**

**LEAD POISONING:
BE AWARE**



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COWBOY CAVIAR

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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

 24-Hour Behavioral Health Suicide and
Crisis Hotline information:
1-877-756-4090 (TTY 1-800-327-9254)

 Community Connections helpline:
1-866-775-2192 (TTY 711)

WOMEN: KEEP YOURSELF HEALTHY... YOUR FAMILY NEEDS YOU

It is important to have an annual well-woman visit. At this visit, your doctor may suggest some preventive screenings:

- **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 40, more Black women have breast cancer
- Black 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>; Health Resources & Services Administration, "Women's Preventive Services Guidelines," retrieved from: <https://www.hrsa.gov/womens-guidelines/index.html>

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.

Your doctor can help you find birth control that works for you. Services are available to all members. You do not need a referral.

COVERED SERVICES:

- 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 emergency treatment
- Screening and treatment for sexually transmitted infections (STIs)

Members can get sterilizations (e.g., 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 time 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!

SOURCE: Arizona Health Care Cost Containment System, “420 - Family Planning Services and Supplies” retrieved from: <https://www.azahcccs.gov/shared/Downloads/MedicalPolicyManual/400/420.pdf>



TIPS TO KEEP YOUR SLEEPING BABY SAFE

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 3,400 babies in the U.S. die from sleep-related causes. You can help 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 mattress. Keep your baby's sleep area clutter-free and use only 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 Prevention, "Helping Babies Sleep Safely," retrieved from: <https://www.cdc.gov/reproductivehealth/features/baby-safe-sleep/index.html>

POSTPARTUM DEPRESSION and HIGH-RISK PREGNANCY in Black Women

POSTPARTUM DEPRESSION

Up to 1 in 5 women will get postpartum depression after they give birth – and Black women are more at risk.

Postpartum depression is when a woman gets depressed after having a baby. It's a common problem, yet many women are never diagnosed or get help. Symptoms include:

- Loss of interest in your baby
- Changes in your energy level
- Changes in how much you sleep or eat



Talk to your doctor if you have these or other signs for 2 weeks or more after you give birth. Your doctor may recommend medicine or counseling.

Care1st is here for you. Find a list of providers that can help:

- Call Care1st Customer Service at **1-602-778-1800** or **1-866-560-4042 (TTY 711)**
- Talk to your doctor
- Go to **www.care1staz.com**



HIGH-RISK PREGNANCY

Black women are also at high risk during pregnancy. They are more likely to die while giving birth than any other race in the U.S.

Black women are more at risk for:

- Fibroids (tumors that grow in the uterus)
- High blood pressure
- Disparities in access to care and counseling

SOURCES: National Partnership for Women & Families, "Black Women's Maternal Health," retrieved from: <https://www.nationalpartnership.org/our-work/health/reports/black-womens-maternal-health.html>; Centers for Disease Control and Prevention, "Depression Among Women," retrieved from: <https://www.cdc.gov/reproductivehealth/depression/index.htm>; Office on Women's Health, "Postpartum Depression," retrieved from: <https://www.womenshealth.gov/mental-health/mental-health-conditions/postpartum-depression>

LEAD POISONING: BE AWARE

Lead exposure may not be something you think about often, but it's something you should be aware of. That's because exposure to too much lead can harm anyone.

Lead can cause a variety of health problems, such as:

- Kidney damage
- High blood pressure
- Anemia
- Brain and nervous system damage
- Problems with fertility

Screen for lead risk if:

- You live in or often visit a home that may have been built before 1978
- You refinish old furniture or work with artist's paints
- You live with someone who works where lead is found (car repair, construction, mining, welding or plumbing)
- You use imported pottery, traditional home remedies, or spices from another country
- You buy candies from Mexico

Pregnant women and children should be extra careful around lead.

Exposure to lead during pregnancy can harm you and your unborn baby. Lead can affect a child's IQ and development forever. Young children are most at risk.



Talk to your doctor if you think you or your child are at risk for lead poisoning.

SOURCES: Arizona Department of Health Services, "Info for Parents," retrieved from: <https://azdhs.gov/preparedness/epidemiology-disease-control/lead-poisoning/index.php#parent-home> and "Sources of Lead in Arizona," retrieved from: <https://azdhs.gov/preparedness/epidemiology-disease-control/lead-poisoning/index.php#parent-sources>; Centers for Disease Control and Prevention, "Lead: Health Problems Caused by Lead," retrieved from: <https://www.cdc.gov/niosh/topics/lead/health.html>

Roadmap to **BETTER HEALTH** and a **BETTER YOU**

Make sure to get regular health screenings. It's an important part of managing your chronic conditions.

Be Prepared for Your Doctor Visit

When making a doctor appointment, tell the office that you have Care1st and ask if they accept Care1st. Provide the name of the PCP you want to see and the reason for your visit.

Bring the following to your appointment:

- All of your insurance cards
- Your family health history
- A list of your medicines
- A list of questions and items to discuss

Ask someone to help you if you need to.

After Your Visit

Follow your doctor's instructions. Fill any prescriptions and take any medicines as directed. Schedule a follow-up visit if you need one. Call your doctor or Customer Service with any questions.

Need to cancel a visit?

If you can't keep your appointment, please call your doctor's office as soon as you can to change the visit. Give as much notice as possible – at least one day – so someone else can be seen in your place.



Need help or have questions? We are here to help!

Call Care1st Customer Service:

1-602-778-1800 or toll-free 1-866-560-4042 (TTY 711)

(Monday–Friday, 8 a.m. to 5 p.m.)



Serves
15

COWBOY CAVIAR

Fresh, fun and healthy!

Serve this delicious dish as a dip with tortilla chips, or use it to top tacos, burgers and wraps. Try adding an avocado, diced pepper or other types of beans.

Ingredients:

- 2 15-oz. cans black beans, drained and rinsed
- 1.5 cups fresh, frozen or canned corn, drained
- 1 bunch cilantro, chopped
- 5 green onions, chopped
- 3 tomatoes, diced
- 1 T. olive oil
- 2 T. vinegar or lime juice
- ½ tsp. salt
- ½ tsp. pepper

Directions:

- 1 Combine all ingredients in a large bowl.
- 2 Toss lightly.
- 3 Refrigerate leftovers within 2 hours.

SOURCE: National Library of Medicine, "Vegetarian Cowboy Salad," retrieved from: <https://medlineplus.gov/recipes/vegetarian-cowboy-salad/>

MAKE HEALTHY EATING A HABIT

The key to a healthy weight is about developing lifestyle changes:

- Healthy eating
- Regular physical activity
- A balanced sleep schedule
- Balancing the number of calories you eat with the number of calories your body uses

Help kids develop healthy eating habits, too:

- Plan meals and snacks with lots of vegetables, fruits and whole-grains
- Include low-fat or non-fat milk, cheese and yogurt
- Vary protein sources with beans, lean meats, chicken and fish
- Encourage water instead of sugary drinks
- Limit treats high in sugar and saturated fat

Small changes every day can lead to a recipe for success!

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



PROTECT YOUR TEETH

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

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

- Fluoride varnish when your baby's first tooth comes in (around 6 months)
- Sealants on the back teeth when your child's first molars come in (around age 6)

SOURCES: 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>



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**).

