

Member Newsletter



**Community
Care Plan**

The Health Plan with a Heart

**For More Information
Go To 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.

For more information, visit
CCPcares.org/Members/
Medicaid

**Click Here to View
Our Past Newsletters**

February is National Cancer Prevention Month

When you think of February and health, heart health may come to mind. But did you know that February is also National Cancer Prevention Month? Chances are you know a cancer survivor or may have lost someone that you care about to the disease. In honor of them and this month, we want to talk cancer prevention. The Prevent Cancer Foundation lists seven (7) steps you can take:

1. Don't use tobacco.

If you do smoke, chew tobacco, or vape nicotine, Community Care Plan has a Tobacco Cessation Healthy Behavior program that can help you quit and even reward you for completing a tobacco cessation program. It is never too late to quit! Visit the Healthy Rewards page of our website to learn more: [CCP Healthy Rewards for MMA](#).



2. Protect your skin from the sun.

Always use sunscreen and wear a wide-brimmed hat to protect your head and face from the sun. Never use indoor tanning beds!

3. Practice safer sex and avoid risky behaviors.

HPV and Hepatitis may be spread by unprotected sex and have been linked to certain types of cancer.

4. Get immunized with the HPV and hepatitis vaccines.

Want to learn more about the HPV vaccine and how it can prevent some cancers? Read [Community Care Plan MMA Member Newsletter - December 2021](#).



5. Know your family medical history and get regular cancer screenings.

Your doctor can tell you what screenings are right for you. This is one more reason to make sure you see your doctor each year for your well visit. There is no-cost to you for these visits. Not sure who your provider is? Our Member Services team can help.

6. Maintain a healthy weight and be physically active.

7. Eat a healthy diet.

The last two may sound hard, but they don't have to be! Community Care Plan (CCP) has tools to help you!



Call us today at
866-899-4828

Source:
[Seven Steps to Prevent Cancer](#),
[Prevent Cancer Foundation](#)



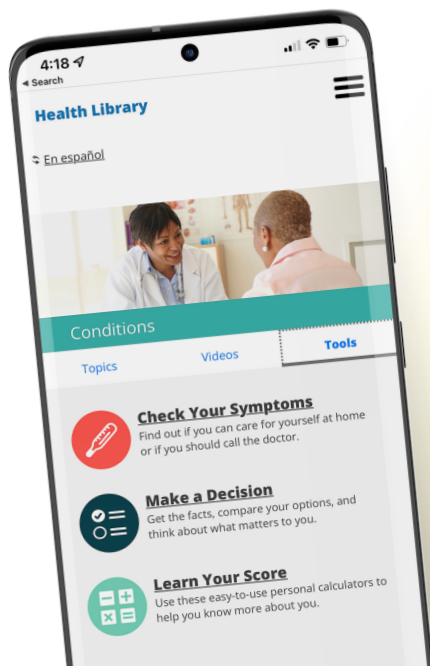
CCP Has a New Health Library

CCP has a new health library on our CCP website. Our library will give you tools, information, and videos to help you learn more about how to stay healthy. You can also learn more about a health topic or how to get more from your doctor visits. There are also tools to help you make choices about your health.

For tips to help you maintain a healthy weight and eat a healthy diet, visit [Healthy Eating](#). Or take two (2) minutes to watch [Tips for Building Healthy Meals](#). This video gives some great ideas for easy ways to create healthy meals while still eating the foods you love. And, best of all, you don't have to be a chef or buy expensive or fancy ingredients.

What about physical activity? CCP has resources on ways to get more active. Check out [Quick Tips: Fitting Physical Activity Into Your Day](#).

CCP wants to help you prevent disease and enjoy better health. We hope you enjoy our new health library. Share it with your friends and family and use it as your trusted source for health information!





Eating Well During Pregnancy

On the first pages, we talked about how to prevent cancer and the importance of eating right and physical activity. A healthy diet and getting regular exercise are also important for pregnant women.

Eating well during pregnancy will help make sure that your baby gets all the vitamins and minerals he or she needs. Eating right can help you keep yourself at healthy weight. It is also a good idea to talk to your doctor about taking prenatal vitamins.

Do you have an “Abuela” or grandma in your life who says that you are now “Eating for Two”? Check out [Community Care Plan’s new “Abuela Says” video](#) to learn why that may not be true. You will also get tips on healthy things to eat when pregnant.

Exercise can also be good for you when you are pregnant. It can help lower your risk of back pain, constipation, gestational diabetes, high blood pressure, and even the need for a c-section. Exercise can also help you get your body back in shape after pregnancy.

But not every pregnancy is the same. That is why we want you to talk with your doctor early in your pregnancy. Make sure that exercise is safe for you!

When you do exercise, make sure you drink plenty of water! Avoid anything that may make you overheat. Also, don’t do exercises that have you lying flat on your back.

Do you want to learn more about healthy eating and exercise in pregnancy? On the first page, we introduced our new online health library. There you can find articles and videos on a variety of health topics, including pregnancy, newborn care. These can help you make health care decisions. To get you started, we watch these two (2) videos.

1. [Pregnancy: How to Exercise Safely](#)
2. [Pregnancy: Eating the Right Foods](#)

Think of Community Care Plan as your partner in always taking care of your health. As part of our Birth, Baby and Beyond program, we can you help find an OB/GYN or pediatrician. One of our OB nurses can help give you more pregnancy resources. Visit [Community Care Plan - Birth, Baby, and Beyond](#) to learn more.



Sources:
[Nutrition During Pregnancy | ACOG](#)
[Exercise During Pregnancy | ACOG](#)