

POSITIVE OUTLOOK

Health and Wellness Information for Members

Fall 2024



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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

Flu Vaccine Season

Take time to get a flu vaccine.

CDC recommends a yearly flu vaccine as the first and most important action in reducing your risk of flu and its potentially serious outcomes. Flu vaccines help to reduce the burden of flu illnesses, hospitalizations and deaths on the health care system each year. Flu vaccination also has been shown to reduce the severity of illness in people who get vaccinated but still get sick.

Everyone 6 months and older should get an annual flu vaccine, ideally by the end of October but people should continue to get vaccinated as long as flu viruses pose a threat to their community. Vaccination of people at higher risk of developing serious flu complications is especially important to decrease their risk of severe flu illness. People at higher risk of serious flu complications include young children, pregnant people, people with certain chronic health conditions like asthma, diabetes or heart and lung disease, and people 65 years and older.

Vaccination also is important for health care workers and other people who live with or care for people at higher risk of serious flu illness to keep from spreading flu to them. This is especially true for people who work in long-term care facilities, which are home to many of the people most vulnerable to flu.

Take everyday preventive actions to stop the spread of germs.



Earthquake Prep

Emergency Preparedness Guide

Los Angeles is susceptible to a variety of emergencies both natural and man-made. Not only should we all be prepared and ready for these emergencies, but we should also know what to do before, during, and after an incident occurs. It is extremely important to also be aware of emergency plans that may already exist in your school, work, house of worship, or wherever you may be. This guide will help you get informed, have a plan, and get involved.

The Los Angeles Fire Department has created a guide to give you information on the many ways to stay safe. These emergencies include:

- Earthquake • Tsunamis
- Adverse Weather • Storms and Floods
- Power Outages • Wildland Fires
- House Fires • Active Shooter Response
- Terrorism • Disease Outbreak



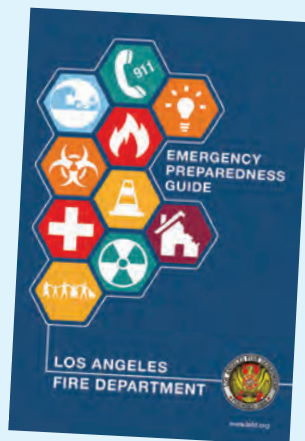
What Is an Earthquake?

An earthquake is the sudden, rapid shaking of the earth, caused by the breaking and shifting of underground rock. Earthquakes can cause buildings to collapse and cause heavy items to fall, resulting in injuries and property damage. They happen anywhere and at any time. Earthquakes can:

- Happen without warning;
- Cause fires and damage roads; and
- Cause tsunamis, landslides, and avalanches.

Safety Guide

Los Angeles County residents and business owners, including persons with disabilities and others with access and functional needs may call 211 LA County for emergency preparedness information and other referral services. The toll-free 2-1-1 number is available 24 hours a day, seven days a week. 211 LA County services can also be accessed online by visiting www.211la.org.



You can also see the newsletter online @:

www.php-ca.org/newsletter

Mental Health Matters

Taking Care of Your Mind

Living with HIV/AIDS can be challenging, and it's normal to feel sad or anxious. Taking care of your mental health is just as important as taking care of your physical health.

Signs You Might Need Support:

- Feeling very sad or hopeless.
- Losing interest in activities you once enjoyed.
- Having trouble sleeping or sleeping too much.



Ways to Improve Mental Health:

- Talk to Someone - This can be a friend, family member, or therapist.
- Stay Active- Exercise can help boost your mood.
- Practice Mindfulness - Activities like meditation or yoga can help you relax.

Action Items:

1. Schedule regular check-ins with a mental health professional.
2. Join a support group that focuses on mental health.
3. Try one new relaxation technique this month.

Resources:

If you are thinking about suicide, in need of emotional support, or are worried about a friend or loved one, please reach out to 988.

For ongoing mental health services, you can call your PHP mental health provider at Magellan Healthcare at 1.800.480.4464. they will get you connected to a live person who can provide you with referrals to a therapist or psychiatrist that are trained to help with your behavioral health needs.

MentalHealth.gov: [MentalHealth.gov](https://www.mentalhealth.gov)

SAMHSA's National Helpline: 1-800-662-HELP (4357)

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.



Food and Culture

A Guide to Healthy Eating

Good nutrition is essential for good health, and it's influenced by our cultural backgrounds. Understanding how your culture affects your diet can help you make healthier choices.

Why Nutrition Matters

Eating well is important for your overall health. A balanced diet helps you maintain a healthy weight, reduces the risk of chronic diseases, and supports how your body works. Key parts of a healthy diet include:

- **Fruits and Vegetables:** Packed with vitamins, minerals, and fiber.
- **Whole Grains:** Provide energy and important nutrients.
- **Lean Proteins:** Help build and repair muscles.
- **Healthy Fats:** Found in foods like nuts, seeds, and fish; good for your heart.

These foods can help manage conditions like diabetes, high blood pressure, and heart disease.

How Culture Affects Diet

Cultural practices shape what we eat. Many cultures have staple foods that are both nutritious and comforting. For example, the Mediterranean diet includes fruits, vegetables, whole grains, and olive oil, promoting good health. Recognizing how your cultural diet affects your health can help you make better choices.

Health Risks and Solutions by Cultural Group

LATINO POPULATION

Health Risks:

1. **Diabetes:** Often linked to sugary drinks and processed foods.
2. **Heart Disease:** High sodium intake and low fruit/vegetable consumption.

Solutions:

- **Eat More Fiber:** Incorporate foods like black beans and lentils.
- **Choose Healthy Fats:** Use avocados and olive oil.
- **Make Homemade Meals:** Control ingredients to reduce unhealthy fats and sodium.

Action Steps:

- Add black beans to soups and salads.
- Use avocados instead of unhealthy fats.
- Drink water or herbal tea instead of sugary drinks.

AFRICAN AMERICAN POPULATION

Health Risks:

1. **Hypertension:** Often worsened by high sodium in foods.
2. **Obesity:** Linked to high-calorie diets and low physical activity.

Solutions:

- **Reduce Sodium:** Use fresh herbs for flavor instead of salt.
- **Increase Fiber:** Sweet potatoes are great for weight management.
- **Include Lean Proteins:** Fish provides heart-healthy omega-3s.

Action Steps:

- Prepare collard greens with less salt.
- Choose baked sweet potatoes instead of fried.
- Eat fish several times a week.



Health Risks and Solutions by Cultural Group

ASIAN POPULATION

Health Risks:

1. **Stroke:** Related to high salt intake and low potassium.
2. **Cancer:** Linked to diets high in processed soy and low in fresh veggies.

Solutions:

- **Cut Sodium:** Use low-sodium soy sauce and eat potassium-rich foods.
- **Add Fresh Vegetables:** Include bok choy and leafy greens in your meals.
- **Balance Tofu with Other Proteins:** Mix in beans and fish.

Action Steps:

- Use low-sodium soy sauce in cooking.
- Add bok choy to stir-fries and soups.
- Combine tofu with beans and fish.

GENERAL TIPS FOR BETTER HEALTH

1. **Balance Your Diet:** Include traditional foods in moderation and limit processed items.
2. **Choose Healthier Cooking Methods:** Try steaming, baking, or grilling instead of frying.
3. **Watch Portion Sizes:** Control servings to manage weight.
4. **Stay Active:** Combine a healthy diet with regular exercise.

Understanding your health risks related to your culture can help you make healthier choices. By preparing traditional foods in a healthier way, you can enjoy your heritage while reducing health risks.

For personalized advice, consider talking to your healthcare provider or a registered dietitian. They can help you align your cultural practices with your health goals.

Your health is a journey, and learning about the connection between nutrition and culture is an important step toward a balanced and healthy lifestyle.



MAC: Get Involved with your Health Plan

PHP Medicare Members

We are looking for PHP Members to Join the Member Advisory Committee! Do you want to learn how the healthcare system works? Would you like to share your thoughts on how PHP can improve its services? PHP is looking for people to join the Member Advisory Committee (MAC). As a MAC member, you can help PHP meet the needs of the communities we serve. Your voice can make a difference in improving health care for the other members and processes.

The Member Advisory Committee (MAC) is formed with health plan staff, members, community advocates, and providers. We meet quarterly to talk about the plan, performance, trends, policy decisions, any impending changes to the plan's benefits, and health educational materials.

All meetings will be held remotely via Zoom.

All MAC members who attend will receive a \$50 gift card.

If you are interested in learning more, please call Member Services to register at: 1-800-263-0067 (TTY 711).

St. Barnabas Senior Services

St. Barnabas Senior Services (SBSS) is a nonsectarian, nonprofit organization grounded in the belief that all older adults have the right to age with dignity. For over 100 years, SBSS has been serving economically vulnerable older adults in Los Angeles County. They are dedicated to creating transformative change in the lives of older adults so they can maintain their independence, reduce isolation, and improve their health.

As the oldest senior service agency in LA, SBSS has grown from operating a single senior center in Mid-City to what it is today - a dynamic senior service agency developing new models of care and providing innovative services throughout the Greater Los Angeles Area. SBSS has services related to aging, with a commitment to diversity and inclusion. Their mission is to empower a diverse community of older adults to Live Well, Feel Well, and Age Well in the community.

St. Barnabas proudly offers a wide array of programs. Services include weekly meals, group classes, social services, case management, transportation, tech education, family caregiver support, advocacy, and more. More services include:

- Nutrition • Care Management • Transportation
- Activities • Evidence-Based Programs
- Screenings and Education
- Family Caregiver Support Program • Advocacy
- Technology Classes • Disaster Safety Guides
- Socialgas Customer Assistance Program
- Covid-19 Vaccine Info



Contact SBSS for resources to support your needs. Learn how you can benefit from their services, technology initiatives, and advocacy work that can help you live well, feel well, and age well.

SBSS Mid-City

675 South Carondelet St., Los Angeles, CA 90057
213-388-4444 ext. 1

SBSS Echo Park

1021 N. Alvarado St., Los Angeles, CA 90026
213-388-4444 ext. 2

SBSS Hollywood

5170 Santa Monica Blvd., Los Angeles, CA 90029
213-388-4444 ext. 3

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

National Latinx AIDS Awareness Day

October 15 is National Latinx AIDS Awareness Day (NLAAD). NLAAD was first observed in 2003. NLAAD is an opportunity to help address the disproportionate impact of HIV in Hispanic/Latinx communities, promote HIV testing, and stop HIV stigma.

This observance is also a community mobilization effort that helps promote effective ways to prevent, treat, and stop the transmission of HIV among Hispanic/Latinx people.

The Latinx community, accounts for 24% of all new HIV infections despite representing only 18% of the U.S. population. The Centers for Disease Control and Prevention. Estimated HIV incidence and prevalence in the United States, 2015–2019.

Compared to Whites in the United States, Hispanic/Latinx people are four times more likely to get HIV and two to three times more likely to die as a result of the disease. Higher rates of poverty, unequal access to healthcare, and racism largely account for the disparity.

Here are some resources already in place for Latinx communities. Chief among them is National Latinx AIDS Awareness Day, an annual event scheduled every October 15 that aims to raise awareness about HIV and encourage prevention and treatment of HIV in Latinx communities.

Resources:

InfoSIDA: The Spanish-language version of HIV.gov operated by the Department of Health and Human Services that offers easy-to-understand information about HIV

Latino Commission on AIDS: A nonprofit organization offering services, programs, and training both in Spanish and English

Latinos Unidos Contra el Sida: A nonprofit organization providing HIV education and support services to people living with or at risk of HIV (including access to at-home HIV test kits)

Obtenga Cobertura Para Una Vida Sana: A Spanish-language guide offering advice on how to access health insurance, including the federally funded AIDS Drug Assistance Program (ADAP)

Somos > AIDS: A Spanish-language version of the public information campaign Greater Than AIDS offering information and resources covering all aspects of HIV, including a list of state HIV hotlines with Spanish-language operators



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