



POSITIVE OUTLOOK

Health and Wellness Information for Members

Summer 2024



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Summer Travel

Don't Forget Your Medicine!

Going on a journey or exploring a new destination often brings a sense of anticipation and thrill. However, it is essential to plan and make the necessary arrangements before embarking on your travel adventure. Don't forget to make sure you have enough medications to last for your trip.

Tips for Preparing Your Medication for Travel

- Before you travel, it is recommended to check your prescriptions at least one week in advance. If you require a refill, visit the pharmacy. Check if you still have refills remaining. If you don't have any refills left, it is advisable to reach out to your doctor and request a new prescription.
- Make a list of your medications by name, strength and directions. Keep a list in your carry on, do not pack the list in your checked luggage.
- It is important to retain your medications in their original containers until you reach your destination. You can use a pillbox once you have arrived.
- If you are traveling outside the U.S., be sure your medicine is allowed in the place you are visiting.
- Always travel with your medical insurance card.



P.O. Box 46160, Los Angeles, CA 90046

Visit us 24/7 on the web
www.php-ca.org

Member Services

Mon - Fri, 8:00 am to 8:00 pm

(800) 263-0067

TTY: 711

Frozen Summer Treats! Try these fun, easy recipes

Staying cool during the summer is essential! There are plenty of delicious and refreshing treats to help you beat the heat. Here are some **healthy cold treats** you might enjoy:

Frozen Banana Bites

Slice bananas into bite-sized pieces and dip them in melted chocolate or yogurt. Place them on a baking sheet lined with parchment paper and freeze until the coating hardens. Enjoy!

Watermelon Slushies:

Cut watermelon into cubes, remove the seeds, and freeze the cubes. Blend the frozen watermelon with a splash of lime juice until smooth. Serve in glasses and garnish with a lime slice. Enjoy!

Be sure to stay hydrated with plenty of water. Be mindful of sugary drinks and snacks. Follow any diet restrictions from your doctor. Have a happy and healthy summer!



Prevention Points

At AIDS Healthcare Foundation, preventive care has always been an essential part of your health plan. Preventive services include immunizations and screenings to detect possible diseases and help you stay well. Prevention is about staying healthy and preventing or delaying disease. **Some key preventative screenings include:**

- ✓ Blood pressure screening for all adults
- ✓ Cholesterol screening
- ✓ Colorectal cancer screening for adults over 45
- ✓ Type 2 diabetes screening for adults with high blood pressure
- ✓ Mammograms every one to two years for women over 40
- ✓ Cervical cancer screening for sexually active women
- ✓ Osteoporosis screening for women over 60, depending on risk factors
- ✓ Immunizations for children from birth to 18 years
- ✓ Obesity screening and counseling for children

AHF Food for Health

AIDS Healthcare Foundation (AHF) is the largest non-profit provider of HIV/AIDS medical care in the world. AHF believes that social determinants of health such as access to stable housing, healthcare, and food services are vital for good health outcomes.

In 2021, AHF launched the Food for Health program to complete their circle of services. Food for Health is an innovative program that combines food pantry services, affordable hot meals, and food education. This is to address the growing level of individuals and families experiencing food insecurity across the nation.

The Mission

Food for Health aims to prevent and alleviate hunger through advocacy, radical cooperation, and innovative strategies.

The Priorities

- Successfully advocate for effective food policies.
- Create and execute a replicable framework for ending community hunger.
- Invest in the long-term health and success of the food chain in communities.
- Prevent or eliminate food deserts by providing easier access to healthy foods

What To Expect

Please arrive within 5 minutes of your scheduled appointment time to ensure a smooth process for all. Food is distributed on a first-come, first - served basis. We appreciate your patience as you may need to wait for your number to be called.

If you miss the registration window, walk-ins will be served after 11:00 AM, subject to availability of remaining food. We look forward to serving you.

Pick-up Instructions:

- Save and bring a copy of your confirmation #. It is required for entry along with First and Last name.
- Arrive at your selected appointment time (do not come early).
- Bring bags to carry your groceries.
- Get in line at your designated appointment time (look for the signs).

Registered guests will receive milk, eggs, bread, grains, fruit, and vegetables.

Note: Appointments are limited, and walk-ins are based on availability and are not guaranteed.

For more information about Food for Health, please click the link to schedule an appointment. The appointment system in Los Angeles opens every Monday at 12 noon. <https://foodforhealthahf.org/pantry/>



Out of The Closet (OTC) Thrift Stores

Doing some summer cleaning? Do you have some things that you want to donate? Or are you looking to purchase some fabulous gently used items?

If you answered yes to any of these questions, then you need to visit one of the Out of The Closet Stores near you!

Out of the Closet Thrift Store (OTC) was founded in 1990 to help raise funds and awareness for AIDS Healthcare Foundation. To this day, when you shop or donate at Out of the Closet, 96 cents of every dollar made goes to AIDS

Healthcare Foundation's HIV prevention and treatment services. That's why OTC can offer high-quality HIV testing services at all our locations. When you choose OTC, you're giving back to your community and making a real difference in the fight against HIV and AIDS.

For more information about OTC stores and to find one near you, visit: [Out of the Closet Thrift Stores - Out of the Closet Thrift Stores](#)

Happy Shopping!



Healthy Housing Foundation

Bridging the human rights gap for better quality in healthy living

Sustainable affordable housing for the homeless and low-income population.

AHF launched the 'Healthy Housing Foundation by AHF,' to provide decent housing units at an affordable cost to low-income people, including families with children, and those previously unsheltered or homeless. In Los Angeles, HHF will offer priority placement to individuals with chronic health conditions, including HIV/AIDS. AHF plans to expand Healthy Housing Foundation across the country as the need finds, and its resources allow.

For more info: Phone: 213-582-8923

Email: hfh_leasing@ahf.org

Summer Word Search Puzzle

Puzzles are fun and have many health benefits. Some of the benefits of word search puzzles are:

- They improve vocabulary, spelling, and language proficiency.
- They increase mental performance, cognitive skills, and problem-solving abilities.
- They help to notice patterns and details.
- They reduce anxiety, screen time, and daily stress.
- They foster brain health and may delay or improve dementia.

Take sometime this summer to relax, enjoy the warm weather and complete this Positive Puzzle!

POSITIVITY

B	E	D	P	U	G	H	O	H	R	U	Y	P	P	A	H	O	I	U	N	R	E	K	Y
Z	V	N	N	I	O	T	U	H	E	A	L	T	H	Y	H	D	U	C	Q	X	G	R	Y
H	M	O	G	V	H	B	D	I	F	P	F	A	X	F	Y	M	K	I	S	W	Q	K	U
P	S	P	N	P	T	B	Q	P	Z	E	H	D	D	Q	G	R	G	S	H	U	D	P	U
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POSITIVE CALM DIET EXERCISE FEELINGS FRIENDS HAPPY HEALTHY
HELPING HYGIENE PLANNING RELATIONSHIPS SLEEP WELLBEING

Emergency Care/Urgent Care What is Urgent Care? When Should I Use It?

Get the right kind of medical care when you need it. Some problems can wait until you see your regular doctor. Other problems need to be taken care of right away. If your regular doctor does not have same-day visits and you have an urgent health problem after hours or on a holiday, you can use an Urgent Care Center. Urgent care is care that you need soon, usually within 24- 48 hours (about 2 days). Urgent Care Centers often have later hours and are open on the weekend. Urgent Care Centers do not take the place of your regular doctor for things like check-ups and medication refills.

Go to the ER for any illness or injury so severe it could threaten your life or lead to any long-term health problem or disability. Here are some reasons when you should use your regular doctor, an Urgent Care Center, or seek emergency care (ER). Unsure if you should go to urgent care or the ER? Call your doctor or the 24-hour Nurse Advice Line. A nurse can let you know the best thing to do. If you think you have a medical or psychiatric emergency, call 911 or go to the nearest hospital. Nurse Advice Line: Call for help from a Registered Nurse. Call this line when your primary care provider's (PCP) office is closed. If you do go to Urgent Care, make sure to go to your primary care doctor for follow-up care. PHC California Call: (800) 797-1717, Monday through Friday, 5:30 p.m. to 8:30 a.m., and all day weekends and holidays. TTY 711

Regular Doctor	Urgent Care	Emergency Care
Refills on your meds	Throw up or loose stool or low grade fever	Chest pain
Concerns about pain	Minor sprains or strained muscles	Signs of stroke (vision loss, confusion, slurred speech, sudden weakness)
Fever or cough	Injured in a minor accident or fall	Broken bones
Labs (blood work)	Earache	Want to hurt yourself or someone else
Sexual health concerns	Minor cuts that may need stitches	Major cuts that won't stop bleeding
Painful skin rashes	Hurts to pee	Hard to breathe



You can also see the newsletter online @:

www.php-ca.org/newsletter



Eye Syphilis

Ocular syphilis, a manifestation of the bacterial sexually transmitted disease syphilis, can affect any structure of the eye, but most commonly causes inflammation in the front, middle, or back of the eye.

Symptoms include:

- Eye pain
- Red eyes
- Floating spots in vision
- Increased sensitivity to light
- Blurred vision
- Abnormal eye movements
- Argyll Robertson pupil, which is when pupils constrict when focusing on a nearby object but not in bright light
- Lesions (bumps or spots) on or in the eyes
- Chancre, a painless sore on the eyelid, which is rare

Treatment

There are medical treatments for eye syphilis. If left untreated, ocular syphilis can lead to blindness. However, early treatment with antibiotics can be effective, and delaying treatment can lead to irreversible damage. Penicillin is the preferred treatment for all stages of syphilis, but there are other options for people who are allergic to penicillin.

If you or someone you know believes that they may have contracted eye syphilis, make an appointment with your PCP's office as soon as possible.

Think About Joining a Trial!

New drug trials and treatment studies start all the time. This helps to 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 AHF Research at 1-323-913-1033.



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 care team if English is not the 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 (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

PHP 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 8:00 am-8:00 pm • (800) 263-0067 TTY: 711

Medication Therapy Management Program (MTMP)

As part of PHP, 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.

Drug Safety

Certain meds can be risky for older people. Find a list of high-risk meds and safe treatment options on our website under Prescription Medications. Go to www.php-ca.org/for-members-education.

Compliance Hotline

Help us look out for Medicare 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 possible fraud or abuse.

We want to hear from you!

The Member Advisory Committee (MAC) is a great way to tell us what you think about your Health Plan! We welcome all PHP health plan members in California. 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!

The PHP committee meets quarterly via ZOOM

To RSVP, call Member Services (800) 263-0067

Gift cards are provided for attendance.

Questions?

Contact Your RN Care Manager

Mon-Fri, 8:30 am-5:30 pm • (800) 474-1434

Nurse Advice Line

24 hours a day/7 days a week • (800) 797-1717

In California, contact Magellan for Behavioral Health Needs

24 hours a day/7 days a week • (800) 480-4464