



Enrollee Newsletter

DECEMBER 2018

Volume 3, Issue 5

Community Care Plan, 'the health plan with a heart'

Keep your family Safe and Healthy this Holiday Season with these 12 Tips from the Center for Disease Control and Prevention (CDC):

1. **Wash your hands often.** This helps prevent germs from spreading. Wash with soap and water for at least 20 seconds.
2. **Bundle up.** If you are going to a cold place, wear appropriate outdoor clothing. These include light, warm layers, gloves, hats, scarves, and waterproof boots. This helps you stay warm and dry.
3. **Manage stress.** If you are stressed, give yourself a break. Some ways to manage stress are to find a support system and get plenty of sleep.
4. **Don't drink and drive or let others drink and drive.** Drinking and driving puts the whole road in danger.
5. **Stay clear of smoking.** Do not smoke or be around people that smoke.
6. **Fasten seat belts** every time you are in a motor vehicle. Buckle children in the car using a child safety seat, booster seat, or seat belt per their height, weight, and age.
7. **Get exams and screenings.** Talk to your doctor to make sure you are up to date on all yearly exams and screenings.
8. **Get vaccines.** Everyone 6 months and older should get a flu shot yearly.
9. **Watch children.** Keep potentially dangerous objects out of a child's reach. These include toys, food, drinks, and household items.
10. **Fire safety.** Most house fires happen in the winter. Some items you should not leave unattended are: fireplaces, space heaters, food cooking on stoves, or candles. Have and practice your emergency plan regularly.
11. **Safely prepare food.** Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly.
12. **Eat healthy and be active.** Eat fruits and vegetables. Limit portions of food high in fat, salt, and sugar. Adults should active for at least 2½ hours per week. Kids and teens should be active for at least 1 hour per day.



Source: www.cdc.gov/features/healthytips/

Always consult your physician before making changes to your lifestyle or healthcare routine. This information is available for free in other languages. Please contact our customer service number at 1-866-899-4828 /TTY/TDD, 1-855-655-5303, Monday through Friday from 8:00 a.m. to 7:00 p.m. ET. Esta información está disponible gratis en otras lenguas. Por favor, contacte a nuestro departamento de servicio al cliente al 1-866-899-4828 TTY/TDD 1-855-655-5303 de Lunes a Viernes desde las 8:00 a.m. a 7:00 p.m. Si ou vie resevwa enfomeseyon sa en Kreyol rele nimewo telefon sa 1-866-899-4828 TTY/TDD 1-855-655-5303 Lendi jiska Vandredi de 8:00am a 7:00pm EST.

Travel Safety

Traveling While Pregnant

Per the March of Dimes, it is usually safe to travel while having a healthy pregnancy. You should always talk to your obstetrician (OB) before taking a trip. They will be able to tell you if you and your baby are at risk if you travel. Some conditions that put you at risk to travel while pregnant are gestational diabetes, or heart disease.

How to Stay Safe When Flying on a Plane

- Ask your OB for anti-nausea medicine if you get motion sick.
- Book an aisle seat in the front of the plane, so it is easy to get up, and the ride is smoother.
- Drink plenty of water. Do not drink carbonated drinks or gassy foods. The gas can make you feel uncomfortable in the air.
- Fasten your seat belt. This will help you not get hurt during turbulence.
- Wear comfy loose clothing. Flex your ankle and walk when it is safe on the plane. Ask your OB if you should wear support stockings. These things can help lower your risk of deep vein thrombosis (DVT), a blood clot inside a vein.
- Tell the flight attendant if you are not feeling well during the flight.

How to stay safe in the car:

- Wear your seat belt.
- Try not to drive more than 5 or 6 hours per day. Break up the trip into shorter drives.
- On a long drive, to lower your risk of DVT:
 - Drink Water.
 - Wear loose clothes.
 - Take breaks, get out of the car to walk and stretch.
 - Ask your OB if you should wear support stockings.
 - Do not turn off airbags.
- Move and tilt your seat as far as you can from the dashboard and steering wheel as possible.
- Get medical help right away if you are in an accident.



How to stay safe on a ship:

- Ask if your ship has passed a CDC Health Inspection.
- Make sure a health care provider will be on the ship the whole time.
- Ask your OB for anti-nausea medicine if you get motion sick.
- Wash your hands often.
- Wash fruits and vegetables, you eat.

For more information about how to stay safe while traveling abroad and tips for getting ready for a trip while pregnant, please visit: www.marchofdimes.org/pregnancy/travel-during-pregnancy.aspx

Source: www.marchofdimes.org/pregnancy/travel-during-pregnancy.aspx

Always consult your physician before making changes to your lifestyle or healthcare routine. This information is available for free in other languages. Please contact our customer service number at 1-866-899-4828 /TTY/TDD, 1-855-655-5303, Monday through Friday from 8:00 a.m. to 7:00 p.m. ET. Esta información está disponible gratis en otras lenguas. Por favor, contacte a nuestro departamento de servicio al cliente al 1-866-899-4828 TTY/TDD 1-855-655-5303 de Lunes a Viernes desde las 8:00 a.m. a 7:00 p.m. Si ou vie resewva enfomeseyon sa en Kreyol rele nimewo telefon sa 1-866-899-4828 TTY/TDD 1-855-655-5303 Lendi jiska Vandredi de 8:00am a 7:00pm EST.