



AmeriHealth Caritas[™]
District of Columbia

SPRING 2018

Healthy Now

www.amerhealthcaritasdc.com

Men: Take Care of Your Health

Here's a fact you may not know: Men are dying, on average, almost five years earlier than women.¹ This is largely because men tend to have more accidental injuries. More men than women also smoke and drink, which can put them at risk for many health problems.

Getting hurt or sick is not the only reason why men are less healthy than women. Men are more likely than women to skip regular checkups and delay medical care.

What Men Can Do

Recent research finds that men who take care of their health in midlife are more likely to live longer.² Here are the most important things they can do:

Get screened. Screening tests can detect diseases early, when they are easier to treat. There are screening tests for obesity, high cholesterol, high blood pressure, colorectal cancer, and diabetes. Men need to ask their primary care providers (PCPs) which screening tests they need and when.

Don't smoke. Tobacco damages the entire body.

Exercise. Get at least 30 minutes of moderate physical activity most days of the week.

Eat a healthy diet. This is the best way to get all the nutrients the body needs. Eat a wide variety of fruits, vegetables, whole grains, lean meats, and fat-free or low-fat dairy products.

Maintain a healthy weight. Extra weight contributes to many health problems, including heart disease and diabetes.

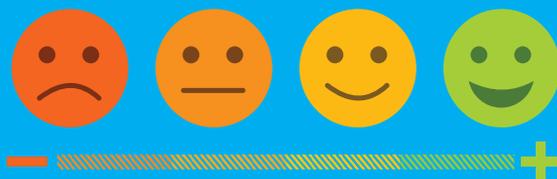
Go easy on the alcohol. Men should have no more than two drinks a day.

¹Centers for Disease Control and Prevention

²The Journal of the American Medical Association

Just a Reminder!

Every year, AmeriHealth Caritas District of Columbia (DC) mails a survey to some of our members. It asks how happy you are with AmeriHealth Caritas DC and our providers. Only a few members get this survey in the mail. So if you get one, please take a couple of minutes to tell us how we are doing. Your answers are completely private.



Knowing Your Options for Immediate Care

AmeriHealth Caritas DC gives you access to centers that provide urgent care with no appointment needed. Urgent care is medical care you need within 24 hours, but not right away. Some common urgent care issues include a sprain or a strain, vomiting, diarrhea, sore throat, a cough, or cold. Most centers are open late and on weekends for your convenience. Call Member Services at **1-800-408-7511** for help finding a location near you or visit **www.amerihhealthcaritasdc.com**. If you need transportation, please call the AmeriHealth Caritas DC next day/same day transportation line at **1-800-315-3485**.



Health Plan Reminders

We know that life can be busy, but we don't want you to forget these important health services and reminders:

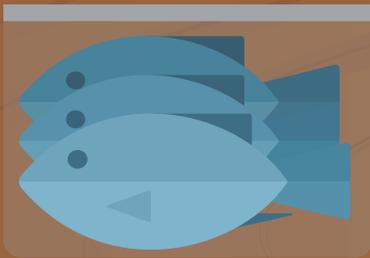
- Visit our Member Wellness Center at 2027 Martin Luther King Jr. Avenue SE, Washington, DC 20020, for fitness and healthy cooking classes.
- If you need help getting to your medical appointments, call the Transportation Service line at **1 800-315 3485**.
- You have coverage for dental services. Call us at **1 800-408 7511** to find a dentist or make an appointment.
- To help treat and manage pain, acupuncture and chiropractic services are available. To learn more, call Member Services at **1 800-408 7511**.
- Download our mobile app from the Google Play Store or Apple App Store. Search for "AHCDC."
- If you're turning 19 years old, ask your pediatrician if you need to change to an adult PCP.
- Ask your pharmacist how to sign up for medicine reminders.
- Instead of a three-month supply, you may ask your provider for a 12-month supply of birth control pills. This will save you time and trips to the pharmacy!
- We offer free interpretation and translation services. Visit **www.amerihhealthcaritasdc.com** to learn how to request language services.



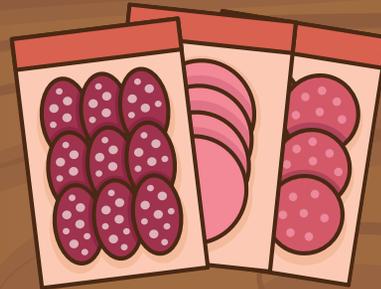
Can I Still Eat That?

How Long Food Stays Safe

Did you know that the “sell-by” and “use-by” dates on food don’t actually have anything to do with safety? They’re dates manufacturers believe food will have the best flavor or quality. In some cases, this means that a food may be safe to eat after that date has passed.¹ You shouldn’t eat a food if its flavor, texture, or odor doesn’t seem right — it’s probably spoiled.² There’s actually some science behind the “sniff test.” Here’s how long some common foods stay safe.



Fish: one to two days⁵
Plan to eat it soon after you bring it home.



Deli meat: three to five days⁶
Unopened, vacuum-sealed packages are safe for two weeks.



Eggs: three to five weeks³
Store eggs in the carton on a shelf in the refrigerator. The temperature on the door fluctuates too much.



Leftovers: four days⁴
Refrigerate food within two hours of cooking it to keep bacteria from growing.



Mayonnaise: two months⁷
If you can’t remember how long you’ve had the mayo in your fridge, it’s probably a good idea to toss it.

^{1, 2, 3, 4, 5, 6, 7} United States Department of Agriculture

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Things Night Sweats Could Be Telling You

It's no fun to have trouble sleeping. This is even more true if you wake up drenched in sweat. Excessive sweating during sleep is also known as "night sweats." It is associated with daytime tiredness, sleep problems, and sometimes serious health issues.^{1,2}

A high bedroom temperature or heavy pajamas could be the cause of your night sweats. But if you often have drenching sweats during sleep, talk with your health care provider. They can help figure out what the cause could be. Here are six possibilities:

1 You are entering menopause.

Night sweats are often the first sign of menopause.³ Hot flashes can happen at any time of day or night. If night sweats wake you, sleep in a cool room or with a fan on. Your PCP might suggest you start hormone therapy if your hot flashes keep you from getting a good night's sleep.

2 Your heart is in trouble.

Women ages 45 to 50 who experience night sweats may be at higher risk of developing heart disease within 14 years.⁴ Unexplained or excessive sweating, even at night, can also be a sign of a heart attack.⁵ Inflammation of the heart valves, called endocarditis, can cause night sweats, too.⁶

3 You have sleep apnea.

Research suggests that frequent night sweats is three times more common in adults with untreated obstructive sleep apnea.⁷ This condition causes your airways to close during sleep. Night sweats often become less frequent with treatment of sleep apnea.

4 Your body is fighting infection.

Bacterial infections such as osteomyelitis (inflammation within the bones) and tuberculosis can result in night sweats.⁸

5 You are in an early stage of cancer.

Night sweats can be among the first signs of some cancers.⁹ If this is the case, you are likely to also have other symptoms like fever or unexplained weight loss.

6 You have a hormone disorder.

Sweating during sleep can be a sign of problems in the glands that produce hormones.¹⁰ A person who gets too much or too little of a hormone, such as serotonin, may experience night sweats.

^{1,7} *BMJ Open*

^{2, 6, 8, 9, 10} *American Osteopathic Association*

³ *National Institute on Aging, National Institutes of Health*

⁴ *U.S. National Library of Medicine, National Institutes of Health*

⁵ *Office on Women's Health, U.S. Department of Health and Human Services*

Talking with Your PCP About Allergy Treatment



If you have allergies, you are not alone. Roughly 50 million Americans have some form of allergies.¹

Lots of things can cause allergic reactions. One of these common allergens may be causing your symptoms:

- Animal dander
- Dust
- Food, such as the proteins in cow's milk, peanuts, eggs, wheat, soy, fish, shellfish, and tree nuts
- Insect stings
- Latex, a type of rubber
- Medicines
- Mold
- Pollen

If you have allergies, treatments can help. They can include medicine, allergy shots, and avoiding things that trigger your symptoms. Together, you and your PCP can find the best form of relief for you.

Your Symptoms

To help your PCP figure out if you have an allergy, share your personal and family medical history. For example, have you or anyone in your family ever been allergic to anything?

Also, be specific about your symptoms. You might say, "My skin gets red and itchy behind my knees when it's humid outside. It lasts for several weeks." Or, "I'm sneezing a lot and my eyes feel swollen, but it doesn't feel like I have a cold."

Allergy symptoms may include:

- Asthma
- Difficulty breathing
- Hives (itchy, red bumps on the skin)
- Itchy nose, eyes, or roof of your mouth
- Itchy, peeling, flaky skin
- Sneezing
- Stuffy or runny nose

In severe cases, an allergy can cause anaphylaxis, a serious allergic reaction. This can cause shortness of breath, throat tightness, anxiety, vomiting, diarrhea, or even death.

Your Testing Options

Your provider may send you to an allergist for testing. If so, ask them which tests might be best for your symptoms. Tests can include an X-ray, a lung-function test, skin test, or allergy blood test. They can help pinpoint the exact cause of your symptoms.

Your Treatment Plan

If test results show that you have an allergy, your provider can help you develop a treatment plan. This may include staying away from

the allergen to avoid a reaction. For example, if tests show that you are allergic to lactose, your provider may suggest that you stop drinking milk. If tests show that you are at risk for anaphylaxis, your provider may recommend that you always carry a form of epinephrine (such as the EpiPen®) with you.

For some allergies, it may not be enough to simply stay away from the cause. In that case, your health care provider may suggest that you take medicine to help you feel better. Common allergy medicines include antihistamines such as cetirizine (Zyrtec) and montelukast (Singulair).

Allergy shots, which contain small amounts of an allergen, may also be an option. They work like a vaccine to slowly reduce your symptoms.

¹American Academy of Allergy, Asthma & Immunology

Need help making an appointment?

We can help. Call Member Services at 1 800-408 7511.



9 Things to Do

When You Find Out You're Pregnant

You're pregnant. Now what? Over the coming months, you'll have many plans to make and things to do. But what do you need to handle right away? Put these steps at the top of your pregnancy to-do list:

1 Schedule your first prenatal appointment as soon as you think you are pregnant. Getting regular prenatal care lowers health risks for both you and your baby.¹ Your health care provider can make sure everything is going well and offer advice just for you.

2 Review your medicines. If you take any prescription medicines, over-the-counter medicines, or herbal products, discuss them with your provider. Some medicines are OK to take during pregnancy, but others may be harmful to your unborn baby.²

3 Upgrade your diet. You need more protein, iron, and calcium now that you're pregnant.³ In addition, you should start taking 400 mcg of folic acid every day to help prevent serious birth defects of the brain and spine.⁴ Most prenatal vitamins contain folic acid.

4 Focus on food safety. To lower the risk for foodborne illness, skip raw fish, undercooked meat, cold deli meat, and unpasteurized cheese.⁵ To reduce mercury exposure, don't eat swordfish, shark, or king mackerel, and limit albacore tuna to no more than 6 ounces per week.⁶

5 Avoid tobacco smoke. If you're a smoker, there's no better time to quit. Smoking during pregnancy increases the risk for miscarriage, preterm birth, low birth weight, and certain birth defects.⁷ Ask your health care provider to help you quit or you can go to **www.women.smokefree.gov**. Stay away from secondhand smoke as well.

AmeriHealth Caritas DC members can also attend classes to help them quit smoking. To learn more and to register, call **202-216-2318**.

6 Stop drinking alcohol. Drinking alcohol while you are pregnant puts your child at risk for lifelong learning disabilities, behavioral problems, and other health issues.⁸ To prevent such problems, it's important to not drink at all. If that proves to be difficult, talk with your health care provider.

7 Be physically active. Check with your provider first. Regular exercise helps get your body into shape for later pregnancy, labor, and delivery.⁹ Plus, it can help your self-esteem and mood.¹⁰

8 Stay away from pesticides, solvents, lead, and radiation.¹¹ If you have a job that brings you into contact with these things, talk to your health care provider and employer. They can help you find ways to protect yourself and your baby.

9 Keep stress in check. You and your life are going through a lot of changes. If you feel stressed at times, that's not unusual. Share your feelings with someone who is supportive. Find healthy ways to relax. For example, go for walks, pursue a hobby, practice meditation, or spend time with friends.

Now that you're pregnant, it is more important than ever to take care of yourself. You're making healthy decisions for two. If you have questions or need any assistance, please call AmeriHealth Caritas DC's Bright Start® program at **1-877-759-6883**.

^{1,3,5,7,8,9,11} National Institute of Child Health and Human Development

^{2,4} Centers for Disease Control and Prevention

^{6,10} Office on Women's Health, U.S. Department of Health and Human Services



Black Bean Tortilla Casserole

Black beans are a good source of protein. Draining and rinsing them before using them in a recipe helps reduce the sodium (salt) content.

Ingredients:

- 1 cup frozen chopped bell pepper, thawed and drained
- 1 cup frozen chopped onion, thawed and drained
- 1 can (15 to 16 ounces) no-salt-added black beans, rinsed and drained
- 1 can (14½ ounces) no-salt-added diced tomatoes, undrained
- ½ cup salsa or picante sauce
- Vegetable oil spray
- 8 6-inch corn tortillas
- 1 cup shredded light Mexican mixed cheese blend or Monterey Jack cheese
- ⅛ teaspoon (heaping) crushed red pepper flakes
- ¼ cup snipped fresh cilantro

Instructions:

1. Preheat the oven to 400 degrees.
 2. In a large bowl, stir together the bell pepper, onion, beans, undrained tomatoes, and salsa.
 3. Spray a 9-inch square pan with vegetable oil spray. Spoon one cup of bell pepper mixture into the pan. Arrange four tortillas in the pan, overlapping as necessary. Spoon half of the remaining sauce over the tortillas. Top with ½ cup cheese. Repeat.
 4. Lightly spray a sheet of aluminum foil with vegetable oil spray. Cover the pan with foil, lightly sprayed side down to prevent the cheese from sticking.
 5. Bake for 30 minutes. Remove the foil. Bake for five minutes more, or until hot and bubbly. Sprinkle with red pepper flakes and cilantro. Cut into four squares.
- Serving size: four

Per serving: 360 calories, 9 g total fat (3 g saturated fat, 0 g trans fat), 20 mg cholesterol, 550 mg sodium, 55 g carbohydrate, 11 g fiber, 5 g sugars, 17 g protein



AmeriHealth Caritas District of Columbia complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. AmeriHealth Caritas District of Columbia does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

AmeriHealth Caritas District of Columbia:

- Provides free aids and services for people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free (no-cost) language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, contact AmeriHealth Caritas District of Columbia at **1-800-408-7511** (TTY/TDD **202-216-9885** or **1-800-570-1190**). We are available 24 hours a day.

If you believe that AmeriHealth Caritas District of Columbia has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with Member Services in the following ways:

- By phone at **202-408-4720** or toll free at **1-800-408-7511**
- In writing by fax at **202-408-8682**
- By mail at AmeriHealth Caritas District of Columbia, Member Services Grievance Department, 200 Stevens Drive, Philadelphia, PA 19113

If you need help filing a grievance, AmeriHealth Caritas District of Columbia Member Services is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, DC 20201

1-800-368-1019 (TTY/TDD **1-800-537-7697**)

Complaint forms are available at www.hhs.gov/ocr/office/file/index.html.



Multi-language interpreter services

English: ATTENTION: If you speak English, language assistance services, at no cost, are available to you. Call **1-800-408-7511** (TTY/TDD: 202-216-9885 or 1-800-570-1190).

Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-800-408-7511** (TTY/TDD: 202-216-9885 o 1-800-570-1190).

Amharic: ማሳሰቢያ: አማርኛ መናገር የሚችሉ ከሆነ፣ ከክፍያ ነጻ የሆነ የቋንቋ ድጋፍ አገልግሎት ይቀርብልዎታል። በስልክ ቁጥር **1-800-408-7511** (TTY/TDD: 202-216-9885 ወይም 1-800-570-1190) ይደውሉ

Arabic:

:ملحوظة: إذا كنت تتحدث اللغة العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم **1-800-408-7511** (رقم هاتف الصم والبكم و TTY/TDD: 202-216-9885 أو 1-800-570-1190).

French: ATTENTION : Si vous parlez français, des services d'aide linguistique sont à votre disposition sans frais. Appelez le **1-800-408-7511** (ATS/ATME : 202-216-9885 ou 1-800-570-1190).

Chinese Mandarin: 注意: 如果您说中文普通话/国语, 我们可为您提供免费语言援助服务。请致电: **1-800-408-7511** (TTY/TDD: 202-216-9885 或 1-800-570-1190)。

Portuguese: ATENÇÃO: Se você fala português, estão disponíveis para você serviços de assistência linguística, sem nenhum custo. Ligue para **1-800-408-7511** (TTY/TDD: 202-216-9885 ou 1-800-570-1190).

Tagalog: PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa **1-800-408-7511** (TTY/TDD: 202-216-9885 o 1-800-570-1190).

Russian: ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните **1-800-408-7511** (TTY/TDD: 202-216-9885 или 1-800-570-1190).

Italian: ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero **1-800-408-7511** (TTY/TDD: 202-216-9885 o 1-800-570-1190).

Vietnamese: CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số **1-800-408-7511** (TTY/TDD: 202-216-9885 hoặc 1-800-570-1190).

Japanese: 注意事項: 日本語を話される場合、無料の言語支援をご利用いただけます。1-800-408-7511 (TTY/TDD: 202-216-9885又は 1-800-570-1190)。まで、お電話にてご連絡ください。

Korean: 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-800-408-7511 (TTY/TDD: 202-216-9885 혹은 1-800-570-1190). 번으로 전화해 주십시오.

Yoruba: ÀKÍYÈSÌ: Bí o bá ńsọ Yorùbá, àwọn iṣẹ iranlọwọ èdè wà fún ọ l'òṣẹ́. Pe **1-800-408-7511** (TTY/TDD: 202-216-9885 tàbí 1-800-570-1190).

Thai: โปรดทราบ: หากคุณพูดภาษาไทย คุณสามารถใช้บริการผู้ช่วยด้านภาษา โดยไม่มีค่าใช้จ่าย กรุณาติดต่อที่หมายเลข **1-800-408-7511** (TTY/TDD: 202-216-9885 หรือ 1-800-570-1190).

German: ACHTUNG: Wenn Sie Deutsch sprechen, ist Sprachunterstützung für Sie kostenlos verfügbar. Rufen Sie **1-800-408-7511** (TTY/TDD: 202-216-9885 oder 1-800-570-1190).

Developed by StayWell

10202MA

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 GOVERNMENT OF THE DISTRICT OF COLUMBIA MURIEL BOWSER, MAYOR

www.amerihealthcaritasdc.com

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AmeriHealth Caritas
District of Columbia