



Summer Travel: Don't Forget Your Medicine!

Travel creates excitement as we look forward to taking a trip to see family or visit a new place. It takes preparation before you head out on the road. Remember, if you take medications make sure you have enough to last throughout your trip.

Tips for Preparing Your Medication for Travel

- At least a week before traveling, check your prescriptions. If you need a refill, make a trip to the pharmacy if you have refills left. If not, contact your doctor for a new prescription.
- Make a list of your medications by name, strength and directions. Do not pack the list in your luggage – keep it with you.
- Even if you use a pillbox, keep your medications in the original container until you arrive at your destination. You can put them in your pillbox then.
- Keep your medications in your carry-on bags. If checked luggage is lost or delayed, you will still have what you need. Do not miss a dose just because you are in transit.
- 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.



To find out more about the L.A. Care list of covered drugs called the Formulary, and monthly Formulary updates, visit the L.A. Care website at [lacare.org](https://www.lacare.org). You will also find information about: Formulary limits or quotas, generic and brand medications, restriction on medication coverage, medication request process, drug preferences, and how to use the Formulary.

Easy Fruity Frozen Treats



What could be better during hot summer months than a fruity, frozen treat?

Try these fun, easy recipes. No popsicle molds or blender needed!

Frozen Chocolate Dipped Bananas

1. Cut 4 ripe bananas in half, and slide a lollipop stick into each one. Place bananas on a tray lined with parchment paper. Freeze 2 hours.
2. In a microwave safe bowl, add 1 cup of dark chocolate chips, microwave for 30 seconds and stir. Repeat process until chocolate is melted.
3. Dip frozen bananas in melted chocolate. Or sprinkle nuts or crushed cereal topping of your choice.
4. Enjoy and freeze the rest for later.

Yogurt Dipped Frozen Grapes Skewers

1. Stick 2-3 grapes on a tooth pick. Place grape skewers on a tray lined with parchment paper. Freeze 2 hours.
2. Dip in your favorite yogurt. Put the dipped grape skewers back in the freezer for 15 minutes to take shape.
3. Enjoy!

Frozen treats can stay in the freezer for up to 1 week.

To learn more about healthy eating please visit the “Healthy Eating” page on the L.A. Care website and watch our “My Plate Success” video!



Are Vaccines Safe During Pregnancy?

Yes! Most vaccines are safe for women before, during, and after pregnancy. When a person gets vaccinated they make antibodies, which are then ready to fight off disease if needed at a later time. When a pregnant woman gets vaccinated the antibodies cross the placenta which helps protect the baby from getting very sick early in life. Both mother and child are protected.

Which vaccines should I get if I am pregnant?

CDC recommends pregnant women get two vaccines **during** every pregnancy:

- **The flu vaccine** protects both mom and baby from getting very sick from flu for several months after birth. The flu vaccine is safe at any stage of pregnancy.
- **The Tdap vaccine** protects mom and baby from pertussis, also known as whooping cough. Babies who have whooping cough can get very sick. Pregnant women should get the Tdap vaccine at the start of the third trimester. This early protection is important because newborns can't get their first shot until 2 months of age.



Pregnant women are also encouraged to get the COVID-19 vaccine and the booster. They are both safe during pregnancy.

We're In This Together

Do you ever feel down, easily angered or unmotivated?

You may be experiencing the lasting effects of shared trauma as a response to global events, such as COVID-19 and other tragedies, which have been impacting us over the past few years. Fortunately, you are not alone and L.A. Care has behavioral health services to support your mental health and emotional needs.

Please call our behavioral health partner **Beacon Health Options** at **1.877.344.2858** (TTY **1.800.735.2929**) where you will be provided a referral to a therapist or psychiatrist who is trained to help with your mental health needs. Call today to take the first step towards feeling better and improving your well-being!



In-Person Classes Are Back at Our Community Resource Centers!



Community Resource Center

L.A. Care Health Plan and Blue Shield of California Promise Health Plan Community Resource Centers' (CRC) doors are open again and we are here to serve you. Enjoy our in-person health and wellness classes that are fun, free and open to everyone. We are dedicated to the health and safety of our visitors.

Get access to a variety of health care and community resources such as health, nutrition and fitness classes. Please remember you can also participate in free virtual on-demand classes such as exercise, healthy cooking and more at [youtube.com/activehealthyinformed](https://www.youtube.com/activehealthyinformed). Call **1.877.287.6290** (TTY **711**), for more information or drop by so that our CRC staff can help you get the services you need!



Building Active, Healthy & Informed Communities

- Free Food Pantries
- Free WiFi for Telehealth Services
- Linkage to Assistance Programs
- Enrollment Support for Medi-Cal and Other Health Coverage Programs

Nurse Advice Line Can Help You

Do you have questions about your health? Need medical advice fast? The **Nurse Advice Line** is available 24 hours a day, 7 days a week. Registered nurses will answer your health questions and help you take care of your family. Get tips on avoiding the flu, treating the common cold and so much more. Use the audio library to listen to recorded messages on many different health topics.



Call the L.A. Care **Nurse Advice Line** at **1.800.249.3619** (TTY **711**) or chat with a nurse free online. For the nurse chat function, go to [lacare.org](https://www.lacare.org) and click on "Member Sign In" to log on.



Doctor's Orders: Take Your Medications as Prescribed

Did you know that medications are not taken correctly 50% of the time?

At L.A. Care Health Plan, we know taking medications can be hard and confusing. There are many reasons why people do not take their medications: forgetting to take them, not understanding what their doctor tells them, having side effects, or even thinking their medication is not working. This can be bad news for your health, especially if you are taking medication for high cholesterol, blood pressure, or diabetes. Not taking your medications can lead to more health issues and trips to the hospital.

Tips to Help You Take Your Medications Every Day:

- Take your medication at the same time every day (e.g., after brushing your teeth in the morning or getting ready for bed).
- Set an alarm.
- Use a pillbox.
 - Refill your box at the same time each week (e.g., every Sunday evening after dinner).
- Keep a "medicine calendar."
 - Mark it on a calendar each time that you take your medications.
- Ask your doctor for a different medication.
 - If you are paying too much for your current medication, ask your doctor to prescribe an alternative that may cost less.
 - If you think you may have side effects from your medication, your doctor may be able to adjust your medication or switch you to an alternative with less side effects.
- Sign up for a mail order pharmacy service.
 - This can help you get your medications right at your doorstep when you need them. If you want to sign up for the L.A. Care mail order service, please call Ralphs Pharmacy at **1.213.452.0830**.
- Ask your doctor for a 90-day supply of medication so you do not have to go to the pharmacy as often.
- Keep a list of the medications you are taking now.
 - Ask your pharmacy to give you a list of your current medications or make your own list.
 - You can take the list to your doctor so they know what you are taking.
 - Make sure to update your medication list every time there is a change to your medications or how you should be taking them.

Questions?

If you disagree or do not understand your medication, do not be shy – ask your doctor or pharmacist for more information. It will help you be clear about what medications you are taking and why you are taking them.



Important Phone Numbers

L.A. Care Covered™ Direct

1.855.270.2327 (TTY 711)

Monday – Friday 9 a.m. – 5 p.m.

L.A. Care Community Resource Centers

1.877.287.6290 (TTY 711)

Monday – Friday 9 a.m. – 5 p.m.

L.A. Care Compliance Helpline

(to report fraud or abuse) **1.800.400.4889 (TTY 711)**

24 hours a day, 7 days a week and holidays

L.A. Care Health Education

1.855.856.6943 (TTY 711)

Monday – Friday 9 a.m. – 5 p.m.

L.A. Care Language/Interpreter Services

1.855.270.2327 (TTY 711)

Monday – Friday 9 a.m. – 5 p.m.

L.A. Care Nurse Advice Line

(for non-emergency medical advice)

1.800.249.3619 (TTY 711)

24 hours a day, 7 days a week and holidays

Beacon Health Options

(behavioral health care)

1.877.344.2858 (TTY 1.800.735.2929)

Monday – Friday 8 a.m. – 8 p.m.

TelaDoc®

1.800.835.2362 (TTY 711)

(Talk to a doctor for urgent care needs)

24 hours a day, 7 days a week and holidays



Would you like to receive Stay Well via email?

Sign up now at lacare.org/stay-well. It's that simple!

Nondiscrimination and Accessibility Statement

L.A. Care complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

L.A. Care Health Plan cumple con las leyes federales de derechos civiles y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo.

Language Assistance Services in Your Language

English	ATTENTION: If you need help in your language call 1.855.270.2327 (TTY: 711) . Aids and services for people with disabilities, like documents in braille and large print, are also available. Call 1.855.270.2327 (TTY: 711) . These services are free of charge.
Spanish	ATENCIÓN: si necesita ayuda en su idioma, llame al 1.855.270.2327 (TTY: 711) . También ofrecemos asistencia y servicios para personas con discapacidades, como documentos en braille y con letras grandes. Llame al 1.855.270.2327 (TTY: 711) . Estos servicios son gratuitos.
Arabic	يرجى الانتباه: إذا احتجت إلى المساعدة بلغتك، فتصل بـ 1.855.270.2327 (TTY: 711) . تتوفر أيضًا المساعدات والخدمات للأشخاص ذوي الإعاقة، مثل المستندات المكتوبة بطريقة بديل والخط الكبير. اتصل بـ 1.855.270.2327 (TTY: 711) . هذه الخدمات مجانية.
Armenian	Ուշադրություն: Եթե Ձեզ օգնություն է հարկավոր Ձեր լեզվով, գանգադարեք 1.855.270.2327 (TTY: 711) : Կան նաև օժանդակ միջոցներ ու ծառայություններ հարկավորություն ունեցող անձանց համար, օրինակ՝ Բրայլի գրաստիպով ու խոշորատառ տպագրված նյութեր: Չանգադարեք 1.855.270.2327 (TTY: 711) : Այդ ծառայություններն անվճար են:
Cambodian	ចំណាំ: បើអ្នកត្រូវការជំនួយជាភាសារបស់អ្នកសូមទូរស័ព្ទទៅលេខ 1.855.270.2327 (TTY: 711) ។ ជំនួយនិងសេវាកម្មសម្រាប់ជនមានការរាងកាយមិនស្របគ្នា ដូចជាជនមានការរាងកាយមិនស្របគ្នា ឬជនមានការរាងកាយមិនស្របគ្នា ក៏អាចទទួលបានជំនួយ។ ទូរស័ព្ទកម្រិតលេខ 1.855.270.2327 (TTY: 711) ។ សេវាកម្មទាំងនេះមិនគិតថ្លៃឡើយ។
Chinese	请注意: 如果您需要以您的母语提供帮助, 请致电 1.855.270.2327 (TTY: 711) 。另外还提供针对残疾人士的帮助和服务, 例如文盲和需要较大字体阅读, 也是方便使用的。请致电 1.855.270.2327 (TTY: 711) 。这些服务都是免费的。
Farsi	توجه: اگر می‌خواهید به زبان خود کمک دریافت کنید، با 1.855.270.2327 (TTY: 711) تماس بگیرید. کمک‌ها و خدمات مخصوص افراد دارای معلولیت، مانند نسخه‌های خط بزرگ، نیز موجود است. با 1.855.270.2327 (TTY: 711) تماس بگیرید. این خدمات رایگان ارائه می‌شوند.
Hindi	ध्यान दें: अगर आपको अपनी भाषा में सहायता की आवश्यकता है तो 1.855.270.2327 (TTY: 711) पर कॉल करें। अशक्तता वाले लोगों के लिए सहायता और सेवाएं, जैसे ब्रेल और बड़े पटि में भी दस्तावेज उपलब्ध हैं। 1.855.270.2327 (TTY: 711) पर कॉल करें। ये सेवाएं नि:शुल्क हैं।
Hmong	CEEb TOOM: Yog koj xav tau kev pab txhais koj hom lus hu rau 1.855.270.2327 (TTY: 711) . Muaj cov kev pab txhawb thiab kev pab cuam rau cov neeg xiam oob qhab, xws li puav leej muaj ua cov ntawv sa thiab luam tawm ua tus ntawv loj. Hu rau 1.855.270.2327 (TTY: 711) . Cov kev pab cuam no yog pab dawb xwb.
Japanese	注意日本語での対応が必要な場合は 1.855.270.2327 (TTY: 711) へお電話ください。点字の資料や文字の拡大表示など、障がいをお持ちの方のためのサービスも用意しています。 1.855.270.2327 (TTY: 711) へお電話ください。これらのサービスは無料で提供しています。
Korean	유의사항: 귀하의 언어로 도움을 받고 싶으시면 1.855.270.2327 (TTY: 711) 번으로 문의하십시오. 점자나 큰 활자로 된 문서와 같이 장애가 있는 분들을 위한 도움과 서비스도 이용 가능합니다. 1.855.270.2327 (TTY: 711) 번으로 문의하십시오. 이러한 서비스는 무료로 제공됩니다.
Punjabi	ਧਿਆਨ ਦਿਓ: ਜੇ ਤੁਹਾਨੂੰ ਆਪਣੀ ਭਾਸ਼ਾ ਵਿਚ ਮਦਦ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਾਲ ਕਰੋ 1.855.270.2327 (TTY: 711) . ਅਧਾਰਨ ਲੋਕਾਂ ਲਈ ਸਹਾਇਤਾ ਅਤੇ ਸੇਵਾਵਾਂ, ਜਿਵੇਂ ਕਿ ਬ੍ਰੇਲ ਅਤੇ ਮੋਟੀ ਛਪਾਈ ਵਿਚ ਦਸਤਾਵੇਜ਼, ਵੀ ਉਪਲਬਧ ਹਨ। ਕਾਲ ਕਰੋ 1.855.270.2327 (TTY: 711) । ਇਹ ਸੇਵਾਵਾਂ ਮੁਫਤ ਹਨ।
Russian	ВНИМАНИЕ! Если вам нужна помощь на вашем родном языке, звоните по номеру 1.855.270.2327 (TTY: 711) . Также предоставляются средства и услуги для людей с ограниченными возможностями, например документы крупным шрифтом или шрифтом Брайля. Звоните по номеру 1.855.270.2327 (TTY: 711) . Такие услуги предоставляются бесплатно.
Tagalog	ATENSIYON: Kung kailangan mo ng tulong sa iyong wika, tumawag sa 1.855.270.2327 (TTY: 711) . Mayroon ding mga tulong at serbisyo para sa mga taong may kapansanan, tulad ng mga dokumento sa braille at malaking print. Tumawag sa 1.855.270.2327 (TTY: 711) . Libre ang mga serbisyo ng ito.
Thai	โปรดทราบ: หากคุณต้องการความช่วยเหลือเป็นภาษาของคุณ กรุณาโทรศัพทไปที่หมายเลข 1.855.270.2327 (TTY: 711) นอกจากนี้ ยังพร้อมให้ความช่วยเหลือและบริการต่าง ๆ สำหรับบุคคลที่มีความพิการ เช่น เอกสารต่าง ๆ ที่เป็นอักษรเบรลล์และเอกสารที่พิมพ์ด้วยตัวอักษรขนาดใหญ่ กรุณาโทรศัพทไปที่หมายเลข 1.855.270.2327 (TTY: 711) ไม่มีค่าใช้จ่ายสำหรับบริการเหล่านี้
Vietnamese	CHÚ Ý: Nếu quý vị cần trợ giúp bằng ngôn ngữ của mình, vui lòng gọi số 1.855.270.2327 (TTY: 711) . Chúng tôi cũng hỗ trợ và cung cấp các dịch vụ dành cho người khuyết tật, như tài liệu bằng chữ nổi Braille và chữ khổ lớn (chữ hoa). Vui lòng gọi số 1.855.270.2327 (TTY: 711) . Các dịch vụ này đều miễn phí



L.A. Care
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In this issue

Summer Travel: Don't Forget Your Medicine!	1	In-Person Classes Are Back at Our Community Resource Centers!	5
Easy Fruity Frozen Treats	2	Nurse Advice Line Can Help You!	5
Are Vaccines Safe During Pregnancy?	3	Doctor's Orders: Take Your Medications as Prescribed	6
We're In This Together	4		

SUMMER 2022

stay
well

A Newsletter for L.A. Covered™ Direct Members

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Have a happy and healthy summer!

