



CCP: THE HEALTH PLAN WITH A HEART

Now it is time to take care of you!

But how do you get started?

The Centers for Medicare & Medicaid Services created a “roadmap” to help. Here are some steps you can take for a healthier you.

- 1. Put your health first!** Staying healthy is important for everyone in your family. To be healthy you must create healthy habits at work and at home. One of the most important habits is going for regular health check-ups. If you have a chronic disease like diabetes or high blood pressure, you need more frequent visits.
- 2. Understand your health coverage.** Do you have questions about what services CCP covers? Which doctors and hospitals you can go to? Or maybe, where a local pharmacy or dentist is on our plan? You can call the member services number below to find out.
- 3. Know where to go for care.** The emergency department is for life-threatening situations. Primary care is to be seen by a doctor, get a prescription, or get a referral to another doctor. Did you know you have a primary care doctor assigned to take care of you? Their name and phone number are on your membership card.
- 4. Make an appointment.** When you call to make an appointment, let them know you are a new patient. Give them the information on your insurance card to make sure they work with CCP. Tell them which doctor you would like to see and why you need an appointment. Ask for a day and time that works with your schedule.
- 5. Be prepared for your visit.** Bring your insurance card with you. Make a list of medications and vitamins that you take. Know your family’s medical history. Bring a list of questions with you. Bring someone to the appointment if you need help.

At your visit your doctor can:

- ♥ Review your medical history
- ♥ Check vital signs
- ♥ EKG (heart test)
- ♥ Take your height, weight, & BMI
- ♥ Perform a head to toe assessment
- ♥ Lifestyle counseling to help you:
 - Quit smoking
 - Lose weight
 - Eat healthy
 - Reduce alcohol use
- ♥ Give referrals to specialists
- ♥ Prescribe needed medications
- ♥ Order blood and lab test
- ♥ Perform basic hearing & vision tests
- ♥ Perform cancer screenings like mammogram & colonoscopies
- ♥ Screen for STDs (Sexually transmitted diseases)
- ♥ Identify & treat depression
- ♥ Care for healthy pregnancies
- ♥ Give vaccinations like flu, pneumonia, measles, polio, meningitis & other diseases



Do you have ideas for how to make CCP better? We would like to work with you on our Member Advisory Panel. If you would like to join our team, please call : (954)-622-3239.

This information is available for free in other languages. Please contact our customer service number at 1-866-899-4828 /TTY/TDD 1-800-424-0328 Monday through Friday from 8:00am to 7:00pm ET. Esta información está disponible gratis en otras lenguas. Por favor contacte a nuestro departamento de servicio al cliente al 1-866-554-2673 TTY/TDD 1-800-424-0328 de Lunes a Viernes desde las 8:00am a 7:00pm

Content source: <https://marketplace.cms.gov> & <https://cdc.gov>

Always consult your physician before making any changes to your lifestyle or healthcare routine.

Enrollee Newsletter

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IN THIS ISSUE: ADULT PREVENTIVE CARE



We can get you there...

As a member of CCP you have transportation assistance.

If you need a ride to or from a doctor appointment please call :

LogistiCare

1-866-306-9358 (Reservations)
1-866-306-9359 (Ride Assistance)



Even if this is your 2nd or 3rd pregnancy, prenatal care is very important.

If you are or think you may be pregnant, CCP has someone to help you.

Please call **1-866-899-4828** to let us know you are pregnant.

An **OB nurse case manager** can help you along the way with:

- Personal coaching from an RN (nurse)
- Appointment assistance
- Appointment reminders
- Getting additional support through community resources
- Referring to in house social worker
- Answer questions you have