



california
health & wellness™

WHOLE you



2023 Bulletin



Now Online!

You can now find *Whole You* online. It's part of our effort to reduce waste and make things easy for you. You can view it here at www.CAHealthWellness.com.

- Have comments or thoughts on topics you'd like to see in upcoming issues? Call the Health Education Information Line at **800-804-6074 (TTY: 711)**.
- New to California Health & Wellness? Find out about your health plan in your member handbook and online. Visit www.CAHealthWellness.com.

Welcome to *Whole You*

THIS IS YOUR YEARLY BENEFITS AND SERVICES NEWSLETTER FROM CALIFORNIA HEALTH & WELLNESS.

Welcome to the 2023 Issue of *Whole You*

Here's what you'll find:

- Protect Your Privacy When You Choose California Health & Wellness.
- Know Doctor Wait Times Upfront with Our Guide.
- Speak in the Language You Prefer Thanks to Language Interpreters.
- Find Free Programs and Services through Findhelp.
- Support During and After Pregnancy with California Health & Wellness Doula Services.
- Give Your Baby the Best Possible Start with Start Smart for Your Baby®.
- Catch Problems Early with the Proper Health Screenings.
- Healthy Teeth and a Beautiful Smile with These Tips.
- Get Your Voice Heard When You Take Our Survey.
- Quit Nicotine with a Guided Program.
- Find Complete Health Care Help through Case Management.
- A Better Mind, Body and Spirit When You Use myStrength® Online.
- You're Covered and Supported with California Health & Wellness.
- Get Your Health Plan Information Anytime through Your Account.
- Protect Yourself and Those You Love with a Flu Shot.
- Your Doctors Can Talk to Each Other through Your Primary Care Physician.
- Share the Good News: California Health & Wellness Gets Your Family Covered with Medi-Cal.
- Battle Loneliness with Connection through California Health & Wellness.
- Better Care in 2023 Thanks to Our Quality Improvement Program.
- You Stay Healthier When You Speak Up.
- Keep Your Medi-Cal When You Keep Your Records Up to Date.
- Healthy Levels, Healthy Life.

Protect Your Privacy When You Choose California Health & Wellness

At California Health & Wellness, your privacy is a focus for us. We have strict rules about how we collect, use or release your personal health information (PHI). PHI is information about you. California Health & Wellness will not use your race, ethnicity, language, social needs, sexual orientation, and gender identity information for underwriting purposes or to make the decision if you can get coverage or benefits. Things like your:

- Name
- Address
- Phone number
- Health and demographic information.

You also have some rights about to the information we keep about you.

PHI includes information about:

- Your past or present physical or mental health – or condition.
- The health care you've received.
- The payment for that care.
- Your social needs.
- Race, ethnicity and language.
- Sexual orientation and gender identity.

Note: Federal and state laws require California Health & Wellness to alert you about your rights. We also must alert you of our legal duties and privacy practices about your PHI. California Health & Wellness Notice of Privacy Practices describes:

- How we might use or share your PHI.
- Your rights as a member to access PHI.
- How you can ask for changes, limits or where and to whom your PHI gets shared.
- The steps for filing a complaint.

For a copy of California Health & Wellness privacy policies:

1 Visit **www.CAHealthWellness.com**. Scroll to the bottom of the page and click *Notice of Privacy Practices*.

or

2 Call the toll-free Member Services number on your member ID card.



For questions about the Notice of Privacy Practices, please email **Privacy@healthnet.com**.



Know Doctor Wait Times Upfront with Our Guide

How long you will wait to see a doctor depends on your health issue. It also depends on the type of care you need.

The table below shows how soon you should be able to see a doctor. It may be OK to wait longer if it does not harm your health. It's a good idea to make a routine care appointment to see your doctor if:

- You are a new patient.
- Have just obtained health coverage.

Appointment type	Wait Time from Request
Urgent care	
Urgent care appointment with primary care physician (PCP).	Within 48 hours.
Urgent care appointment with specialist (prior approval needed).	Within 96 hours.
Non-urgent appointments	
Non-urgent care appointment with PCP.	Within 10 business days.
Non-urgent care appointment with specialist.	Within 15 business days.
Appointment for ancillary services.	Within 15 business days.
First prenatal visit ¹ .	Within two weeks.
Well-child visit ² .	Within 10 business days.
Preventive health check-up ² .	Within 30 calendar days.
Behavioral health appointments	
Urgent care appointment with non-physician behavioral health care provider or behavioral health care doctor (psychiatrist) that does not need prior authorization.	Within 48 hours.
Urgent care appointment with non-physician behavioral health care provider or behavioral health care doctor (psychiatrist) that needs prior authorization.	Within 96 hours.
Non-urgent care appointment with non-physician behavioral health care provider.	Within 10 business days.
Non-urgent appointment with behavioral health care doctor (psychiatrist).	Within 15 business days.
Non-urgent care follow-up appointment with non-physician mental health care provider ³ .	Within 10 business days.

¹First-Prenatal Visits standards are specific to DHCS regulations.

²Health plan standard. Appointment scheduled through the provider for a preventive check-up will be dependent on the type of service. A provider may suggest a different schedule based on need.

³APL 22-007 Monitoring and Annual Reporting Changes due to SB 221, AB 457 and Amendments to Rule 1300.67.2.2.

Note: A business day is Monday through Friday. It does not include weekends or holidays.



If you need help making an appointment, call Member Services at 877-658-0305 (TTY: 711). You can get an interpreter (a person who translates speech orally) at no cost to help you at your appointment. Interpreters must be available during the appointment. Call California Health & Wellness to ask for an interpreter **5 days before the appointment.**

Speak in the Language You Prefer Thanks to Language Interpreters

California Health & Wellness has a no-cost Language Assistance Program (LAP) to help you if your preferred language is other than English.

Interpreter assistance (someone who will speak and explain to you in the language you prefer) helps you talk with:

- Your doctor
- Health care providers
- California Health & Wellness staff

Interpreters are available for you

- You do not need to bring your own interpreter to a medical appointment.
- You do not need to use family or friends as interpreters.
- You should not use a child as an interpreter – unless there is an emergency, and no other interpreter is available.
- You can get an interpreter at no cost for all your medical appointments.
- Sign language services are also available upon request.
- You have a right to file a grievance if you can't get your language needs met.
- You can ask for someone to translate and explain to you any document you get from California Health & Wellness.

Note: You can ask for a written translation or other format for:

- Summary of benefit information
- Form letters or letters letting you know about a:
 - Decrease in service
 - Denial of service
 - Change or end of service
- Alerts with important health information
- Right to appeal
- Notice of language assistance
- Medical care reminders

Please call the Member Services number on your ID card when you need:

- An interpreter for a medical visit
- A document read and explained to you in your language
- A document in a different format
- To tell us your preferred written and spoken language



Please call **877-658-0305 (TTY: 711)**. Interpreter services are available 24 hours a day, 7 days a week. **Call at least 5 days before your appointment** if you would like to request an in-person or video interpreter. Please allow 10 days for sign language interpreters.

We will do our best to find you an in-person interpreter. Sometimes a telephone interpreter may be the only option available. No-cost telephone interpreter services are available in more than 150 languages, 24 hours a day, 7 days a week.

(continued)



Your preferred language and more

Please call us at **877-658-0305 (TTY: 711)** to let us know your preferred spoken and written language. We may also ask your:

- Race
- Ethnicity
- Gender identity
- Sexual orientation

We use this information to help improve the quality of services that you receive. You have the option to not answer.

California Health & Wellness will protect your information. We can only share these things with health care providers for quality improvement purposes:

- Your language.
- Race.
- Ethnic background.
- Sexual orientation.
- Gender identity.

www.CAHealthWellness.com

This information is not used for underwriting purposes or to make decisions about whether you are able to receive coverage or services.

Get health care information the easy way with these tips

Sometimes health care and health coverage can be hard to understand. We know that for most people health care is complex. To help make it easier, use these tips when you see your doctors. They will help you know what is going on with your health care. Remember, asking questions lets you be an active member of your health care team.

Ask your doctor, nurse, pharmacist or other provider three important questions about your health:

- 1. What is my main problem?**
- 2. What do I need to do?**
- 3. Why is it important for me to do this?**

Take and use a notebook to your doctor appointments.

Here are simple ways to use your notebook:

- Write down the plan in which you and your doctor agree.
- Write down the questions you have for your doctor. Also write instructions you need to follow and/or your test results.
- Ask your doctor to write in your notebook any important information you need to know.

Read our guide that explains hard insurance terms. View the guide in the online newsletter by logging in as a member at www.CAHealthWellness.com.

Find Free Programs and Services through FindHelp

California Health & Wellness Community Connect, powered by FindHelp (previously Aunt Bertha), is a free social needs search engine and referral platform.

All members, California Health & Wellness staff and providers can search for free and low-cost social services in their area.

You can view the information on this site in more than 100 languages.

There are 10 areas that users can search by:

- Housing.
- Food.
- Legal.
- Transit.
- Health and more.

California Health & Wellness will use the social needs assessments results to effectively connect members to social services when needed.

Members can:

- Self-refer to these programs.
- Keep track of the referral.
- Update the status of the referral. For example, got help, couldn't get help or no longer interested.

Search California Health & Wellness Community Connect in three easy steps.

- 1 Go to <https://cahealthwellness.findhelp.com>
- 2 Complete a Social Needs Self-Assessment
- 3 Enter a zip code and click *search*



Your social needs and the searches you make on Community Connect are private. No one will contact you. We will also not share your information without your consent. There will be no denial of coverage or services based on this information.

Support During and After Pregnancy with California Health & Wellness Doula Services

Doula support is a new, covered service by California Health & Wellness.

A doula is a trained worker who can provide physical, emotional and learning support during and after your pregnancy. A doula is also helpful in cases of miscarriage, stillbirth or abortion.

Contact your doctor, midwife, nurse or other healthcare provider for a referral.



Need help to find a doula?

**Call Member Services at
877-658-0305 (TTY: 711).**

Give Your Baby the Best Possible Start with Start Smart for Your Baby®

A healthy pregnancy, birth and parent should be the goal of all expecting parents and families. That includes:

- Information.
- Resources.
- A true partnership to help ensure you and your baby get everything you need to make a smart start on this journey.

We want to help you take care of yourself and your baby through the whole process.

Let us know about your pregnancy

If you're pregnant, please fill out your Member Notification of Pregnancy form so we can tailor your care and support. There are a couple of ways to do this that only take a few minutes.

1. Log into your online member account
2. Call **877-658-0305 (TTY: 711)**. Let us know the call is to complete your pregnancy form.

For more information, please visit **www.CAHealthWellness.com**. Or call Member Services at **877-658-0305 (TTY: 711)**.

Meet our case managers

Our case managers are nurses and social workers who can help you throughout your pregnancy. They can help you find resources and answer questions about your pregnancy and medical care. Your care manager can:

1. Help schedule appointments.
2. Provide transportation help.
3. Find resources that will help you get well and stay well.
4. Help with other behavioral and social services.

You'll also learn about important care for your infant, like breastfeeding.

Breastfeeding can benefit baby and mom.

Breast milk and formula can help your baby grow to be strong and smart. Human milk can have extra benefits which formula doesn't.

For this reason, breast milk is an excellent choice for you and your baby.

Five benefits of breastfeeding:

- 1 Breast milk will change to meet the babies needs as they grow.
- 2 Breastfeeding can help protect babies against some illnesses like asthma or ear infections.
- 3 Breast milk includes antibodies that can help build a strong immune system and protect babies from illnesses.
- 4 Mothers can breastfeed anytime and anywhere.
- 5 Mothers who breastfeed can lower their risk of breast cancer, type 2 diabetes, and high blood pressure.

Breastfeeding can make your life easier

- Breastfeeding is easy – no bottles to carry and clean, or formula to mix.
- In California, you have the right to breastfeed in any public place. (It is section 43.3 of the California Civil Code.)

While human milk provides many benefits for infants. There are times when human milk or breastfeeding is not an option. Always talk to your doctor about your choices. The health and well-being of the baby is very important.



Source: <https://www.cdc.gov/nutrition/infantandtoddlernutrition/breastfeeding/recommendations-benefits.html>

Catch Problems Early with the Proper Health Screenings

Health screenings can help doctors find health problems early.
That's when treatment for diseases may work best.

What's right for you?

The screenings you need depend on your age, gender, race and other factors. Ask your doctor about the screenings listed below to help you stay healthy.

Screenings	When
Breast cancer	Get a mammogram every year starting at age 35 or as your doctor suggests.
Cervical cancer	Starting at age 21, get a cervical cancer screening (Pap test) every 3 years. At age 30, you can have a Pap test every 3 to 5 years or as your doctor suggests.
Chlamydia (a sexually transmitted infection)	Every year through age 24 for sexually active, non-pregnant people; every year starting at age 24 if at high risk.
Colorectal cancer	At age 45, talk to your doctor about which test is right for you. If you are high risk, your doctor may start testing at age 40.
High cholesterol	All adults 20 or older should check every 4 to 6 years if low risk.
Hypertension (high blood pressure)	Every year in adults 40 years or older and in adults at high risk.
Prostate cancer	At age 40, talk to your doctor about testing.
Dental Checkup	Every 6 months or as your dentist suggests.
Mental Health Checkup	Yearly, or as your doctor suggests.



Sources: American Cancer Society; Department of Health and Human Services; U.S. Preventive Services



Visit <https://www.cahealthwellness.com/members/medicaid/health-wellness/adult-medical-screenings.html> for access to preventative health guidelines.

Healthy Teeth and a Beautiful Smile with These Tips

Good oral hygiene contributes to overall good health

- **Dental checkup every 6 months:** See your dentist at least twice a year for dental checkups. These checkups are important to keep your teeth healthy. Ask your doctor about fluoride varnish and sealant options for your children to prevent cavities.
- **Brush your teeth at least twice per day.** To brush your teeth, use fluoride toothpaste and a toothbrush with soft bristles. Carefully clean your teeth and brush for at least 2 minutes each time, 2 times per day.
 - Gently clean all surfaces of your teeth.
 - Brush your tongue to keep your breath fresh.
 - Replace your toothbrush every 3 to 4 months.

- **Floss:** Use the clean section of the dental floss to remove food particles between your teeth and gum. Rinse your mouth with water after you floss.
- **Drink water:** Water is the best drink for your teeth. It helps rinse out food articles or acid that causes cavities. It also helps you stay hydrated, which is good for your overall well-being.
- **Avoid smoking:** Tobacco stains your teeth and increases your risk of gum disease. If you smoke, get help to quit smoking.



Eat healthy foods: A diet rich in fresh fruits, nuts and vegetables helps prevent gum disease and oral cancer. Limit sugary foods to prevent tooth decay.



Get Your Voice Heard When You Take Our Survey

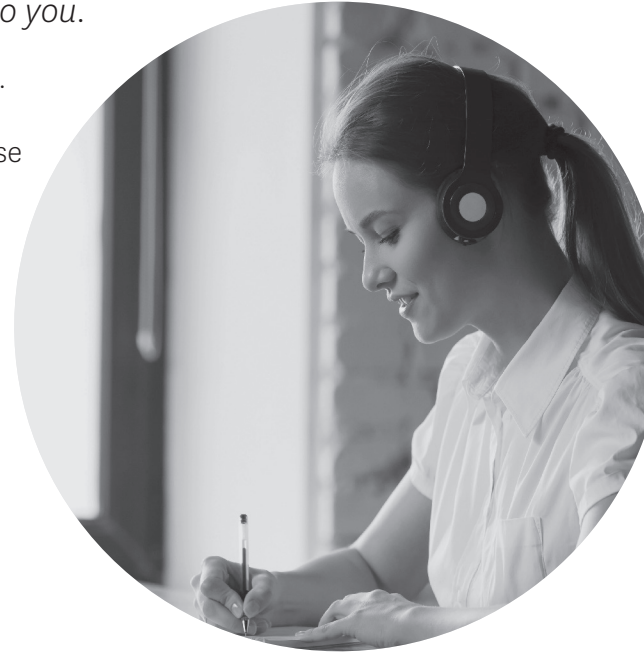
You want the best health care out there. We want to give it to you.

One way we can do this is if you help us understand your health care journey.

This spring, you may get the chance to take the **CAHPS member experience survey**. We'll mail the survey to select members. It'll ask questions about your experience with your doctors and health plan.

Not all people will get the survey. If you are one of the lucky few selected to take the survey, please respond. Be honest with us. Let us know if we can do better.

Happy with your care? We want to know that, too! Your feedback lets us understand what works and what doesn't.



Your responses are anonymous and will represent the voice of thousands of members. We look forward to hearing from you.

Quit Nicotine with a Guided Program

Do you smoke or vape?

Contact Kick It California to get help and quit. You can speak with a Quit Coach, join a text program or download a mobile app. Learn about nicotine patches and more!

Visit www.kickitca.org today.
You won't regret it!

English: 800-300-8086

Spanish: 800-600-8191



Find Complete Health Care Help through Case Management

The health care system can be a challenge. However, California Health & Wellness has a team of nurses, social workers and other health care staff who can help. They'll work with you and your doctors to create a health care plan to help you manage your illness and regain your health.

A case manager can:

- Help you find community resources to support your care.
- Help all your providers share information with each other about your care.
- Guide you to make the most of your health care benefits.
- Help you fully understand:
 - Your illness.
 - Your treatment options.
 - Actions you can take to improve your health.

It is your choice whether to take part in Case Management or not. It will not affect your health care benefits.

Case Management can also help if you or a loved one with California Health & Wellness Medi-Cal has:

- A complex condition. This includes diabetes, coronary artery disease, asthma, congestive heart failure, transplant, end-stage renal disease or cancer.
- A high-risk pregnancy.
- Mental health needs or substance-use needs.
- Stayed at the hospital many times.
- Advanced home-care needs.
- Had a serious injury.
- A terminal illness.

Call **877-658-0305 (TTY: 711)** to learn more about how your caregiver or doctor can refer you to the Case Management program. You can also ask for an assessment to find out if Case Management can help you.



A Better Mind, Body and Spirit When You Use myStrength® Online

myStrength® is a private website just for our members. The self-help tools can help you gain – and maintain – mental and physical health.

myStrength® supports whole-person health and informs on topics like:

- Pain management
- Substance abuse
- Trouble sleeping
- Depression
- Worry and more

Program highlights include:

- In-the-moment tracking
- Virtual tools
- Instant stress-relief tips
- Weekly action plans
- Many ways to improve your mood

- Daily words to inspire
- Mobile app
- Step-by-step eLearning modules

You get all this at no extra cost!

Here's how to sign up:

- 1 Go to <https://bh.mystrength.com/cahealthwellness>
- 2 Click *Sign Up*.
- 3 Complete the myStrength® Wellness Assessment and personal profile.
- 4 Go mobile! Get the myStrength® app for iOS and Android™ devices when you sign up for your account.

Android is a trademark of Google LLC.



You're Covered and Supported with California Health & Wellness



California Health & Wellness strives to help you and your family stay healthy.

We make all choices about your care based on your medical needs and your coverage.

We do not reward doctors who deny medical care or treatment.

We will review any report of a doctor who does not give medically needed care to our members. Any doctor found to have acted wrongly may have their contract terminated by California Health & Wellness.

If you have questions, you can talk with us in your preferred language. Call the toll-free or TTY number on your California Health & Wellness member ID card, 24 hours a day, 7 days a week. Please ask for the Utilization Management Department.

Get Health Plan Information Any Time through Your Account

Visit www.CAHealthWellness.com to learn more about how your health plan works. Just have your California Health & Wellness member ID ready to create an account. Your member ID number is on the back of your card. Once you have registered to the member portal, you can use these tools:

Benefits/coverage

You can view, read or download a copy of your **Member Handbook** online.

It has information about:

- What services are and are not covered.
- Your share of costs or copayments.
- How we assess new medical and behavioral health technology.
- How to file a complaint.
- How to get referrals and authorizations for care.
- How to submit a claim.
- How to get:
 - urgent care
 - emergency care
 - out-of-area services
 - care after business hours
- Your rights and responsibilities.
- Language assistance.
- Privacy information.

Medical information

You can view:

- Medical claims
- Health Alerts
- Authorizations

Find a doctor or clinic

You can find:

- Doctors
- Specialists
- Hospitals
- Physician groups
- Urgent care centers and more

You can also find doctors who offer services for:

- Behavioral health
- Dental
- Vision

Find quick links to the information you may need most often:

- Copy of your member ID card.
- Grievance Form.
- Change your primary care doctor.



Don't have online access?

Get all the information or help you need by calling Member Services at **877-658-0305 (TTY: 711)**.

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Follow the steps below to create your account

1. Find your member ID or social security number. Your member ID is on your ID card.
2. Go to www.cahealthwellness.com.
3. Click *Log In/Register*.
4. Follow the instructions on the screen.

Protect Yourself and Those You Love with a Flu Shot

Flu season starts as early as October. Get your flu shot as soon as you can!

Every person aged 6 months and older needs this safe shot every year. Ask your doctor about a flu shot today. The good news is you can get a flu vaccine and a COVID-19 vaccine at the same time. This also includes a COVID-19 booster shot.

Checkups and vaccines are key



Well-child checkups can help ensure that your child is healthy. It is a time

for the doctor to check your child's health and development.

This is also the time when your child will also get any needed vaccines. Your child will need vaccines in the first few years. This tapers off as kids get older. But teens still need booster shots. **Remember, everyone over aged 6 months old needs a flu shot every year.**



**Is your child due for a checkup?
Call the doctor's office and make an appointment today!**

 <p>Well-child checkups needed around ages:</p>	<p>2 to 5 days; 1, 2, 4, 6, 9, 12, 15, 18, 24, 30, and 36 months</p>
 <p>Well-child checkups needed once a year:</p>	<p>After age 3 and until age 21.</p>

Sources: American Academy of Pediatrics; National Institutes of Health. Centers for Disease Control and Prevention.

Your Doctors Can Talk to Each Other through Your Primary Care Physician

Experts say that each of us needs a home base for our health care. That means having a regular doctor to meet your basic health care needs. This doctor is known as a primary care physician (PCP).

Your PCP can help you stay healthy – or get better when you’re ill. They can treat most minor problems. This means that unless you have a true emergency, you will most likely not need to go to a hospital for this type of care.

Your PCP will also help you manage your chronic health problems, such as diabetes or asthma. Your doctor may send you to a specialist and follow up with you.

They will also work with you and your specialists to keep any health problems under control.

Your PCP can also:

- Give you checkups
 - preventive care, such as shots or health screenings.
- Help you reach a health goal
 - stop smoking or to lose weight.
- Be your partner in wellness.

Get answers to general questions on our Nurse Advise Line.

- You can talk to a registered nurse any time of day, every day of the year. Call the **24/7 Nurse Line** at **866-807-4490**. (For TTY, contact California Relay by dialing 711 and provide the 866-807-4490 number.)



The back of your California Health & Wellness member ID card has your PCP listed. Call Member Services at **877-658-0305 (TTY: 711)** if you need help to find a doctor who is right for you.



Sources: Agency for Healthcare Research and Quality; American Academy of Family Physicians

Share the Good News: California Health & Wellness Gets Your Family Covered with Medi-Cal

California Health & Wellness can help you and each member of your family get healthcare. We get you covered with Medi-Cal. You can get healthcare that covers:

- Doctor visits
- Hospital care
- Telehealth
- Mental Health
- Lab tests
- Vision
- Transportation
- Pregnancy/ newborn care and more

Note: Medi-Cal rules for children are not the same as rules for adults. Kids can get Medi-Cal while their parents have a different plan.

Qualified Medi-Cal family members ages 0-25 years and 50+ years can get complete healthcare despite their immigration status. This includes:

- Lawful people living in the U.S. long-term, or “green card holders.”
- Lawful people living in the U.S. for a short-term.
- Persons fleeing ill-treatment, like refugees and people seeking safety.

- Immigrants granted short-term secured status.
- Non-immigrant status holders, like those with worker or student visas.

Visit us today to learn more!

<https://www.cahealthwellness.com/members/medicaid.html>

Battle Loneliness with Connection through California Health & Wellness

No one should go through life’s challenges alone. That’s why we’re offering the Pyx Health program to you at no cost. The app can help you:

- Find resources to support your physical and mental health.
- Make the most of what California Health & Wellness offers.
- Feel better each day with companionship and humor.

- Connect with humans for a friendly chat or help with resources.

The program is available to California Health & Wellness members aged 18 years and older. It’s easy to sign up. Search “Pyx Health” in the Apple or Google Play stores or go to www.HiPyx.com.



Questions? Call Pyx Health at **855-499-4777**.

Better Care in 2023 Thanks to Our Quality Improvement Program

Get even better care in 2023! California Health & Wellness works with doctors and other health care providers to enhance your care quality. This teamwork also helps make sure that you get timely access to health care services.

The California Health & Wellness Quality Improvement Program checks our products and services to make sure they meet your health care needs. They:

- Promote a healthy lifestyle.
- Help you get important preventive care.
- Provide proper disease management.
- Improve chronic care.
- Provide mental health services.
- Promote health safety.
- Make sure you get the right prescription medication treatment.
- Help you better know your health.
- Give members better access to health care and health services.

California Health & Wellness has performance goals in many clinical areas every year. In 2022, we either improved performance or met the goals.

Quality Improvement supports our members to help make access to care easier with the programs listed below:

- Breast and cervical cancer screenings.
- Child and teens well-care visits.
- Antidepressant medication commitment.
- Vaccines.

The table below highlights some of those results.



Want more information about our Quality Improvement Program? Call Member Services at the toll-free number listed on your California Health & Wellness ID card.

Measures of Clinical Care	Improved ¹	Goal Met ²
Breast Cancer Screening	✓	
Cervical Cancer Screening	✓	✓
Child and Adolescent Well-Care Visits	✓	
Childhood Vaccine	✓	
Antidepressant Medication Management - Acute Phase	✓	

¹Improved from previous year.

²Above the state required minimal performance level.

Scores are based on billings records and/or medical records review.

You Stay Healthier When You Speak Up

Doctors and other health care providers want to give the best care possible. There may be times, however, when you are not happy with the care you get.

Let us know if this happens so you can file a grievance. A grievance lets us know you are unhappy. We use this information to make our services better.



There are two ways you can do this:



Email, mail or fax the grievance through our website.

<https://www.cahealthwellness.com/members/medicaid/Appeals-and-Grievances.html>

- Click on *For Members*.
- Scroll to the bottom.
- Click on *Grievance Form*.



Call **1-877-658-0305 (TTY: 711)**. You have two options when you talk to a Member Services representative:

- Ask them to file the grievance for you.
- Have a form sent to you that you can fill out and send back.

Keep Your Medi-Cal When You Keep Your Records Up to Date

Don't miss important info about your Medi Cal benefits.

Make sure that your county office has your current address, email and phone number.

If you have any contact changes, report them to your local county office.

You can contact the county:

- Online
- By phone
- Email
- Fax or
- In person



Renew online

You can make updates and renew your Medi-Cal online. Go to **benefitscal.com** to create your online account. Click the “*Create an Account*” link in the upper right corner, below the “*Log In*” button.



Healthy Levels, Healthy Life

Check your blood pressure

A blood pressure test includes two pressure numbers. Systolic is the pressure of blood against artery walls. Diastolic measures the pressure when the heart is at rest

between beats. High blood pressure, or hypertension, puts you at a greater risk of getting heart disease. Make sure you talk to your doctor on what numbers are best for you.



Don't forget to:

1. Get your prescription filled.
2. Follow the instructions. If they are not clear, ask your pharmacist to explain.
3. Take it at the right times.
4. Finish all the medicine. Do this even if you feel better before it is all gone.

Please talk to your doctor right away if you feel like the medicine is not working or there is a side effect you do not like.

Blood Pressure Category	Systolic (mmHg) (upper number)	Diastolic (mmHg) (lower number)
Normal	Less than 120 and	Less than 80
Elevated	120-129 and	Less than 80
High Blood Pressure (Hypertension) Stage 1	130-139 or	80-89
High Blood Pressure (Hypertension) Stage 2	140 or higher or	90 or higher
Hypertensive Crisis (consult your doctor immediately)	Higher than 180 and/or	Higher than 120

Source: American Heart Association

Get your A1C – blood sugar test

An A1C test measures your blood sugar level over the past three

months. It is the best way to know if your blood sugar is under control. High blood sugar raises your risk of diabetes and other serious problems, such as heart disease or stroke.

A1C percent	
Below 5.7	Normal
5.7-6.4	Pre-diabetes
6.5 or above	Diabetes

Nondiscrimination Notice

California Health and Wellness follows State and Federal civil rights laws and does not discriminate, exclude people or treat them differently because of sex, race, color, religion, ancestry, national origin, ethnic group identification, age, mental disability, physical disability, medical condition, genetic information, marital status, gender, gender identity or sexual orientation.

California Health and Wellness provides:

- Free aids and services to people with disabilities to communicate better with us, such as qualified sign language interpreters and written information in other formats (large print, audio, accessible electronic formats, other formats).
- Free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages.

If you need these services or to request this document in an alternative format, contact the California Health and Wellness Customer Contact Center at 1-877-658-0305 (TTY: 711), Monday through Friday, 8 a.m. to 5 p.m.

If you believe that California Health and Wellness has failed to provide these services or unlawfully discriminated in another way, you can file a grievance with California Health and Wellness by phone, in writing, in person or electronically:

- By phone: Call California Health and Wellness Plan Civil Rights Coordinator at 1-866-458-2208 (TTY: 711), Monday through Friday, 8 a.m. to 5 p.m.
- In writing: Fill out a complaint form or write a letter and send it to California Health and Wellness Plan Civil Rights Coordinator, P.O. Box 10287 Van Nuys, CA 91410-0287.
- In person: Visit your doctor's office or California Health and Wellness and say you want to file a grievance.
- Electronically: Visit California Health and Wellness's website at www.cahealthwellness.com.

You can also file a civil rights complaint with the California Department of Health Care Services, Office of Civil Rights by phone, in writing or electronically:

- By phone: Call 916-440-7370. If you cannot speak or hear well, please call 711.
- In writing: Fill out a complaint form or write a letter and send it to Deputy Director, Office of Civil Rights, Department of Health Care Services, Office of Civil Rights, P.O. Box 997413, MS 0009, Sacramento, CA 95899-7413.

Complaint forms are available at http://www.dhcs.ca.gov/Pages/Language_Access.aspx.

- Electronically: Send an email to CivilRights@dhcs.ca.gov.

If you believe you have been discriminated against because of race, color, national origin, age, disability or sex, you can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights by phone, in writing or electronically:

- By phone: 1-800-368-1019 (TDD: 1-800-537-7697).
- In writing: Fill out a complaint form or send a letter to U.S. Department of Health and Human Services, 200 Independence Avenue SW, Room 509F, HHH Building, Washington, DC 20201.

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

- Electronically: Visit the Office for Civil Rights Complaint Portal at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>.

English: If you, or someone you are helping, need language services, call 1-877-658-0305 (TTY: 711). Aids and services for people with disabilities, like accessible PDF and large print documents, are also available. These services are at no cost to you.

Arabic: إذا كنت أنت، أو أي شخص تساعد، بحاجة إلى الخدمات اللغوية، فاتصل بالرقم (1-877-658-0305 (TTY: 711) تتوفر أيضاً المساعدات والخدمات للأشخاص ذوي الإعاقة، مثل الملفات المنقولة (PDF) التي يمكن الوصول إليها والمستندات المطبوعة الكبيرة. تتوفر هذه الخدمات بدون تكلفة بالنسبة لك.

Armenian: Եթե դուք կամ որևէ մեկը, ում դուք օգնում եք, ունեն լեզվական օգնության կարիք, գանգահարեք 1-877-658-0305 (TTY` 711) հեռախոսահամարով: Հաշմանդամություն ունեցող մարդկանց համար հասանելի են օգնություն և ծառայություններ, ինչպես օրինակ՝ մատչելի PDF և մեծ տպագրությամբ փաստաթղթեր: Այս ծառայությունները ձեզ համար անվճար են:

Cambodian: ប្រសិនបើអ្នក ឬនរណាម្នាក់ដែលអ្នកកំពុងជួយ ត្រូវការសេវាផ្នែកភាសា សូមទូរសព្ទទៅលេខ 1-877-658-0305 (TTY: 711) ។ ជំនួយ និងសេវាកម្មផ្សេងៗសម្រាប់មនុស្សពិការ ដូចជា PDF ដែលអាចប្រើសម្រាប់មនុស្សពិការបាន និងឯកសារព្រឹត្តិអក្សរធំៗ ក៏ត្រូវបានផ្តល់ជូនផងដែរ។ សេវាកម្មទាំងនេះមិនមានគិតតម្លៃសម្រាប់អ្នកទេ។

Chinese: 如果您或您正在帮助的其他人需要语言服务，请致电1-877-658-0305 (TTY: 711)。另外，还为残疾人士提供辅助和服务，例如易于读取的 PDF 和大字版文件。这些服务对您免费提供。

Farsi: اگر شما یا هر فرد دیگری که به او کمک می‌کنید نیاز به خدمات زبانی دارد، با شماره 1-877-658-0305 (TTY: 711) تماس بگیرید. کمک‌ها و خدماتی مانند مدارک با چاپ درشت و PDF دسترس‌پذیر نیز برای معلولان قابل عرضه است. این خدمات هزینه‌ای برای شما نخواهد داشت.

Hindi: यदि आपको, या जिसकी आप मदद करे हैं उसे, भाषा सेवाएँ चाहिए, तो कॉल करें 1-877-658-0305 (TTY: 711)। विकलांग लोगों के लिए सहायता और सेवाएं, जैसे सुलभ PDF और बड़े प्रिंट वाले दस्तावेज़, भी उपलब्ध हैं। ये सेवाएँ आपके लिए मुफ्त उपलब्ध हैं।

Hmong: Yog hais tias koj, los sis ib tus neeg twg uas koj tab tom pab nws, xav tau cov kev pab cuam txhais lus, hu rau 1-877-658-0305 (TTY: 711). Tsis tas li ntawd, peb kuj tseem muaj cov khoom siv pab thiab cov kev pab cuam rau cov neeg xiam oob qhab tib si, xws li cov ntaub ntawv PDF uas tuaj yeem nkag cuag tau yooj yim thiab cov ntaub ntawv luam tawm uas pom tus niam ntawv loj. Cov kev pab cuam no yog muaj pab yam tsis xam nqi dab tsi rau koj them li.

Japanese: ご自身またはご自身がサポートしている方が言語サービスを必要とする場合は、1-877-658-0305 (TTY: 711) にお問い合わせください。障がいをお持ちの方のために、アクセシブルなPDFや大きな文字で書かれたドキュメントなどの補助・サービスも提供しています。これらのサービスは無料で提供されています。

Korean: 귀하 또는 귀하가 도와주고 있는 분이 언어 서비스가 필요하시면 1-877-658-0305 (TTY: 711)번으로 연락해 주십시오. 장애가 있는 분들에게 보조 자료 및 서비스(예: 액세스 가능한 PDF 및 대형 활자 인쇄본)도 제공됩니다. 이 서비스는 무료로 이용하실 수 있습니다.

Laotian: ຖ້າທ່ານ, ຫຼື ບຸກຄົນໃດໜຶ່ງທີ່ທ່ານກຳລັງຊ່ວຍເຫຼືອ, ຕ້ອງການບໍລິການແປພາສາ, ໂທ 1-877-658-0305 (TTY: 711). ນອກນັ້ນ, ພວກເຮົາຍັງມີອຸປະກອນຊ່ວຍເຫຼືອ ແລະ ການບໍລິການສຳລັບຄົນພິການອີກດ້ວຍ, ເຊັ່ນ ເອກະສານ PDF ທີ່ສາມາດເຂົ້າເຖິງໄດ້ສະດວກ ແລະ ເອກະສານພິມຂະໜາດໃຫຍ່. ການບໍລິການເຫຼົ່ານີ້ແມ່ນມີໄວ້ຊ່ວຍເຫຼືອທ່ານໂດຍບໍ່ໄດ້ເສຍຄ່າໃດໆ.

Mien: Da'faanh Meih, Fai Heuc Meih Haih Tengx, Oix Janx-kaeqv waac gong, Heuc 1-877-658-0305 (TTY: 711). Jomc Caux gong Bun Yangh mienh Caux mv fungc, Oix dongh eix PDF Caux Bunh Fiev dimc, Haih yaac kungx nyei. Deix gong Haih buac Yietc liuz maiv jaax-zinh Bieqc Meih.

Punjabi: ਜੇ ਤੁਹਾਨੂੰ, ਜਾਂ ਜਿਸ ਦੀ ਤੁਸੀਂ ਮਦਦ ਕਰ ਰਹੇ ਹੋ, ਨੂੰ ਭਾਸ਼ਾ ਸੇਵਾਵਾਂ ਦੀ ਜ਼ਰੂਰਤ ਹੈ, ਤਾਂ 1-877-658-0305 (TTY: 711) 'ਤੇ ਕਾਲ ਕਰੋ। ਅਪਾਰਜ ਲੋਕਾਂ ਲਈ ਸਹਾਇਤਾ ਅਤੇ ਸੇਵਾਵਾਂ, ਜਿਵੇਂ ਕਿ ਪੜ੍ਹਚਯੋਗ PDF ਅਤੇ ਵੱਡੇ ਪ੍ਰਿੰਟ ਵਾਲੇ ਦਸਤਾਵੇਜ਼, ਵੀ ਉਪਲਬਧ ਹਨ। ਇਹ ਸੇਵਾਵਾਂ ਤੁਹਾਡੇ ਲਈ ਮੁਫਤ ਹਨ।

Russian: Если вам или человеку, которому вы помогаете, необходимы услуги перевода, звоните по телефону 1-877-658-0305 (TTY: 711). Кроме того, мы предоставляем материалы и услуги для людей с ограниченными возможностями, например документы в специальном формате PDF или напечатанные крупным шрифтом. Эти услуги предоставляются бесплатно.

Spanish: Si usted o la persona a quien ayuda necesita servicios de idiomas, comuníquese al 1-877-658-0305 (TTY: 711). También hay herramientas y servicios disponibles para personas con discapacidad, como documentos en letra grande y en archivos PDF accesibles. Estos servicios no tienen ningún costo para usted.

Tagalog: Kung ikaw o ang taong tinutulungan mo ay kailangan ng mga serbisyo sa wika, tumawag sa 1-877-658-0305 (TTY: 711). Makakakuha rin ng mga tulong at serbisyo para sa mga taong may mga kapansanan, tulad ng naa-access na PDF at mga dokumentong malaking print. Wala kang babayaran para sa mga serbisyang ito.

Thai: หากคุณหรือคนที่คุณช่วยเหลือ ต้องการบริการด้านภาษา โทร 1-877-658-0305 (TTY: 711) นอกจากนี้ยังมีความช่วยเหลือและบริการสำหรับผู้พิการ เช่น PDF ที่เข้าถึงได้และเอกสารที่พิมพ์ขนาดใหญ่ บริการเหล่านี้ไม่มีค่าใช้จ่ายสำหรับคุณ

Ukrainian: Якщо вам або людині, якій ви допомагаєте, потрібні послуги перекладу, телефонуйте на номер 1-877-658-0305 (TTY: 711). Ми також надаємо матеріали та послуги для людей з обмеженими можливостями, як-от документи в спеціальному форматі PDF або надруковані великим шрифтом. Ці послуги для вас безкоштовні.

Vietnamese: Nếu quý vị hoặc ai đó mà quý vị đang giúp đỡ cần dịch vụ ngôn ngữ, hãy gọi 1-877-658-0305 (TTY: 711). Chúng tôi cũng có sẵn các trợ giúp và dịch vụ dành cho người khuyết tật, như tài liệu dạng bản in khổ lớn và PDF có thể tiếp cận được. Quý vị được nhận các dịch vụ này miễn phí.



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