



CenCal Health serves Santa Barbara and San Luis Obispo counties providing health coverage for Health Initiative, Healthy Families, Healthy Kids, Access for Infants and Mothers, and In-Home Supportive Services programs.

Eat Healthy with Farmers Markets

This summer, do your grocery shopping outside. Roam your local farmers market for fresh fruits and vegetables, which help prevent disease. Many markets sell organic foods, which are grown without the use of pesticides. And because market foods are seasonal, they're often cheaper. You get fresher food and you support local growers. You can find a farmers market near you at <http://apps.ams.usda.gov/FarmersMarkets>.

To get the most from your market, follow these tips:

- Go early, when the selection is best. Or at the end, when some vendors lower prices.
- Select produce that are different colors. Eating a

variety of colors is healthiest.

- **Branch out!** Try a new fruit or vegetable that you haven't had before.
- If you have children, let them choose a vegetable or fruit they like. Some farmers

markets accept WIC vouchers and CalFresh cards—these used to be called food stamps. Ask when you visit the farmers market in your area.

DON'T GO HUNGRY!
Call **211** to find out how to apply for CalFresh or what agencies distribute food from the food bank.



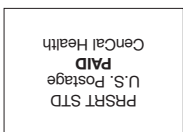
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Check Out Our Quality of Care Results

CenCal Health's latest quality of care report shows very good results overall, thanks to the health plan's excellent provider network. Some measures that do need improvement are early prenatal care, well-care exams for teens, and cancer screenings for women.

You can look at the report by visiting www.cencalhealth.org/ensuring_quality/hedis/HedisWebSeal.pdf. You can also get a copy by calling **1-800-421-2560, extension 1049**.



Parents: New Vaccine Requirement for School

All students entering grades 7 through 12 after July 1, 2011, will need proof that they have received a Tdap booster. This new requirement is to protect children and the community from pertussis, also called whooping cough. The require-

ment applies to all public and private schools. It does not include those students enrolling in summer school. Call your doctor to be sure that your children have received this vaccine on or after their 10th birthdays.



We May Call You!

CenCal Health has started an exciting new outreach to our members. Using an automated telephone message system, we will be calling new members to welcome you to our health plan. The message will pro-

vide basic information about CenCal Health and how to pick a new primary care provider. We will also be calling to remind you and family members to visit your doctor for your annual checkup. It's important!



An Asthma Action Plan Is Very Important

Knowing when to take asthma medicine and how much can be confusing—especially in an emergency. That’s why having a written Asthma Action Plan is helpful. It gives easy instructions on what to do and when.

Those who use an Asthma Action Plan have fewer emergency room visits, fewer hospital stays, and better lung function than those who don’t use one. If you don’t have an Asthma Action Plan, ask your doctor if one might help you.

What Happens During an Asthma Attack?

When an asthma attack happens, it can be a scary thing. It helps if you know what goes on during an attack.

An asthma attack occurs when your asthma symptoms get worse than usual. Two main things are happening:

- The airways swell and fill with mucus.
- Muscles around the airways tighten. This makes the airways smaller.

All these changes make it harder for air to get in and out of the lungs. Breathing becomes more difficult, and an asthma attack occurs.

Talk with your health care provider about what you can do to help prevent asthma attacks.

DOES YOUR CHILD HAVE ASTHMA? Help your child learn more about asthma and be less

FREE!



afraid when asthma strikes. *Asthma Detectives* is a fun booklet that will help your child learn what asthma is and how to take care of it. To get this **FREE** booklet—in English or Spanish—call our Health Education line at **1-800-421-2560, extension 3126.**



QUICK TIP

Molds in your home can trigger asthma attacks. To find out more about molds, including prevention steps and cleanup guidelines, visit this website from the U.S. Environmental Protection Agency: www.epa.gov/mold/moldbasics.html.

Get the Facts About Birth Control Choices



If you have sex and do not want to get pregnant, using birth control is a must. The choice about what to use is yours.

The type that a friend or sister uses may not be best for you. Every woman's health concerns are different. Here is information about popular birth control methods:

- Hormone delivery includes pills, the ring, and the patch. They are the most reliable. But these types have health risks. For example, hormones may not be safe for you if you smoke cigarettes.
- IUDs are small, T-shaped devices. Your doctor puts the IUD inside your uterus. It stays there for a period of time. IUDs are also reliable.

- Barriers are condoms, diaphragms, cervical caps or shields, and spermicides. They are 70 to 85 percent effective.
- Natural family planning means that you have sex only when the risk of getting pregnant is lowest. That is, you don't have sex during the time of month when you are most fertile. It's 75 percent effective. You must keep track of your

period and signs of your most fertile days.

DON'T FORGET! Starting prenatal care early is important for you and the health of your baby. If you think you are pregnant, get a pregnancy test and see a doctor as soon as possible. If you need to find out where to go, call our Member Services Department at **1-877-814-1861**.



Pregnant? New Mom?

Get FREE messages every week on your cell phone to help you through your pregnancy and baby's first year. To sign up, text the word **BABY** to **511411** or learn more online at **www.text4baby.org**.

Exercise and Diabetes

Walking is an easy and effective type of exercise. It's also a low-cost exercise. It makes your heart stronger and helps you have a healthy weight.

How Can Exercise Help Diabetes?

It can delay and prevent diabetes or help you keep your diabetes under control. If you have diabetes, exercise is good medicine. Physical activity will help you control your blood sugar. Just 1 aerobic workout can have a positive effect on how your body uses insulin for 24 to 72 hours.



How Much Exercise Should You Do?

It's best to exercise at least 30 minutes a day, 5 days a week. But if you have not been active, start out with 10 minutes and add more time slowly. You can also divide your time into 3 10-minute walks or workouts.

How Can You Exercise Safely?

Here are tips to make exercise safe for you:

- Let your doctor know you want to start a walking or exercise program. If you take medicines that lower your blood sugar, exercise may make your blood sugar go too low. Your doctor can help you prevent that.
- Test your blood sugar before and after exercise. And check it during exercise if you exercise for more than 45 minutes.
- Check your feet for sores or blisters. With diabetes, you may not feel them and this may cause more serious problems.
- Bring a snack in case your blood sugar level drops too low.

For our **FREE** booklet on *Exercise and Diabetes*, call our Health Education Line at **1-800-421-2560, extension 3126.**

FREE!



Do You Need a Blood Glucose Meter?



If your doctor has told you to test your blood sugar, you need a blood glucose meter. To receive one, get a prescription from your doctor and take it to your pharmacy. Be sure you know how to use it. The TRUEtest or TRUEtrack system—our approved meter—has a Help Line at **1-800-803-6025**. Help is available 24 hours a day, 7 days a week, in both English and Spanish.

Tips for a Better Relationship with Your Doctor

You and your doctor may not always be on the same page. How can you make sure your doctor understands you? Like with any relationship, communication is important. Give more and get more with the following steps.

What You Can Give

Be sure to give this information at each doctor visit:

- Share all you can about your symptoms, your health and family history, and any allergies.
- Write down all your medicines, including vitamins and supplements. Bring this list with you or bring the medicines you currently take.
- Write down the questions you have for your doctor before your visit, and bring them with you.
- Bring any referral forms, test results, or other important paperwork.

What You Should Get

You deserve to have a clear understanding of your health and your doctor's advice:

- Ask for written information about your condition or treatment, if you want it, in your preferred language.
- Don't be embarrassed or afraid to say you don't understand something your doctor says.
- Take notes during the visit or bring a family member to do so.
- Call between visits if you have questions, if you have side effects from your medicines, or if your symptoms change or get worse.
- Find out the best way to reach your doctor when the office or clinic is closed.



tor if you do not speak the same language. If you or a family member on our health plan needs to have an interpreter for a medical appointment, please let us know. We will arrange an interpreter in person or on the phone. You do not need to provide your own interpreter, and a doctor cannot require it. To arrange an interpreter, call Member Services at 1-877-814-1861.

DO YOU NEED AN INTERPRETER? As a health plan, we want to make sure our members can communicate with their doctors. An interpreter is a person who can help you talk with your doc-



YOUR HEALTH is published for the members and community partners of CENCAL HEALTH, 4050 Calle Real, Santa Barbara, CA 93110, telephone 1-800-421-2560, website www.cencalhealth.org.

Information in YOUR HEALTH comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

Models may be used in photos and illustrations.

To report FRAUD call 1-800-421-2560, extension 3012.

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