

# Member Newsletter



**Community Care Plan**

The Health Plan with a Heart

For More Information  
Go To [CCPcares.org](http://CCPcares.org)

Call Us At  
1-866-899-4828

Community Care Plan values your care.

If you have any concerns with your children's Physical, Occupational or Speech Therapy Services, please call Yvie Noel at 954-622-3272 or email [ynoel@CCPcares.org](mailto:ynoel@CCPcares.org).

For more information, visit [CCPcares.org/Members/Medicaid](http://CCPcares.org/Members/Medicaid)

Resources:  
Health Literacy Online | [health.gov](http://health.gov)

Make the Most of Your Child's Visit to the Doctor (Ages 1 to 4) - [MyHealthfinder | health.gov](http://MyHealthfinder | health.gov)

Adult Well-Care Visits, Screenings, and Immunizations | Kaiser Permanente

[Click Here to View Our Past Newsletters](#)

Literacy means being able to read and write. It also means knowing about a certain subject. Children learn how to read, write, do math, and more in school. But one thing they don't teach you in school is health literacy.

## What is health literacy?

Health literacy is being able to find, understand, and use basic health information and services to make decisions about your health care. This includes making choices for your child's health too.

The internet is a great place to find health information, but it can be confusing. The information you find may not be correct. Community Care Plan's (CCP) new health library has the tools you need to get and stay healthy. You can find this on our website: [CCP Health Library](#).

Your and your child's Primary Care Provider ("PCP") are a great resource too. You and your doctor (or your child's doctor) should work together to get and keep you (or your child) healthy. It is important for your doctor to get to know you before you get sick and need care. The best way to do that is to see your doctor every year for your well visit check-up. Starting at age two (2), children need this visit every year too. Children younger than age two (2) need more frequent visits, so ask your child's doctor when visits are needed.

You made an appointment to see the doctor. What's next? Take a few minutes to watch this video. [Work Closely with Your Doctor](#). This video gives great tips on how to:

- Prepare for your visit
- Ask questions
- Take part in your plan of care

## Health Library

Enter search term.



### Conditions

Topics	Videos	Tools
Allergies	COPD	Immune System
Asthma	Diabetes	Lungs and Airways
Back and Neck Pain	Digestion	Mental and Behavioral Health
Blood and Lymph System	Ear, Nose, and Throat	Mouth and Dental
Bones, Joints, and Muscles	Eyes and Vision	Pain Control
Brain and Nervous System	Genetic Conditions	Sexual and Reproductive Organs
Cancer	Headaches	Skin, Hair, and Nails
Colds and Flu	Heart and Circulation	Urinary System
	High Blood Pressure	





### 🔍 Health Care Provider Near You

CCP has a network of great doctors. But we know that not every doctor is the best fit for you. Want to know how to find the right provider for you? Read this article in our library [Choosing a Health Care Provider](#) to get ideas and resources on finding the right doctor. If you need help finding a doctor in CCP's network, contact our Member Services team for help at 1-866-499-4828.

For more great videos and articles from our Health Library, read our February newsletter : [CCP Medicaid Member Newsletter - February 2022](#)

Now you have the tools you need. Schedule that annual visit today.



Did you know that CCP offers a gift card for completing your annual visit? Visit [CCP Healthy Rewards](#) and learn how to get your gift card.

If you are reading this because you are pregnant, CONGRATULATIONS! Being pregnant and having a new baby on the way can be very exciting.

You may also have questions.

*Where will I get prenatal care?*

*Who will deliver my baby?*

Getting care early is the first step to make sure that you and baby are healthy. Doctors and midwives are both great options.



What is the difference between them? Watch this video from our library to help you learn more. Pregnancy: [Learning About Doctors and Midwives.](#)

Now that you are getting prenatal care, the doctor or midwife may order tests for you. Knowing what the tests are for can be confusing. Our Health Library has a section on how to make a wise decision about tests and treatments. This includes things like testing for birth defects. See the full list of tests here:

[Pregnancy and Childbirth](#)



If this is not your first baby, the library has articles and videos for you too. Did you have a C-Section with your last child? Want to know if you may be able to have a natural birth this time? Check out [Pregnancy: Should I Try Vaginal Birth After a Past C-Section \(VBAC\)?](#)

You may have heard or seen that there is a shortage of infant formula in the U.S. We encourage moms to breastfeed their babies. Breastfeeding has health benefits for both you and your baby. You also may not need to rely on formula to feed your baby. Not sure if breastfeeding is right for you? Visit: [Breastfeeding: Should I Breastfeed My Baby?](#)

If you choose to breastfeed your baby, this video can help you get ready while you are pregnant. [5 Ways to Prepare for Breastfeeding](#).

Our June newsletter has more information on resources for feeding your baby. You can read it at: [CCP Medicaid Member Newsletter - June 2022](#)



As you can see, our Health Library has lots of great information for pregnant women and new moms. If you want to connect with other moms or want to learn more about classes and support groups for childbirth, breastfeeding, and parenting, visit our Community Resource Center at [www.ourheart.org](http://www.ourheart.org).

Community Care Plan is your partner in making sure that you get great health care.

With our Birth, Baby and Beyond program,:

- We can help you Find an OB/GYN or pediatrician
- OB nurses who can give you more pregnancy resources

Visit [Community Care Plan - Birth, Baby, and Beyond](#) to learn more.

