LIVE YOUR LIFE WELL

Take care of your body and your mind.

Behavioral health (or mental health) affects how you think, feel and act. Your family history and life experiences help to shape it. Behavioral health issues are common. They can be short-term or life-long. But you don’t have to suffer – they’re treatable.

DO YOU HAVE ANY BEHAVIORAL HEALTH CONCERNS?

Talk to your doctor and ask about treatment options. You can see a behavioral health specialist without a referral. And there are no copays.

NEED HELP NOW?

If you or someone you know is having a crisis, get help. Call our 24-Hour Behavioral Health Crisis Line at 1-855-582-6265. Someone will listen to your problem and help you decide how to handle it.

CONCERNED ABOUT YOUR CHILD’S DEVELOPMENT?

Babies and toddlers learn and develop at different rates. Usually, these differences even out over time. But sometimes kids need extra help to catch up. Ask your doctor if your child’s development is on track. You can also call your local Early Intervention Program.

NEED HELP?

Services are available for kids who need a little extra help. Kids ages 0–3 with a delay in learning or development can receive:

- Hearing and vision screenings
- In-home visits
- Speech and physical therapy
- Family counseling

These services are offered at no cost to you.

Call the New York State "Growing Up Healthy" 24-hour hotline. They can tell you the number of your county's program.

Call 1-800-522-5006
In New York City, call 311


HEALTHY LIFESTYLE PLAN

Help prevent health problems with these healthy habits.

DIET
- Eat healthy and control portion sizes
- Focus on vegetables, fruits and whole grains
- Include lean meats, poultry, fish, beans, eggs and nuts
- Limit sodium, saturated and trans fats, added sugars and alcohol

FITNESS
- Health benefits start with as little as 1 hour of exercise/week
- Reduce the risk of many chronic diseases with a total of 2 ½ hours/week of moderate-intensity exercise, such as brisk walking

HEALTHY SLEEPING
- Studies show lack of sleep is tied to obesity
- Vital for mental health, quality of life and safety

KEEP TRACK OF YOUR MEDICINES with a Free App

It can be difficult to keep track of your medicines – especially if you take several each day. But there’s an app for that!

Check out free apps on both Android and Apple devices. There are special apps designed to help you keep track of your medicine and monitor your refills.

Just open your App Store and search for “medication reminders.” Use the one that best fits your needs. It’s that simple!

THYROID AWARENESS

You may not give much thought to your thyroid – until it gives you problems. The thyroid is a small gland in your neck that makes hormones. If it’s not working right, it can lead to thyroid disease.

5 IN EVERY 100 PEOPLE HAVE HYPTHYROIDISM
That’s when your thyroid doesn’t make enough hormones. It can cause:
- Weight gain
- Tiredness
- Joint pain

1 IN EVERY 100 PEOPLE HAS HYPERTHYROIDISM
That’s when your thyroid makes too many hormones. It can cause problems with your:
- Bones
- Muscles
- Fertility

Women over the age of 60, and those with a family history of the disease are most at risk. Thyroid disease is treatable. Talk to your doctor to learn more.

SOURCE: National Institute of Diabetes and Digestive and Kidney Diseases, “Thyroid Disease,” April 2017
TRANSITION YOUR CARE

We want you to get the care you need. That's why we work with you to make sure you have access to care when:

- You leave another health plan and are just starting with us
- One of your providers leaves our network
- You leave our health plan to go to another one
- You transition to adulthood and need help choosing an adult primary care physician

CALL US IF YOU NEED HELP TRANSITIONING YOUR CARE.

We want you to continue to see your doctors and get the medicine you need. Call us or have your provider call. Use the contact information listed under “Numbers to Know” on the front cover of this newsletter.

UTILIZATION MANAGEMENT (UM) PROGRAM

Our UM Program makes decisions about care. These decisions are based only on:

- Whether care is appropriate
- Service
- Whether the care is covered

We don’t reward anyone for denying coverage. UM decision makers don’t get paid to make decisions that don’t use care.

Do you have questions about the UM Program?

Call us. We can help answer questions about coverage decisions. You can also check the UM Program section of your Member Handbook.

Need another language format?

Please call to ask for materials in a different format, including:

- Other languages
- Large print
- Audiotapes

There is no charge for this.

CALL US TODAY.

The number is listed under “Numbers to Know” on the front cover of this newsletter.
CAN KIDS GET ARTHRITIS?

You might think of arthritis as a condition that affects adults, but kids can also get it. It’s called juvenile arthritis (JA), and it can affect any child.

Experts don’t know what causes JA, but they think it might stem from a problem with the immune system.

If your child has JA, he or she might have symptoms like:

- Joint pain or stiffness
- Swelling
- Trouble walking or getting dressed

Juvenile arthritis can’t be cured. But with treatment, your child’s symptoms could go away.

**Talk to your child’s doctor to learn more.**

You may need to see a specialist to diagnose your child’s symptoms.

SOURCE: Centers for Disease Control and Prevention, “Childhood Arthritis,” retrieved from: https://www.cdc.gov/arthritis/basics/childhood.htm

AUTISM AWARENESS

You’ve probably heard of autism. But what exactly is it?

Autism is a developmental problem with the brain. It can affect language and social skills. It might make some people act a little different than most. People who have it usually start to show symptoms before age 3 and will have it throughout their lives.

**Symptoms might include:**

- Lack of eye contact
- Trouble interacting with others
- Delayed speech
- Body rocking or hand flapping

**Manage it with:**

- Behavioral changes
- Change in diet
- Medicine

**Talk to your child’s doctor if you are concerned about autism.**

Early treatment can help your child’s development.

BREAKFAST: START THE DAY OFF RIGHT

Mom always said, “Breakfast is the most important meal of the day” – and she was right.

Experts say kids who eat breakfast do better in school. They can focus on learning instead of being hungry.

Your public school may offer a free breakfast, so get the kids there early.

If you plan on breakfast at home, get creative to make sure your kids get a healthy start. Here are some ideas for fast, nutritious and kid-friendly morning meals:

1. Think outside the (cereal) box.
   - Reheat leftovers from the night before
   - Mix up a smoothie with milk and fruit
   - Grab a handful of nuts and dried fruit

2. Include protein to keep kids full.
   - Try an egg, nuts, cheese or yogurt

3. Make it the night before.
   - Hard-boil eggs for an easy grab-and-go breakfast
   - Cut up fruit or veggies so they’re ready to add to a yogurt parfait or omelet

EASY BREAKFAST COMBOS

These healthy ideas taste great and take just minutes to put together. Older kids can even make them on their own.

**Tortilla roll-up:**
Spread peanut butter on a whole-wheat tortilla, add fruit and roll up.

**Banana pop:**
Dip a peeled banana in yogurt. Then roll it in granola.

**Veggie pizza toast:**
Top a piece of whole-grain toast with some cheese and your favorite sliced veggies.

HEALTHY DENTAL HABITS
For Babies & Kids
Help kids form good dental habits when they’re young. They’ll be on track to have healthy teeth for life.

For Babies:
■ Clean teeth with a soft washcloth or a baby toothbrush
■ Don’t put baby to bed with a bottle
■ Check teeth for spots and stains

For Kids:
■ Kids ages 2 & up should brush with a pea-size amount of fluoride toothpaste (start sooner if your dentist or doctor recommends it)
■ Limit sugary snacks and drinks
■ Talk to your child’s doctor or dentist about fluoride varnish and dental sealants – sealants help protect the back teeth from cavities


CLICK or CALL for the Latest Drug Coverage Updates
Want to find the latest about the drugs we cover? Stay connected to which medicines your plan covers. Stop by our website, www.wellcare.com/new-york. You’ll find our Preferred Drug List (PDL). You can learn about drugs we’ve added or removed. You’ll be able to find changes to any drug requirements or coverage limits. You can also call Customer Service for updates.

ALWAYS TALK WITH YOUR DOCTOR
Always talk with your doctor(s) about the care that is right for you. This material does not replace your doctor’s advice. It is based on third party sources. We are presenting it for your information only. It does not imply that these are benefits covered by WellCare. Also, WellCare does not guarantee any health results. You should review your plan or call Customer Service to find out if a service is covered.

CALL 911 or your doctor right away in a health emergency.
NOTICE OF NON-DISCRIMINATION

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ATTENTION: Language assistance services, free of charge, are available to you. Call 1-800-288-5441. (TTY: 1-877-247-6272).


注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-288-5441。 (TTY: 1-877-247-6272)。