



Enrollee Newsletter

OCTOBER 2017
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Community Care Plan, 'the health plan with a heart'

Protect you and your family

The Centers for Disease Control and Prevention (CDC) says that a yearly flu vaccine is the first and most important step in protecting against flu viruses¹.

The CDC also recommends that everyone 6 months of age or older should get a flu vaccine. People who are most at risk are young children, pregnant women, and people with chronic health conditions. Some of these conditions are asthma, diabetes, and heart and lung disease. People ages 65 and over are also at risk of serious flu complications.

Things you can do to protect yourself

- Get your flu shot every year
- Avoid close contact with sick people
- Wash your hands with soap and water
- Avoid touching your eyes, nose, and mouth
- Clean and disinfect surfaces and objects that may have germs on them

What to watch for

- Fever
- Cough
- Sore Throat
- Runny or Stuffy nose
- Body Aches
- Headaches
- Chills
- Fatigue

What to do if you get the Flu: If you feel that you have flu like symptoms, go see a doctor as soon as possible. Going early means that an anti-viral medication can be given to you. This type of medication works best if taken within the first 48 hours from the time you get symptoms.



If you are not feeling well, before getting your flu shot you should talk to your doctor about your symptoms.

Your Flu Shot is FREE! All you have to do is visit your Primary Care Doctor or CVS Minute Clinic. For a list of local Minute Clinics, you can visit:

<http://ccpcare.org/enrollee/find-a-minute-clinic>

Remember pregnant women are at increased risk during the Flu season. **If you are or think you may be pregnant**, please call **1-866-899-4828** to let us know. CCP offers specialized nurse case managers to help you with your needs during pregnancy. You may even qualify for additional help or services during and after your pregnancy.

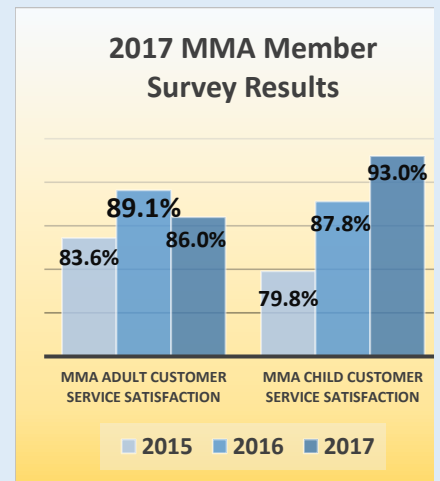
Content source: ¹<http://cdc.gov>

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

2017 Enrollee Survey

Community Care Plan works hard everyday to make our plan better for you!

In our 2017 Member Survey, you told us that we improved in customer service satisfaction for child member care.

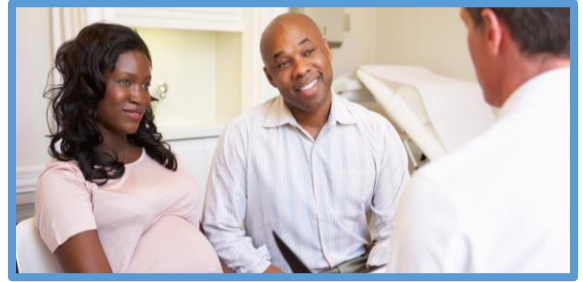


CCP also exceeded the National Benchmark for member satisfaction in both areas.

This year we are going to work on Health Promotion and Education!

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 8:00 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 1-866-544-2673 TTY/TDD 1-800-424-0328 de Lunes a Viernes desde las 8:00 a.m. a 7:00 p.m.

CCP Pregnancy Corner



Post-Partum Visits

You just had a baby. Now what? It's time to take care of you! With a new baby at home, it is hard to make time for yourself. But not making your 6-week post-partum (after the baby) visit with your doctor puts you at risk. Even if you have had other pregnancies in the past.

Your doctor will check for:

- Abnormal Bleeding
- Iron levels
- Blood Pressure
- Pain
- Post-partum depression
- Infection



If you had a C-section, this visit is different from your incision check.

Breast Cancer: Are you at risk?

Both men and women are affected by Breast Cancer. For women, it is the second most common cancer in the U.S.



Risk Factors

- Family history
- Getting older
- Being overweight or not physically active
- Late or no pregnancy
- Hormone therapy
- Taking birth control pills
- Early menstrual period before age 12

Symptoms

- New lump in the breast or armpit
- Swelling or thickening of part of the breast
- Irritation or dimpling of the breast skin
- Redness or flaky skin in the nipple area or the breast
- Nipple pulling inward
- Nipple discharge (other than breast milk), including blood

Ways to get checked

- Speak to your doctor about how to do a self breast exam monthly to check for lumps
- Get a mammogram. This is a special x-ray that can find breast cancer early. Your doctor can help you to schedule an appointment.

Content Source:

<https://www.cdc.gov/cancer/breast/pdf/BreastCancerFactSheet.pdf>

https://www.cdc.gov/cancer/breast/basic_info/screening.htm

<http://www.dhcs.ca.gov/dataandstats/Pages/Prena.aspx>

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