



# POSITIVE OUTLOOK

Health and Wellness Information for Members

Summer 2017



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## Have a Healthy and Safe Summer

As summer comes along, we want you to be happy and healthy. In the warmer, longer, lazier days of summer, it may seem hard to take care of yourself. It can also be a great time to go out and enjoy the weather and try healthy foods. That's why this is a perfect time to improve your health and make the best of this season!

Here are some suggestions for simple changes this season to boost personal health:

### 1. Fun in the Sun

Pick at least one outdoor activity! Go on a hike, take a nature walk, practice yoga or visit the beach. You can also try cycling, roller blading, or swimming. These great workouts can help you get fit and have fun. Enjoy the weather and remember to wear sunscreen while out. Invite friends and family with you to enjoy the fresh air and create bonding time.

### 2. Be Good to Your Eyes

To protect your vision at work and at play, wear protective eyewear. When outdoors, wear sunglasses that block at least 99% of ultraviolet A and B rays. Sunglasses can help prevent cataracts, as well as wrinkles around the eyes. And when playing sports or doing tasks such as mowing the lawn, wear protective eyewear. Ask your eye doctor about the best type.

### 3. Go Green and Stress Less

To improve your stress level, plant a small garden. You can make a flower box. If space is really limited, plant a few flower pots, indoors or out. Just putting your hands in soil is "grounding." And when life feels like you're moving so fast, being mentally grounded can help relieve physical and mental stress\*.



**\*Disclaimer: Please consult with your doctor regarding outdoor activities, new exercises and nutrition programs.**

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P.O. Box 46160  
Los Angeles, CA 90046  
[www.phc-ca.org](http://www.phc-ca.org)

Member Services  
Mon - Fri, 8:00am to 8:00pm  
Tel (800) 263-0067  
TTY/TDD: 711

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## 4. Berry Boost

If you do one thing this summer to improve your diet, have a cup of mixed fresh berries. Try blackberries, blueberries, or strawberries every day. They'll help you load up on antioxidants, which may help prevent damage to tissues and reduce the risks of age-related illnesses. Blueberries and blackberries are especially antioxidant-rich.

A big bonus: Berries are also high in fiber, which helps keep cholesterol low and may even help prevent some cancers. Try this easy and tasty recipe to help you stay cool in heat:

### Berry Cool Smoothie (ready in 1 minutes)



Ingredients:  $\frac{3}{4}$  cup nonfat plain yogurt.  $\frac{1}{2}$  cup 100% pure fruit juice.  $1\frac{1}{2}$  cups (6 $\frac{1}{2}$  ounces) fresh or frozen berries, such as blueberries, raspberries, or strawberries.

1. Puree yogurt with juice in a blender until smooth
2. Add fruits and continue to puree until smooth.
3. Serve and enjoy!

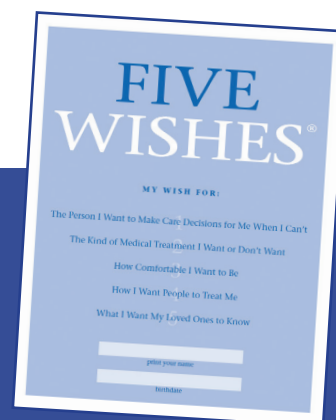
## 5. Vacation or Stay-cation

Improve your heart health: take advantage of summer's slower schedule by using your vacation time to unwind. If you can't go on a vacation, make time to stay in and get some down time. This can help lower your blood pressure, heart rate, and stress hormones such as cortisol, which contributes to an increased risk of disease heart.

## 6. Sleep Well

Resist the urge to stay up later during long summer days. Instead pay attention to good sleep hygiene by keeping the same bedtime. Try not drinking alcohol within three hours of bedtime. It's also a good idea to avoid naps during the day unless you take them every day at the same time, for the same amount of time.

These simple tips will help you boost your summer health while having a good time during this beautiful season! Enjoy!



## Plan Ahead with Five Wishes

It is always nice to have choices. Do you like plants or flowers? Would you prefer a quiet room to one where music plays? It is not easy to think about what will happen at the end of your life. The topic of death and dying is hard to face and harder to talk about with your loved ones. It helps when you have taken the time to make a plan. *Five Wishes* is an advance directive or living will. An advance directive lets you plan your healthcare choices ahead of time. Your doctor and loved ones will know your choices if you are too sick to make them yourself. They will know just what types of treatment you want and how you wish to be cared for.

A living will lets you have more power and control over what happens to you when you are very sick. You will choose someone you trust to act on your behalf to make sure your wishes are carried out.

### You Have the Right to Direct Your Care

When you fill out the *Five Wishes* form, you can:

- Talk with your family, friends and doctor about what you would like to happen if you get very sick or have a bad accident

- Let them know your wishes so they do not have to make hard choices without you

- Make sure your needs are met if you get very sick

### How Can You Make Your *Five Wishes*?

The form is easy to fill out and comes in many languages. Ask your doctor or RN Care Manager for your own *Five Wishes*. They can:

- Give you a *Five Wishes* form
- Tell you how to fill it out
- Put it in your medical record in case you need it
- Help you fill out a new form if you change your mind

There are workshops that can help you fill out your *Five Wishes* in a safe, small group setting. At the end of the class, you will have a legal form ready to add to your medical chart. Contact your RN Care Manager or the Health Education Program at (323) 436-5027 for more details on the *Five Wishes* workshop.

# TIPS FOR HOW TO STAY HEALTHY

Staying healthy starts with getting the right health tests at the right time. These tests look for problems early, when they may be easier to treat. A healthy lifestyle can also help prevent health problems. See your doctor for annual wellness visits. New members should make an appointment to see their doctor for their first visit.



## HEALTH CHECKLIST FOR MEN AND WOMEN

*Use this Health Checklist to help you keep track of your health checkups and screenings:*

CHECKUPS & SCREENINGS	WHEN TO GO TO THE DOCTOR	DATE RECEIVED
<b>ANNUAL WELLNESS VISITS</b> Review overall health status, perform a thorough physical exam and discuss health related topics. Medical and family history, height, weight, body mass index (BMI).	Every year or as your doctor suggests.	_____
<b>BLOOD PRESSURE</b> High blood pressure (Hypertension) has no symptoms, but can cause permanent damage to body organs.	Every year or as your doctor suggests.	_____
<b>BLOOD TESTS &amp; URINALYSIS</b> Screens for various illnesses and diseases (such as cholesterol, diabetes, kidney or thyroid dysfunction) before symptoms occur.	Every year or as your doctor suggests. If your BP is over 139/89 ask your doctor how you can control it.	_____
<b>BONE HEALTH</b> Bone mineral density test. Testing is best done under the supervision of your healthcare provider	Age 60+	_____
<b>COLORECTAL CANCER</b> Screening for colorectal cancer at its earliest and treatable stages. It also detects polyps, which are benign growths that can progress to cancer if not found early.	Age 50–75: Ask your doctor about choosing one of these 4 tests: Colonoscopy–Every 10 years Flexible Sigmoidoscopy– Every 5 years CT Colonography– Every 5 years Fecal Occult Blood Test (FOBT)– Each year	_____
<b>DENTAL EXAMS</b> Oral checkups and cleanings done by a dentist.	Twice a year or as your doctor suggests.	_____
<b>DIABETES</b> Disease can damage the heart, kidneys, nerves, eyes and feet .	Your doctor may recommend screening if you have high blood pressure, overweight, or have a family history of diabetes. Retinal Eye Exams (REE) should be performed by an Eye Specialist (Optometrist/Ophthalmologist) each year for people with diabetes.	_____
<b>EKG</b> Electrocardiogram screen for heart abnormalities.	Every year or as your doctor suggests.	_____
<b>HEARING &amp; VISION</b> Checks for hearing and eye health	As recommended by your doctor	_____
<b>HEPATITIS B &amp; C</b> Virus can cause liver damage	Your doctor may recommend testing if you are at risk	_____
<b>HIV/AIDS</b> <b>SEXUALLY TRANSMITTED DISEASES (STDs)</b> Sexually active adults who consider themselves at risk for STDs	Your doctor may recommend testing based on risky sexual behavior	_____
<b>RECTAL EXAM/ANAL PAP SMEAR:</b> Screens for hemorrhoids, lower rectal problems, anal cancer, and colon cancer.	Every year or as your doctor suggests.	_____
<b>TUBERCULOSIS (TB)</b> Bacteria can cause lung, liver and kidney damage. Also, arthritis, back pain and meningitis	Your doctor may recommend testing if you are at high risk for TB exposure or infection	_____

**People Living with HIV/AIDS are high risk and may need other tests. Please discuss with your doctor.**





## VACCINES (SHOTS) FOR MEN & WOMEN

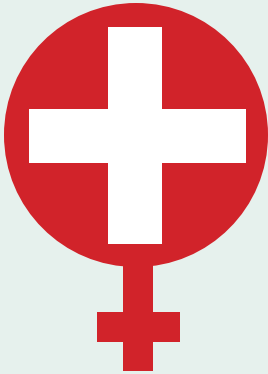
Shots help you stay safe from serious diseases. Getting a shot is quick and easy. It can prevent years of illness. Use this guide to find out what shots are needed and when. Your doctor can tell you what each shots does.

*Use this Health Checklist to help you keep track of your shots:*

VACCINES (SHOTS)	WHEN TO GO TO THE DOCTOR	DATE RECEIVED
<b>HEPATITIS B</b> Virus can cause liver disease and cancer	Three (3) shots may be recommend by your doctor if you are at risk	_____
<b>HUMAN PAPILLOMA VIRUS (HPV)</b> Virus can cause cervical cancer and genital warts	Three (3) shots for men and women up to age 26	_____
<b>INFLUENZA (FLU)</b> Virus can cause pneumonia (lung inflammation), bronchitis (lung infection), ear and sinus infections	Every Year Get your flu shot before the flu season starts in the fall	_____
<b>MEASLES, MUMPS, AND RUBELLA (MMR)</b> Virus can cause pneumonia, deafness, and brain damage	If born after 1957 (1 or 2 doses)	_____
<b>PNEUMOCOCCAL</b> Bacteria can cause meningitis (brain infection), pneumonia and blood infection	One (1) shot starting at age 65 or as recommended by doctor	_____
<b>TETANUS, DIPHTHERIA, PERTUSSIS (TD/TDAP)</b> Bacteria can cause broken bones, breathing problems, heart damage, and pneumonia	One (1) shot then a Td booster every 10 years or as recommended by doctor	_____
<b>ZOSTER (SHINGLES)</b> Virus can cause blisters, skin infections, nerve damage, and vision loss	One (1) shot starting at age 60 or as recommended by doctor	_____
<b>OTHER VACCINES/SHOTS</b> Your doctor may recommend other shots if you are at high risk	Talk with your doctor about what other shots you may need	_____

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ADDITIONAL HEALTH SERVICES FOR WOMEN:

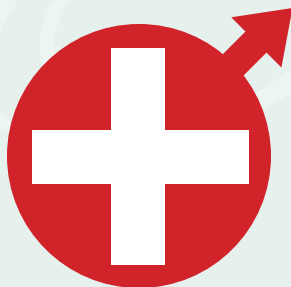
This maintenance schedule for women is a reminder of your need to take responsibility for your health. Regular checkups and age-appropriate screenings CAN improve your health and reduce premature death and disability. You should consult your healthcare provider to discuss if this screening schedule is appropriate for you. Also ask about the benefits of earlier screenings, especially since you are a member of a high risk group or if you have a family history of disease.

Use this Health Checklist to help you keep track of your health checkups and screenings:

CHECKUPS & SCREENINGS	WHEN TO GO TO THE DOCTOR		DATE RECEIVED
<b>BREAST CANCER</b> Mammogram X-ray of the breasts	<u>Age 19-49</u> Your doctor may recommend a mammogram before age 50 if you are at high risk	<u>Age 50-74</u> Every 2 years	_____
<b>SELF-EXAMS</b> <u>Breast:</u> To find abnormal lumps in their earliest stages. <u>Skin:</u> To look for signs of changing moles, freckles, or early skin cancer. <u>Oral:</u> To look for signs of cancerous lesions in the mouth.	<u>Age 19-49</u> Monthly by self	<u>Age 50+</u> Monthly by self	_____
<b>CERVICAL CANCER</b> Pap Test	<u>Age 19-65</u> Every 1-3 years after 3 consecutive normal tests	<u>Age 65+</u> Ask your doctor if you need to continue having a pap smear	_____
<b>PRENATAL SCREENING</b> Family Planning and Pregnancy. Talk with your doctor about birth control or unwanted pregnancy	<u>Pregnant</u> See your doctor as soon as think you are pregnant for prenatal healthcare	<u>After Giving Birth</u> See your doctor for postpartum care for you and your baby's health	_____

People Living with HIV/AIDS are high risk and may need other tests. Please discuss with your doctor.





## ADDITIONAL HEALTH SERVICES FOR MEN:

**This maintenance schedule for men** as a reminder of your need to take responsibility for your health. **Regular checkups and age-appropriate screenings CAN improve your health and reduce premature death and disability.** You should consult your healthcare provider to discuss if this screening schedule is appropriate for you. Also ask about the benefits of earlier screenings, especially since you are a member of a high risk group or if you have a family history of disease.

***Use this Health Checklist to help you keep track of your shots:***

CHECKUPS & SCREENINGS	WHEN TO GO		DATE RECEIVED
<b>ABDOMINAL AORTIC ANEURYSM</b> Screening Ultrasound	<u>Age 19-64</u> Your doctor may recommend screening before age 65 if you are at high risk	<u>Age 65+</u> One time screening if you have ever smoked	_____
<b>PROSTATE EXAM</b> Screens for prostate cancer should be done along with rectal exam and Prostate Specific Antigen (PSA) blood test.	<u>Age 40-49</u> Your doctor may recommend a prostate exam before age 50 if you are at high risk	<u>Age 50+</u> Every year	_____
<b>SELF-EXAMS</b> <u>Testicle:</u> To find lumps in their earliest stages. <u>Skin:</u> To look for signs of changing moles, freckles, or early skin cancer. <u>Oral:</u> To look for signs of cancerous lesions in the mouth. <u>Breast:</u> To find abnormal lumps in their earliest stages.	<u>Age 19-49</u> Monthly by self	<u>Age 50+</u> Monthly by self	_____
<b>TESTOSTERONE SCREENING</b> Low testosterone symptoms include low sex drive, erectile dysfunction, fatigue and depression. Initial screening for symptoms with a questionnaire followed by a simple blood test.	<u>Age 40-49</u> Ask your doctor	<u>Age 50+</u> Ask your doctor	_____

**People Living with HIV/AIDS are high risk and may need other tests. Please discuss with your doctor.**





## Live Healthy, Love Healthy

There are many kinds of close relationships – spouses, partners, friends and family. People trust and respect each other in a healthy connection. They try to make life better for their partner or loved one. You can work towards a healthy bond when you:

- Make big and small decisions as a team
- Listen with care when the other speaks
- Thank the person when they are helpful or kind
- Tell your partner what you like about him or her
- Show care and love: hold hands, sit closely, hug, smile
- Help each other

All relationships can have problems. How you handle these problems is the key to success. Building good relationships takes practice. You can take positive steps to try to solve troubles as they come up:

- Talk about the problem as soon as you are aware of it
- Listen to the other person's feelings
- Do not yell at or hurt the other person

### Learn to See the Signs of an Unhealthy Relationship

Any type of abuse in a relationship is unhealthy. Abuse happens when a partner, family member or caregiver hurts the person they care for. Abuse does not always leave a bruise or mark. It can be physical, verbal, and/or sexual. Domestic violence is known as domestic abuse, spousal abuse, battering, family violence, dating abuse, and intimate partner violence (IPV). IPV is when abuse takes place between people who are dating, partnered or married. IPV happens to women, men and transgender men and women. It happens to people who are straight and gay. Abuse can take many forms. Some signs of abuse are if someone:



- Tries to control the other person
- Shoves, pushes, hits or chokes
- Makes it hard for the other to see friends or family
- Makes the other person fear for their safety
- Says things that pressure the other person into sex
- Threatens to punish or do harm if they don't get their way
- Can be kind and thoughtful for a little while, but then act out for no good reason

### Stay Safe from Abuse

Abuse is harmful and widespread. IPV affects nearly 25% of women and 14% of men each year. Your safety is our main concern. If you think you are a victim of abuse, there are people who can help. Tell your doctor, RN Care Manager or a friend. You can also contact:

#### National Domestic Violence Hotline

(800) 799-7223 (1-800-799-SAFE)

TTY (800) 787-3224

[www.thehotline.org](http://www.thehotline.org)

#### Adult Protective Services

**California:** (877) 477-3646 [www.cdss.ca.gov/agedblinddisabled/PG1298.htm](http://www.cdss.ca.gov/agedblinddisabled/PG1298.htm)

**Florida:** (800) 962-2873 [www.dcf.state.fl.us/programs/aps](http://www.dcf.state.fl.us/programs/aps)

## Think About Joining a Trial!

New drug trials and treatment studies start all the time. These help create better treatment for all people living with HIV/AIDS. There are many types of clinical trials. One may be perfect for you. Your doctor may ask you to join a trial. Think about it!

For more info call: California: (323) 913-1033



## Special Needs

We know many of our members have special needs that make it hard to communicate with their healthcare team or Health Plan. Tell the doctor, nurse care manager or other member of your health home team if English is the not language you speak. We can call an interpreter who speaks your language. If you are deaf, hard-of-hearing or have other special needs, we can arrange a service to help us communicate with you. For your health, it is vital that you and your doctor or healthcare team understand each other. This service is free to you.



**ATTENTION:** This information is available for free in other languages. Please contact our customer service number at (800) 263-0067, 8:00 am -8:00 pm, seven days a week. (TTY: 711)

**ATENCIÓN:** Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-263-0067, 8:00 am -8:00 pm, los siete días de la semana. (TTY: 711)

## A Message from Your Health Plan

### Your Contact Information

PHC California cares about you and your health. We need to know if you moved or got a new phone number. Please call Member Services to update your record any time you make a change.

### Member Services

Monday-Friday 8:00am-8:00pm • (800) 263-0067 TTY/TTD: 711

### Medication Therapy Management Program (MTMP)

As part of PHC California, you are enrolled in the MTMP. This Program helps people who take many prescribed meds. The Program lowers the chance of mistakes and reactions with your meds.

Your health care team will be in touch with you and your doctor. They will explain the drugs that you take. Your doctor will know of safety issues with your meds. Any other health issues will also be handled. Your RN Care Manager will contact you to make an action plan for your meds. An action plan with your nurse care manager will help with any problems you may have. The action plan will let you know just how and when to take your meds.

### Compliance Hotline

Help us look out for Medi-Cal fraud and abuse. For example, if your Explanation of Benefits lists charges that are wrong, call Member Services. Call our Compliance Hotline if you suspect fraud or abuse.

**Compliance Hotline:** (800) AIDS-HIV • (800) 243-7448

## We want to hear from you!

**The Client Advisory Committee is a great way to tell us what you think about your Health Plan! We welcome all health plan members and AHF Healthcare Center clients. You can share your questions, concerns and comments with our Health Plan leaders. We use your concerns to make your Plan better. Come to the next meeting to find out what your Health Plan can do for you!**

### California - Los Angeles

6255 W. Sunset Blvd, 21st Floor

To RSVP, call **Santiago** at (800) 243-2101

**Food and drinks will be served.**

## Questions?

### Contact Your RN Care Manager

Mon-Fri, 8:30am-5:30pm

Tel: (800) 474-1434

### Urgent After-Hours Nurse Advice Line

Mon-Fri, 5:30pm-8:30am and 24 hours on Weekends. Available 365 days a year.

Tel: (800) 797-1717