



Get Care, Stay Well

Make family exercise a part of each day

Children copy their parents, including what they think about exercise. Telling your child to be more active does not work. Children are more likely to be active if family and friends are also involved.

Make fitness fun by being active as a family. Make sure everyone is getting the activity they need. Children ages 6 to 17 should get at least an hour of physical activity every day. Adults need about half.

Here are some activities for the whole family to try:

- Walk the dog together.
- Bike or walk to a local park.

- Play catch with a football, baseball, or Frisbee®.
- Look for things outdoors, such as different color leaves, acorns, or stones of different shapes.
- If it has snowed, make a snowman or have a family snowball fight.

Make physical activity a part of your family's day just like eating dinner together. That way, exercise will become just another part of your family's regular day. ■

"Parent Resource Guide to the Presidential Youth Fitness Program," www.pyfp.org/storage/app/media/documents/parent-guide.pdf.

OUR TEAM IS HERE TO HELP YOU

We can:

- Answer questions about your health and medicines.
- Schedule provider appointments and arrange transportation for you.
- Help you find community resources for housing, food, and clothing.

Call Member Services at 1 833
704 1177 (TTY 1 855 534-6730).

Oral Health

Your mouth deserves routine care



You wouldn't wait a year to change the oil in your car or to get a haircut. Yet, 100 million people do not visit the dentist each year.

A routine visit to the dentist should not be put off. And, unlike changing your oil or cutting your hair, a visit to the dentist can have positive results on your overall health.

Regular dental exams can:

- Find problems with your teeth and gums before they cause pain or become costly to treat.
- Stop some problems from happening in the first place.
- Spot warning signs of medical conditions.

That is why it is important to visit your dentist on a regular basis — even if you have no problems or you no longer have

your natural teeth.

Just like brushing and flossing daily, plan regular visits to your dentist. Doing it now may help you avoid major issues in the future.

If you don't have a dentist, visit the AmeriHealth Caritas

New Hampshire website. Under "Members," click "Find a doctor, medicine, or pharmacy." ■

"Your Top 9 Questions About Going to the Dentist—Answered!," www.mouthhealthy.org/en/dental-care-concerns/questions-about-going-to-the-dentist.

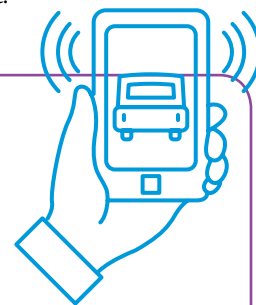
NEED A RIDE TO YOUR NEXT CHECKUP? WE CAN HELP

If it's an emergency and you need an ambulance, always call 911.

If you need a ride for medical services, we can help. We can help you pay if you use your own vehicle, get a ride with someone else, or use public transportation.

If you don't have those options and meet plan rules, you can access transportation at no cost to you.

To find out if you qualify, call Member Services at 1-833-704-1177 (TTY 1-855-534-6730).





Use caution when taking opioids

A health care provider may prescribe pain medicines for a serious health problem. These medicines are useful when they are used safely. But people misuse and abuse drugs like oxycodone (OxyContin) and hydrocodone (Vicodin).

The data is alarming. An average of 130 Americans die of an opioid overdose each day.

Explore your alternatives

Talk with your provider about the benefits and risks. Tell him or her if you have a personal or family history of substance misuse or addiction.

Depending on the cause of your pain, you may have other options, including:

- Nonsteroidal anti-inflammatory drugs, such as ibuprofen.
- Acetaminophen.
- Physical therapy or other types of exercise.
- Acupuncture and massage.

Take opioids safely

In some cases, you may need opioids to control pain: after surgery, for cancer, or for

toothaches and dental work. They might not work well for arthritis or back pain.

If your doctor orders an opioid medicine, stay as safe as possible:

- **Make a follow-up appointment.** Your doctor should see how the medicine is working. He or she will also help you decrease your dose as treatment comes to an end.
- **Avoid interactions.** Using opioids with some medicines is dangerous. Tell your doctor about every medicine you take. Avoid alcohol and other substances.
- **Go low and slow.** Talk with your doctor about the best and perhaps lowest dose for your situation.
- **Store drugs safely.** Keep them in their original bottle or package. Lock them in a cabinet.
- **Dispose of them safely.** When you are no longer taking prescribed opioids, don't keep or share unused medicines. Ask your doctor about "take-back" programs. ■

"Help, Resources and Information: National Opioids Crisis," www.hhs.gov/opioids.

Connecting your physical and mental health

Some 3 in 10 adults with a physical health problem also have a mental health disorder. The link is even more clear when viewed from the other direction: Two-thirds of people with a mental disorder have a physical illness, too. It's important to have all your health care needs met. Integrated care does that. It brings it all together.

- **Primary care provider.** This provider oversees your medical care. He or she helps you treat and prevent disease.
- **Behavioral health specialist.** This provider treats mental health problems and substance use disorders.

Organizing the services of these providers helps meet your health needs. Here's a look at some of the benefits.

Whole person health care

People with mental health disorders have more physical health problems than other people. They die earlier, on average, than the general population. For example, 6% of people with mental illness have heart disease. Only 4% of people without mental illness have it.

Integrated care addresses a person's various needs in a coordinated way. This can improve your health and even save lives. Plus, it lowers health care costs, according to the



SAMHSA-HRSA Center for Integrated Health Solutions.

Depending on the individual, services may include:

- Treatment for medical, mental health, and/or substance use disorders.
- Strategies to promote health.
- Skills for managing stress, because stress can worsen health problems.
- Support for patients and families.
- Referral to community resources.

Your total well-being

This approach requires a lot of teamwork among providers. The

results can mean better outcomes for patients. For instance, your primary care provider may suggest you exercise and quit smoking. A behavioral health provider can give you tips to succeed in those areas.

Of all the players on your team, you are the “MVP”. Being honest helps you get the care you need. And asking questions helps you know what steps to take next. ■

“A Quick Start Guide to Behavioral Health Integration for Safety-Net Primary Care Providers,” www.integration.samhsa.gov/integrated-caremodels/CIHS_quickStart_decisiontree_with_links_as.pdf.

“Can We Live Longer?” www.integration.samhsa.gov/Integration_Infographic_8_5x30_final.pdf.

4 keys to a healthy pregnancy

During your pregnancy, you aren't just eating for two. You're making lots of other choices for both yourself and your unborn baby. Here are some tips to help you take care of your health while you anticipate your new arrival.

1 Get Your Nutrients

To feel your best and promote your baby's growth, shape your diet around:

- Fruits and vegetables.
- Whole grains, such as oatmeal, whole-grain bread, and brown rice.
- Low-fat or fat-free dairy products, such as milk, yogurt, and cheese.
- Healthy protein foods, such as lean meats, fish, and beans.



Your doctor may also tell you to take a vitamin and mineral supplement. During pregnancy, you need increased amounts of some nutrients. Folic acid is a vitamin that helps prevent birth defects. Iron is a mineral that helps oxygen get to your organs and your baby.

2 What to Drink

Problems with bowel movements can occur during pregnancy.

Helpful steps:

- Drink 8 to 10 glasses of water daily.
- Eat fiber-rich foods, such as fresh fruit, raw veggies, and whole-grain cereal.
- Avoid having beverages with:
 - Alcohol. Even in small amounts, alcohol can put your baby at risk. It's important to totally avoid alcohol during pregnancy.
 - Caffeine. At high levels, caffeine may increase your risk for miscarriage. Your doctor may suggest a limit of one 12-ounce cup of coffee each day.



3 Be Physically Active

Staying active during pregnancy helps reduce back pain and prepare your body for childbirth.

Ask your doctor which types of activities are right for you and how much physical activity you would benefit from weekly.



4 Make Sleep a Priority

Getting plenty of sleep helps reduce fatigue. But that's not all, as a continual lack of sleep during pregnancy is tied to an increased risk for:

- Pregnancy complications.
- Long labor.
- Cesarean delivery.

To improve your sleep:

- Drink most of your fluids earlier in the day to reduce late-night bathroom visits.
- Skip greasy or spicy foods that may keep you awake with heartburn.
- Try new sleep positions and extra pillows to get comfy. Lie on your left side with your knees bent and a pillow tucked between your knees.



By putting your own health first during pregnancy, you're looking out for your baby, too. ■

"What Can I Do to Promote a Healthy Pregnancy?" www.nichd.nih.gov/health/topics/preconceptioncare/conditioninfo/healthy-pregnancy.

Is it just a cough or **childhood asthma?**

A cough here, a wheeze there. Most children have respiratory illnesses every now and then. But for 1 in 12 kids, these symptoms are a sign of something more: childhood asthma.

Unlike brief bugs, asthma is a chronic or long-term condition. In children who have asthma, their airways swell and narrow from time to time. That makes breathing difficult. Although asthma is typically a lifelong condition, it can be managed with medication and careful planning.

Is my child at risk?

Scientists are still studying the causes of asthma. It seems to start when the body is exposed to an allergen, such as ragweed or pet dander. Some people's immune systems react strongly to certain allergens and go into overdrive. This causes the lining of the airways to swell and muscles around them to tighten.

Kids are at higher risk for asthma if they:

- Have a parent or other family member with asthma or allergies.
- Have allergies themselves, including skin reactions or food allergies.
- Have frequent respiratory infections.
- Were exposed to secondhand smoke before and/or after birth.

Pick up the patterns

One way to tell the difference between asthma and other illnesses? Monitor and track your child's symptoms over time.

When symptoms such as coughing, wheezing, and shortness of breath are linked to asthma, they usually follow a pattern. They tend to flare up:

- At night, causing trouble sleeping.
- Early in the morning.
- During exercise.
- After exertion, laughing, or crying.
- In cold air.

Often, kids with asthma develop symptoms before 5 years of age. But the condition can be difficult to diagnose, often because kids can't explain how they're feeling. So information from parents becomes critical. If you notice worrying trends, tell your child's doctor.

As part of the exam, your child's doctor will test your child's airway function. This may involve blowing in and out through a tube. Since babies and toddlers can't always do this, the provider may instead start asthma treatment to see how your child responds.

Asthma can't be cured. But with medication and careful planning, it can be managed. Doing so can help your child breathe easier today and prevent long-term lung damage and other problems in the future. ■

"Asthma in Children." Centers for Disease Control and Prevention. www.cdc.gov/vitalsigns/childhood-asthma/index.html.

"For Parents of Children with Asthma." www.lung.org/lunghealth-and-diseases/lung-disease-lookup/asthma/living-with-asthma/managing-asthma/forparents-of-children-with-asthma.html.



Discrimination is against the law

AmeriHealth Caritas New Hampshire complies with applicable federal civil rights laws and does not discriminate, exclude people, or treat them differently on the basis of age, race, ethnicity, national origin or ancestry, mental or physical disability, sexual or affection orientation or preference, gender identity, marital status, genetic information, source of payment, sex, creed, religion, health or mental health status or history, need for health care services, amount payable to AmeriHealth Caritas New Hampshire on the basis of an eligible person's or member's actuarial class or pre-existing medical/health conditions, whether or not the member has executed an advance directive, or any other status protected by federal or state law.

AmeriHealth Caritas New Hampshire provides free aids and services to people with disabilities. Examples of these aids and services include qualified sign language interpreters and written information in other formats (large print, Braille, audio, accessible electronic formats, other formats). We provide free language services, such as qualified interpreters and information written in other languages, to people with limited English proficiency or whose primary language is not English.

If you need these services, contact AmeriHealth Caritas New Hampshire 24 hours a day, seven days a week, at **1-833-704-1177 (TTY 1-855-534-6730)**.

If you believe that AmeriHealth Caritas New Hampshire has failed to provide these services or has discriminated against you in another way, you or your authorized representative (if we have your written authorization on file) can file a grievance with:

- AmeriHealth Caritas New Hampshire Grievances
P.O. Box 7389
London, KY 40742-7389
1-833-704-1177 (TTY 1-855-534-6730)
- You can also file a grievance by phone at **1-833-704-1177 (TTY 1-855-534-6730)**. If you need help filing a grievance, AmeriHealth Caritas New Hampshire Member Services is available to help you. You can contact Member Services 24 hours a day, seven days a week, at **1-833-704-1177 (TTY 1-855-534-6730)**.

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 <https://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 (TDD 1-800-537-7697)

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

Multi-language interpreter services

English — Attention: If you speak English, language assistance services, free of charge, are available to you. Call **1-833-704-1177** (TTY **1-855-534-6730**).

Spanish — Atención: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-833-704-1177** (TTY **1-855-534-6730**).

French — Attention : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le **1-833-704-1177** (TTY **1-855-534-6730**).

Chinese — 注意：如果您使用中文，我们可为您提供免费语言援助服务。请致电 **1-833-704-1177** (TTY **1-855-534-6730**)。

Nepali — ध्यान दिनुहोस्: यदि तपाईं नेपाली भाषा बोल्नुहुन्छ भने तपाईंको निम्ति भाषा सहायता सेवाहरू निःशुल्क रूपमा उपलब्ध छन्। फोन गर्नुहोस्: **1-833-704-1177** (TTY **1-855-534-6730**)।

Vietnamese — Chú ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số **1-833-704-1177** (TTY **1-855-534-6730**).

Portuguese — Atenção: Se você fala português, serviços de assistência linguística estão disponíveis gratuitamente. Ligue para **1-833-704-1177** (TTY **1-855-534-6730**).

Greek — Προσοχή: Αν μιλάτε ελληνικά, στη διάθεσή σας βρίσκονται υπηρεσίες γλωσσικής υποστήριξης, οι οποίες παρέχονται δωρεάν. Καλέστε **1-833-704-1177** (TTY **1-855-534-6730**).

Arabic — ملحوظة: إذا كنت تتحدث اللغة العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم **1-833-704-1177** (TTY **1-855-534-6730**).

Serbo-Croatian — Pažnja: Ako govorite srpskohrvatski, besplatno su vam dostupne usluge jezičke pomoći. Nazovite **1-833-704-1177** (TTY **1-855-534-6730**).

Indonesian — Perhatian: Jika Anda berbicara dalam Bahasa Indonesia, layanan bantuan bahasa akan tersedia secara gratis. Hubungi **1-833-704-1177** (TTY **1-855-534-6730**).

Korean — 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. **1-833-704-1177** (TTY **1-855-534-6730**)번으로 전화해 주십시오.

Russian — Внимание: если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните **1-833-704-1177** (TTY **1-855-534-6730**).

French Creole — Atansyon: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele **1-833-704-1177** (TTY **1-855-534-6730**).

Kirundi — Uragaba: Nimba uvuga Ikirundi, uzohabwa serivisi zigufasha mu ndimi ku buntu ata kiguzi. Terefona **1-833-704-1177** (TTY **1-855-534-6730**).

Polish — Uwaga: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer **1-833-704-1177** (TTY **1-855-534-6730**).

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