

FOCUS YOUR HEALTH



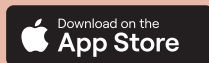
Let's talk about farmers markets and WIC!

WIC helps families like yours get food and education to support everyone with their health.

What is WIC?

It's the women, infants, and children program that helps families get food and education on nutrition, breastfeeding, and more.

Download the WIC app today!





Who qualifies?

If you have babies or children under 5, are pregnant, or are a new parent, you can get WIC.

How do I apply?

You can call WIC at 888-942-9675 to find the location nearest you.

Does WIC still use checks? No. You will use a WIC card for buying food.

How do I know where I can buy WIC-approved foods? WIC has an app you can download on your smart phone and use to find stores that take WIC. Or you can call your local WIC office.

Can I shop at farmers markets with WIC? Your local WIC office can tell you what the markets' hours are—just give them a call.

Wellness visits aren't just for kids



When was your last preventive health visit? A preventive health visit can also be called an annual physical. This means you go see your doctor or other provider when you are not sick to check on things like blood pressure. It's as simple as ABC:

A
A1c testing. This is especially important if you have a family history of diabetes.

B
Blood pressure. Almost half of all adults in the United States have hypertension. Getting checked is the first step to knowing your risk.

C
Cancer screening. Depending on your age, sex and family history, your doctor will know which cancer screenings are most important for you.

Visit www.hpsj.com/myrewards to how Health Plan members can receive \$25 for getting your annual visit.

Check In,
Check it Off!
**Catch Up
on Wellness
Exams**



Before the end of summer, make sure to add a wellness visit to your to-do list. Schedule your child's annual wellness appointment early and get the checkups your child needs before the school year starts. This might be a well-child visit. Or, if your child is an athlete, it might be a sports physical.

In either case, it's the only visit many kids and teens have with their doctor each year. That's why it's so important. The doctor can give your child a physical exam and check for any hidden health problems.

At these visits, you'll go over:

Vaccines: Childhood vaccines help keep your child safe from 14 different diseases, some life-threatening. And kids don't outgrow their need for them—preteens and teens also need vaccines.

Developmental screening: What's a healthy weight for your child?

How can you help your child eat better or exercise more? What's the best way to discourage your child from smoking or help them cope with peer pressure?

Any question you have is an important one. And as long as you speak up, your child's doctor will guide you.

CALL TODAY!

Not sure who is your child's doctor? Make a member account at www.hpsj-mvhp.org or call Customer Service at 1-888-936-PLAN (7526).

How to Get Behavioral Health Services



To find a Mental Health Provider:

Call Carelon at **888-581-7526**

Visit **www.hpsj.com/find-a-doctor**

For immediate assistance with Mental Health needs: Call the Suicide & Crisis Lifeline at 988

Suicide &
Crisis Lifeline

988

***Mental Health
Crisis Line in your
county:***

San Joaquin
County Crisis Line:
209-468-8686

Stanislaus County
Crisis Line:
209-558-4600

Alpine County
Crisis Line:
800-318-8212

El Dorado County
Crisis Line:
**West Slope
530-622-3345
South Lake Tahoe
530-544-2219**

***To find substance
use counseling
and other related
programs please
call the following
number for your
county:***

El Dorado County:
530-621-6290 or
24/7 Substance
Use Treatment
Access Line at
800-929-1955

Stanislaus County:
888-376-6246

San Joaquin
County:
888-468-9370

Alpine County:
530-694-1816



5 FACTS

About HPV and Throat Cancer

Did you know that smoking is not the most common cause of throat cancer? Most throat cancers are caused by human papilloma virus (HPV). HPV is a group of viruses spread through people having sex. Cases are on the rise.

Here are 5 facts you should know:

1. HPV infections can be harmless, but some can cause cancer. Most HPV infections can be fought off by the immune system. Some types of HPV can be more harmful. Over time, it's possible for HPV to cause changes to

cells that may lead to throat (oropharyngeal) cancer. HPV may also cause cancer in other areas

2. Most throat cancers are HPV related. HPV is responsible for about 36,000 new cancer diagnoses each year the number of new cases is rising.

3. Throat cancer can cause noticeable symptoms. A long lasting sore throat, hoarseness, swollen lymph nodes, earaches, painful swallowing and unexplained weight loss could be signs of throat cancer. If you notice them, let your primary care provider know.

4. HPV-related cancers can be prevented. There is an HPV vaccine that protects against HPV-related cancer. But immunization needs to happen in childhood, well before a person becomes sexually active and has contact with HPV. The Centers for Disease control and prevention recommends the HPV vaccine for all 11 or 12 year old kids

this age need 2 doses, given 6 to 12 months apart. Teens and adults 26 and under who were not vaccinated by age 12 can still be immunized. Those who get their first shot at age 15 or beyond need 3 doses, given over six months. Ask your child's primary care provider when your child should be immunized.

5. Some adults may receive the HPV vaccine too. Adults over 26 have likely been exposed to HPV already, so the vaccine is less likely to be protective. However immunization may make sense for certain adults ages 27 through 45.

Talk with your doctor to decide if the benefits of getting vaccinated outweigh the risks of a new HPV infection.

Additional source: National Cancer Institute

Make a Difference Join the CAC



When people come together to share their ideas for a healthier community, we all get better. All you have to do is join the Community Advisory Committee (CAC).

What is it?

The CAC is designed with you in mind. You will have the chance to share your ideas, create programs and help us better serve our members. Your ideas can make a difference!

We need you:

If you're a Health Plan of San Joaquin member, you can:

- **Be heard**
- **Share your ideas**
- **Earn \$40**

Visit the CAC Website for more information www.hpsj.com/cac. To find out how, please call **209-942-6356** or email healtheducation@hpsj.com.



CORONAVIRUS

Stay up-to-date! COVID-19

COVID-19 continues to impact our communities. Now with more options for vaccines and more information on our risks, we know how to keep our families safe. To stay up-to-date on the latest vaccine information or for more resources regarding COVID-19, call **Health Plan Customer Service (1-888-936-7526; TTY: 711; Monday through Friday, from 8 a.m. to 5 p.m.)** or visit **www.hpsj.com/covid-19-members-information/**. People with COVID-19 have had a wide range of symptoms reported ranging from mild symptoms to severe illness. Symptoms may appear 2 to 14 days after exposure to the virus. Anyone can have mild to severe symptoms.

Possible symptoms include:

- ✓ Fever or chills
- ✓ Cough
- ✓ Shortness of breath or difficulty breathing
- ✓ Fatigue
- ✓ Muscle or body aches
- ✓ Headache
- ✓ New loss of taste or smell
- ✓ Sore throat
- ✓ Congestion or runny nose
- ✓ Nausea or vomiting
- ✓ Diarrhea



Banana Blueberry Smoothie



INGREDIENTS

1 Banana
1 cup Blueberries
½ cup Coconut
Milk Unsweetened,
or any type of
milk you prefer
1 tablespoon
Honey
1 tablespoon
Lime Juice
¼ teaspoon
Almond Extract
1 cup Ice

PREPARATION

Add banana,
blueberries,
preferred milk,
honey, lime juice,
almond extract,
and ice to blender
and blend. *Enjoy!*

READY IN: 5 min **SERVES:** 1



Tabouleh

INGREDIENTS

- 2 cups Bulgur
- Wheat uncooked
- 2 cups Water hot
- 1 Cucumber chopped
- 1 Tomato small, chopped
- 1 bunch Green Onions chopped
- ½ cup Fresh Mint chopped
- 2 cups Fresh Parsley chopped
- ½ cup Fresh Lemon Juice
- 1 tablespoon Olive Oil or Black Pepper to taste

OPTIONAL TOPPINGS

- Chopped fresh cilantro
- Crushed chips
- Light sour cream

PREPARATION

Pour hot water over bulgur wheat and allow to stand until water is absorbed, about 30 minutes.

Combine the rest of the ingredients in a large bowl and mix well. Serve immediately or chill for up to 3 days.

READY IN: 40 min **SERVES:** 12

Take Care of Yourself by Getting a Mammogram



Steps to a healthier YOU!

Let's get started:

Call your doctor to make an appointment.

An annual health check-up includes: Mammogram, Pelvic Exam, and Pap Smear.

Day of the Mammogram Appointment:

- No deodorant, fragrance, or lotions.
- Wear a two-piece outfit. Exam requires removing your upper garments.

During the Exam:

- You might feel slight discomfort.
- The machine will press down on your breast tissue for a few seconds.
- The exam is about 20 minutes long.

After the Exam:

- You will receive a call from your doctor to go over the results.
- Ask the doctors or nurses to explain anything you don't understand.

Way to
take care of
YOURSELF!

Keep in mind, getting called back after a mammogram is common and doesn't mean you have breast cancer. Fewer than 1 in 10 patients called back for more tests are found to have cancer.

Tips

- ✓ A mammogram is an x-ray picture of the breast tissue and requires a referral from your doctor.
 - ✓ Know your body. The risk for breast cancer increases after age 50.
 - ✓ 1 in 8 individuals in the United States will be diagnosed with breast cancer in their lifetime.*
 - ✓ If you're 40 or older (and at average risk of breast cancer), talk with your health care provider about breast cancer screening. Discuss when and how often you should get a mammogram.
-

myRewards

You may qualify for an incentive when you get your mammogram. **Visit www.hpsj.com/about-us/myrewards to see what rewards are available to Health Plan members!**

LANGUAGE ASSISTANCE

English Tagline

ATTENTION: If you need help
in your language call

1-888-936-7526, TTY 711.

Aids and services for people
with disabilities, like documents
in braille and large print, are
also available. Call

1-888-936-7526, TTY 711.

These services are free
of charge.

الشعار بالعربية (Arabic)

يُرجى الانتباه: إذا احتجت إلى المساعدة

بلغتك، فاتصل بـ **1-888-936-7526**،

TTY 711. تتوفر أيضًا المساعدات

والخدمات للأشخاص ذوي الإعاقة، مثل

المستندات المكتوبة بطريقة بريـل والخط

الكبير. اتصل بـ **1-888-936-7526**،

TTY 711. هذه الخدمات مجانية.

Հայերեն պիտակ (Armenian)

ՈՒՇԱԴՐՈՒԹՅՈՒՆ: Եթե Ձեզ
օգնություն է հարկավոր Ձեր
լեզվով, զանգահարեք

1-888-936-7526, TTY 711:

Կան նաև օժանդակ միջոցներ
ու ծառայություններ

հաշմանդամություն ունեցող
անձանց համար, օրինակ՝

Բրայլի գրատիպով ու

խոշորատառ տպագրված

սյուրթեր: Չանգահարեք

1-888-936-7526, TTY 711:

Այդ ծառայություններն

անվճար են:

ឃ្លាសម្គាល់ជាភាសាខ្មែរ

(Cambodian)

ចំណាំ៖ បើអ្នក ត្រូវ ការជំនួយ

ជាភាសា របស់អ្នក សូម ទូរស័ព្ទ

ទៅលេខ **1-888-936-7526,**

TTY 711។ ជំនួយ និង សេវាកម្ម

សម្រាប់ ជនពិការ ដូចជាឯក

សារសរសេរជាអក្សរផុសសម្រាប់ជន

ពិការភ្នែក ឬឯកសារសរសេរជា

អក្សរពុម្ពធំ ក៏អាចរកបានផងដែរ។

ទូរស័ព្ទមកលេខ **1-888-936-7526,**

TTY 711។ សេវាកម្មទាំងនេះ

មិនគិតថ្លៃឡើយ។

简体中文标语

(Simplified Chinese)

请注意：如果您需要以您的母语提供帮助，请致电 **1-888-936-7526 (TTY: 711)**。我们另外还提供针对残疾人士的帮助和服务，例如盲文和大字体阅读，提供您方便取用。请致电 **1-888-936-7526 (TTY: 711)**。这些服务都是免费的。

مطلب به زبان فارسی (Farsi)

توجه: اگر می‌خواهید به زبان خود کمک

دریافت کنید، با **1-888-936-7526**,

TTY 711 تماس بگیرید. کمک‌ها و

خدمات مخصوص افراد دارای معلولیت،

مانند نسخه‌های خط بریل و چاپ با

حروف بزرگ، نیز موجود است. با

1-888-936-7526, TTY 711 تماس

بگیرید. این خدمات رایگان ارائه می‌شوند.

हिंदी टैगलाइन (Hindi)

ध्यान दें: अगर आपको अपनी भाषा में सहायता की आवश्यकता है तो

1-888-936-7526, TTY 711 पर

कॉल करें। अशक्तता वाले लोगों के

लिए सहायता और सेवाएं, जैसे ब्रेल

और बड़े प्रिंट में भी दस्तावेज़ उपलब्ध

हैं। **1-888-936-7526, TTY 711** पर

कॉल करें। ये सेवाएं निः शुल्क हैं।

Nqe Lus Hmoob Cob (Hmong)

CEEB TOOM: Yog koj xav tau kev pab txhais koj hom lus hu rau **1-888-936-7526, TTY 711.**

Muaj cov kev pab txhawb thiab kev pab cuam rau cov neeg xiam oob qhab, xws li puav leej muaj ua cov ntawv su thiab luam tawm ua tus ntawv loj.

Hu rau **1-888-936-7526, TTY 711.** Cov kev pab cuam no yog pab dawb xwb.

日本語表記 (Japanese)

注意日本語での対応が必要な場合は **1-888-936-7526, TTY 711** へお電話ください。点字の資料や文字の拡大表示など、障がいをお持ちの方のためのサービスも用意しています。

1-888-936-7526, TTY 711 へお電話ください。これらのサービスは無料で提供しています。

한국어 태그라인 (Korean)

유의사항: 귀하의 언어로 도움을 받고 싶으시면 **1-888-936-7526,**

TTY 711 번으로 문의하십시오.

점자나 큰 활자로 된 문서와

같이 장애가 있는 분들을 위한

도움과 서비스도 이용

가능합니다. **1-888-936-7526,**

TTY 711 번으로 문의하십시오.

이러한 서비스는 무료로

제공됩니다.

ແທກໄລພາສາລາວ (Laotian)

ປະກາດ: ຖ້າທ່ານຕ້ອງການຄວາມ
ຊ່ວຍເຫຼືອໃນພາສາຂອງທ່ານໃຫ້ໂທ

ຫາເບີ **1-888-936-7526, TTY 711.**

ຍັງມີຄວາມຊ່ວຍເຫຼືອແລະການບໍລິກ

ານສໍາລັບຄົນພິການ ເຊັ່ນເອກະສານ

ທີ່ເປັນອັກສອນນູນແລະມີໂຕພິມໃຫ

ຍ່ ໃຫ້ໂທຫາເບີ **1-888-936-7526,**

TTY 711. ການບໍລິການເຫຼົ່ານີ້ບໍ່

ຕ້ອງເສຍຄ່າໃຊ້ຈ່າຍໃດໆ.

Mien Tagline (Mien)

LONGC HNYOUV JANGX

LONGX OC: Beiv taux meih
qiemx longc mienh tengx faan
benx meih nyei waac nor douc
waac daaih lorx taux

1-888-936-7526, TTY 711.

Liouh lorx jauv-louc tengx aengx
caux nzie gong bun taux ninh
mbuo wuaaic fangx mienh,
beiv taux longc benx nzangc-
pokc bun hluo mbiutc aengx
caux aamz mborqv benx domh
sou se mbenc nzoih bun longc.
Douc waac daaih lorx

1-888-936-7526, TTY 711.

Naaiv deix nzie weih gong-bou
jauv-louc se benx wang-henh
tengx mv zuqc cuotv nyaanh oc.

ਪੰਜਾਬੀ ਟੈਗਲਾਈਨ (Punjabi)

ਧਿਆਨ ਦਿਓ: ਜੇ ਤੁਹਾਨੂੰ ਆਪਣੀ
ਭਾਸ਼ਾ ਵਿੱਚ ਮਦਦ ਦੀ ਲੋੜ ਹੈ ਤਾਂ
ਕਾਲ ਕਰੋ **1-888-936-7526**,
TTY 711. ਅਪਾਹਜ ਲੋਕਾਂ ਲਈ
ਸਹਾਇਤਾ ਅਤੇ ਸੇਵਾਵਾਂ, ਜਿਵੇਂ ਕਿ ਬੋਲ
ਅਤੇ ਮੋਟੀ ਛਪਾਈ ਵਿੱਚ ਦਸਤਾਵੇਜ਼,
ਵੀ ਉਪਲਬਧ ਹਨ। ਕਾਲ ਕਰੋ
1-888-936-7526, TTY 711.
ਇਹ ਸੇਵਾਵਾਂ ਮੁਫਤ ਹਨ।

Русский слоган (Russian)

ВНИМАНИЕ! Если вам нужна помощь на вашем родном языке, звоните по номеру

1-888-936-7526

(линия ТТУ 711). Также

предоставляются средства и услуги для людей с ограниченными

возможностями, например

документы крупным шрифтом

или шрифтом Брайля. Звоните

по номеру **1-888-936-7526**

(линия ТТУ 711). Такие услуги

предоставляются бесплатно.

Mensaje en español (Spanish)

ATENCIÓN: si necesita ayuda en su idioma, llame al **1-888-936-7526, TTY 711.**

También ofrecemos asistencia y servicios para personas con discapacidades, como documentos en braille y con letras grandes. Llame al **1-888-936-7526, TTY 711.**

Estos servicios son gratuitos.

Tagalog Tagline (Tagalog)

ATENSIYON: Kung kailangan mo ng tulong sa iyong wika, tumawag sa **1-888-936-7526**, **TTY 711**. Mayroon ding mga tulong at serbisyo para sa mga taong may kapansanan, tulad ng mga dokumento sa braille at malaking print. Tumawag sa **1-888-936-7526**, **TTY 711**. Libre ang mga serbisyong ito.

แท็กไลน์ภาษาไทย (Thai)

โปรดทราบ: หากคุณต้องการความช่วยเหลือเป็นภาษาของคุณ กรุณาโทรศัพท์ไปที่หมายเลข

1-888-936-7526, TTY 711

นอกจากนี้ ยังพร้อมให้ความ

ช่วยเหลือและบริการต่าง ๆ สำหรับบุคคลที่มีความพิการ เช่น เอกสาร

ต่าง ๆ ที่เป็นอักษรเบรลล์และเอกสารที่พิมพ์ด้วยตัวอักษรขนาดใหญ่

กรุณาโทรศัพท์ไปที่หมายเลข

1-888-936-7526, TTY 711

ไม่มีค่าใช้จ่ายสำหรับบริการเหล่านี้

Примітка українською (Ukrainian)

УВАГА! Якщо вам потрібна допомога вашою рідною мовою, телефонуйте на номер **1-888-936-7526, ТТҮ 711**. Люди з обмеженими можливостями також можуть скористатися допоміжними засобами та послугами, наприклад, отримати документи, надруковані шрифтом Брайля та великим шрифтом. Телефонуйте на номер **1-888-936-7526, ТТҮ 711**. Ці послуги безкоштовні.

Khẩu hiệu tiếng Việt

(Vietnamese)

CHÚ Ý: Nếu quý vị cần trợ giúp bằng ngôn ngữ của mình, vui lòng gọi số **1-888-936-7526**, **TTY 711**. Chúng tôi cũng hỗ trợ và cung cấp các dịch vụ dành cho người khuyết tật, như tài liệu bằng chữ nổi Braille và chữ khổ lớn (chữ hoa). Vui lòng gọi số **1-888-936-7526**, **TTY 711**. Các dịch vụ này đều miễn phí.

Nondiscrimination Notice

Discrimination is against the law. Health Plan of San Joaquin/Mountain Valley Health Plan (“Health Plan”) follows State and Federal civil rights laws. Health Plan of San Joaquin does not unlawfully discriminate, exclude people or treat them differently because of sex, race, color, religion, ancestry, national origin, ethnic group identification, age, mental disability, physical disability, medical condition, genetic information, marital status, gender, gender identity or sexual orientation.

Health Plan provides:

- Free aids and services to people with disabilities to help them communicate better, such as:
 - ✓ Qualified sign language interpreters
 - ✓ Written information in other formats (large print, audio,

accessible electronic formats and other formats)

- Free language services to people whose primary language is not English, such as:
 - ✓ Qualified interpreters
 - ✓ Information written in other languages

If you need these services, contact Health Plan between Monday-Friday 8:00 a.m. - 5:00 p.m. by calling **1-888-936-7526**. If you cannot hear or speak well, please call TTY 711 to use the California Relay Service. Upon request, this document can be made available to you in braille, large print, audio, and accessible electronic format. To obtain a copy in one of these alternative formats, please call or write to:

**Health Plan of San Joaquin/
Mountain Valley Health Plan
7751 South Manthey Road,
French Camp, CA 95231
1-888-936-PLAN (7526), TTY 711**

HOW TO FILE A GRIEVANCE

If you believe that Health Plan has failed to provide these services or unlawfully discriminated in another way on the basis of sex, race, color, religion, ancestry, national origin, ethnic group identification, age, mental disability, physical disability, medical condition, genetic information, marital status, gender, gender identity or sexual orientation, you can file a grievance with Health Plan's Civil Rights Coordinator, the Chief Compliance Officer. You can file a grievance in writing, in person, or electronically:

- By phone: Contact between Monday - Friday, 8:00 a.m. - 5:00 p.m. by calling **1-888-936-7526**. Or, if you

cannot hear or speak well, please call TTY 711.

- In writing: Fill out a complaint form or write a letter and send it to:

**Health Plan of San Joaquin/
Mountain Valley Health Plan
Attn: Grievance and Appeals
Department**

**7751 South Manthey Road,
French Camp, CA 95231**

1-888-936-PLAN (7526), TTY 711

By fax: 209-942-6355

- In person: Visit your doctor's office or Health Plan and say you want to file a grievance.
- Electronically: Visit Health Plan's website at www.hpsj-mvhp.org.

If you need help filing a grievance, a Customer Service Representative can help you.

OFFICE OF CIVIL RIGHTS - CALIFORNIA DEPARTMENT OF HEALTH CARE SERVICES

You can also file a civil rights complaint with the California Department of Health Care Services, Office of Civil Rights by phone, in writing, or electronically:

- By phone: Call **916-440-7370**. If you cannot speak or hear well, please call 711 (Telecommunications Relay Service).
- In writing: Fill out a complaint form or send a letter to:

**Deputy Director, Office of Civil
Rights
Department of Health Care
Services
Office of Civil Rights
P.O. Box 997413, MS 0009
Sacramento, CA 95899-7413**

Complaint forms are available at www.dhcs.ca.gov/Pages/Language_Access.aspx5

- In person: Visit your doctor's office or Health Plan and say you want to file a grievance.
- Electronically: Send an email to CivilRights@dhcs.ca.gov.

OFFICE OF CIVIL RIGHTS - U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

If you believe you have been discriminated against on the bases of race, color, national origin, age, disability or sex, you can also file a civil rights complaint with the U.S. Department of Health and Human Services Office for Civil Rights by phone, in writing, by phone or electronically:

- By phone: Call **1-800-368-1019**. If you cannot speak or hear well, please call **TTY 1-800-537-7697**.

- In writing: Fill out a complaint form or send a letter to:

**U.S. Department of Health and
Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201**

Complaint forms are available at
www.hhs.gov/ocr/office/file/index.html

- Electronically: Visit the Office for Civil Rights Complaint Portal at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>.

Myths & Realities About Mental Health



MYTH Mental health problems are a sign of weakness.

REALITY It is not your fault if you're going through a crisis or feeling sad. Many things play a role in anxiety, depression, post-traumatic stress disorder and other issues.

MYTH Children never go through mental health problems.

REALITY Children are people too, and they can have hard times. Such as, half of people with mental health illnesses show their first warning signs before age 14. We must come together and show young people healing is possible.

AUTISM ACCEPTANCE

Do you have a child with autism? You are your child's best advocate. Work with your child's school to find needed services and support that can help your child thrive and prepare them for success as an adult.

Ask your child's doctor about developmental screenings. They help you and your doctor help your child with their unique needs.

Join us in celebrating **Autism Acceptance**. Use your voice to share messages of acceptance, inclusion, and helping link people to support services—and to one another. Learn the signs. Act early.



