



HEALTH matters

Helpful information from CenCal Health



www.cencalhealth.org

What's Inside?

- The Importance of ACEs Screenings
- Obesity & Overweight in Kids: What You Need to Know
- Preventive Health Guidelines for Adults and Children
- Stay Healthy with Self-Management Tools
- And more!

CenCal Health
4050 Calle Real
Santa Barbara, CA 93110

Standard Presort
US Postage
PAID
Santa Barbara, CA
Permit No. 625

M-PH-25-034-0725 ES N

La versión en español, Temas de salud, está adentro.

Breathe Easier: Know Your Asthma Triggers

Asthma can be a lifelong condition that can make it hard to breathe.

Asthma causes the airways that lead to the lungs to swell and get inflamed. The airways tighten and narrow, making it hard to breathe, and you may wheeze or cough. These flare-ups are also called asthma attacks.

Many things can trigger an asthma attack:

- Dust
- Pollen
- Stress
- Exercise
- Pet dander
- Smoke
- Illness

An asthma action plan helps you know what makes your asthma worse and how to avoid those things. It also tells you what asthma medication to take every day. Asthma is treated with medication to help you breathe more easily. Medication can prevent or reduce inflammation and help relax and open the airways. Treatment also includes self-care by avoiding your triggers, such as smoke, dust, and pet dander.



For tools (including an action plan), videos, and information on this topic, visit: qrco.de/CCHasthma



Our Quality Scores Are In!

CenCal Health's 2025 Quality Report is ready to view.

This year, the report shows high scores for:

- Asthma care
- Timeliness of postpartum care
- Child well-care visits
- Breast cancer screening

Scores showed room for improvement in:

- Childhood immunizations
- Developmental screenings
- Fluoride varnish
- Members getting follow-up care after visiting the Emergency Room for substance use or mental illness

Go to qrco.de/CCH-QS to see the full report. You can also get a copy sent to you by calling 805-562-1609.



The Importance of ACEs Screenings

Adverse childhood experiences (ACEs) are things that happen before adulthood that can cause trauma. This could be things that make a child feel like their home isn't safe or stable.

Some examples of ACEs include:

- Violence
- Neglect
- Abuse
- Family mental health problems
- Substance use problems

ACEs screening is a quick way for your doctor to learn whether a child or adult patient has had traumatic or stressful childhood experiences.

This screening can help you find out if you may have a higher chance of health problems due to stress from those hard experiences. By learning about this early, doctors can give you and your family the right care and support.

If you believe you would benefit from getting an ACEs screening, talk to your doctor about how you can be screened. The ACEs screening is confidential. This means that your doctor will not talk to anyone else about the results without your permission.



To learn more about ACEs screening, visit: qrco.de/CCH-ACEs



Obesity & Overweight in Kids: What You Need to Know

Obesity means having more weight than is healthy for the person's body.

Doctors sometimes use the terms "overweight" or "at risk of overweight" to refer to children who are at risk for obesity.

A child who weighs too much may develop serious health problems such as:

- High blood pressure
- High cholesterol
- Type 2 diabetes

If your child is overweight or obese, your doctor may recommend that you make changes in your family's eating and exercise habits.

What Are Some Ways You Can Help Your Child?

- **Make healthy changes** as a family.
- **Set goals** that are within reach. Your doctor can help set a healthy weight goal for your child.
- **Avoid weight-loss diets.** They can affect your child's growth in height.
- **Help your child eat well.** Eat together as a family as much as possible.
 - **Serve fruits and vegetables** at every meal.
 - Try to **serve meals and snacks at the same time** every day.
 - Together with your child, **make a list of healthy, delicious snacks** so they have choices.
- **Help your child be more active.**
 - **Move more.** Encourage your child to be active for at least 1 hour every day, doing an activity they enjoy.
 - **Make a plan** with your child for how long they should use their phone or computer, watch TV, or play video games each day.
 - **Encourage outdoor play** as often as possible and play right outside with your kids!
 - To **prevent nighttime snacking**, tell your family the kitchen is closed after dinner.



How Obesity or Overweight Affects Mental Health

Children who are overweight are at risk of having low self-esteem and depression. You can help your child have greater confidence, health, and self-esteem.

- **Avoid talking about your child's weight.** Instead, talk in terms of your child's health, activity level, and making healthy choices.
- **Be a good role model.** Try to keep a healthy attitude about food and activity.
- **Encourage social involvement.** Community, school, and faith activities can help your child practice social skills and build relationships.

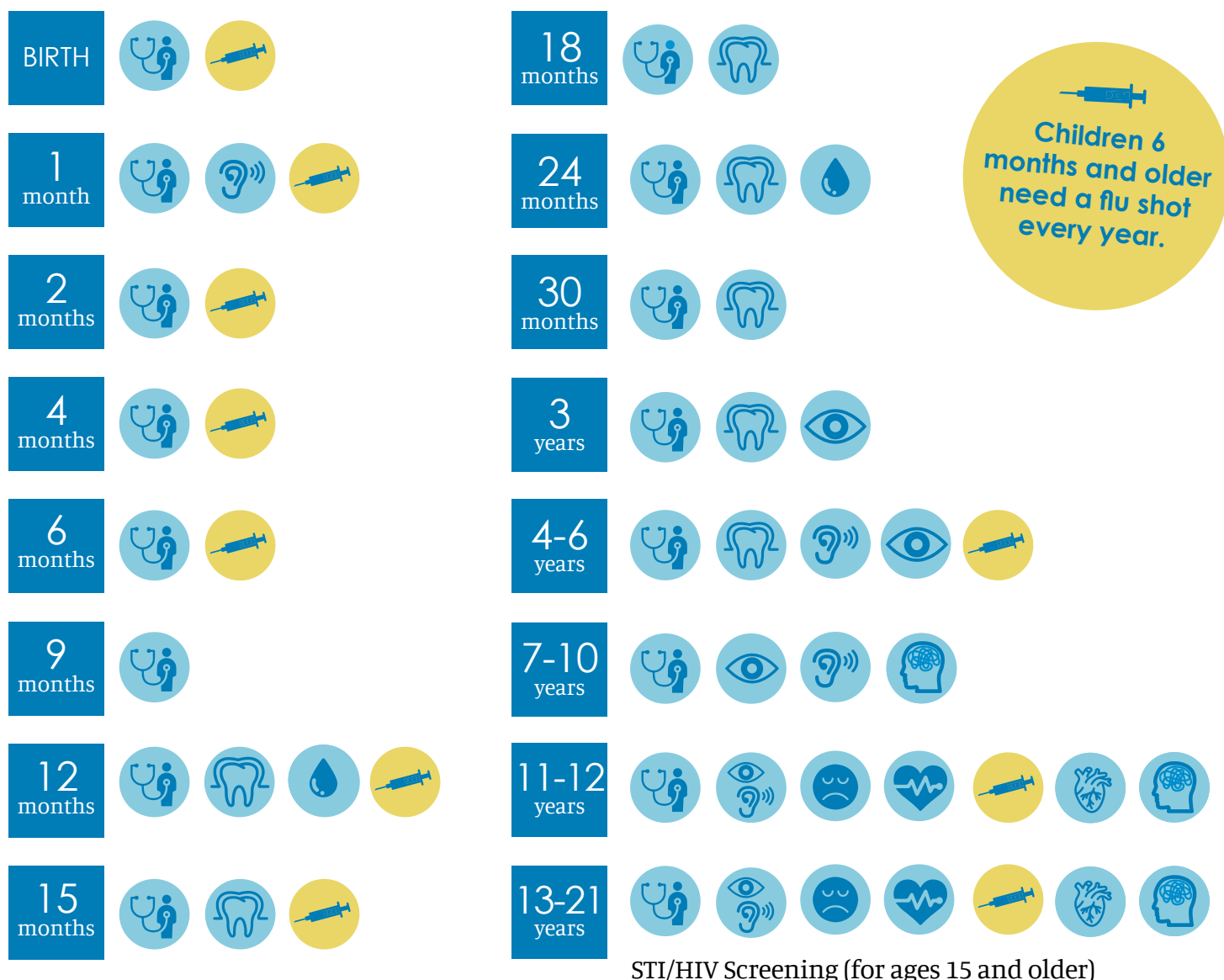


Ask your child's doctor about other health professionals who can help you and your child make healthy changes.

PREVENTIVE HEALTH GUIDELINES FOR YOUR CHILD

It is important for your child to have regular checkups with their doctor and to get immunizations (shots). Immunizations help protect your child from serious diseases.

Immunizations are very safe and effective. They prevent diseases by making your child's immune system stronger. Immunize your child for a lifetime of good health.





Well-Child Visit/Checkup

It is important for your child to have regularly scheduled checkups, often called well-child visits. Each visit includes a complete physical exam. At this exam, the health care provider will check your child's growth and development in order to find or prevent problems.



Fluoride Varnish

Fluoride varnish prevents tooth decay and helps keep your child's teeth and gums healthy. Once teeth are present, fluoride varnish may be applied every 3-6 months until age 5.



Depression/Suicide Risk Screening

Your child's doctor may now screen your child for depression every year from ages 12 through 21 and can help provide treatment and resources.



Blood Lead Test

This tests for lead levels in your child's blood. Protecting children from exposure to lead is important to lifelong good health.



Dyslipidemia Screening

This screening checks for lipids (fat) in your child's blood that can affect heart health. For ages 9-11 and 17-21.



Vision/Hearing Tests

Vision screening is an important way to find any vision problems your child might have. Hearing screening is an important step in helping understand if your child may be deaf or hard of hearing.



Cardiac Screening

Your child's doctor may screen your child for risk of cardiac arrest or cardiac death from ages 11 to 21 years.



Anxiety Screening

Your child's doctor may screen your child for anxiety from ages 8 to 18 years and can help provide treatment and resources to help with anxiety.



Hepatitis B Screening

Hepatitis B is a serious disease that is caused by a virus (HBV) attacking the liver. Your child's doctor may now screen your child for HBV infection from birth to 21 years.

IMMUNIZATIONS



Birth:

- HepB

Between

Birth-6 months:

- RSV
(depending on mother's RSV vaccination status)

1 month:

- HepB

2 months:

- DTaP
- PCV15, PCV20
- Hib
- RV
- IPV

4 months:

- DTaP
- RV
- Hib
- PCV15, PCV20
- IPV

6 months:

- DTaP
- RV
- Hib
- HepB
- PCV15, PCV20
- IPV

Between 12-15 months:

- MMR
- Hib
- PCV15, PCV20
- VAR

Between 12-23 months:

- HepA
(2 doses, 6 months apart)

Between 15-18 months:

- DTaP

4 to 6 years:

- DTaP
- MMR
- IPV
- VAR

9 to 10 years:

- HPV (2 doses)

11 to 12 years:

- MenACWY
- Tdap
- HPV (if 2 doses have not been given)

16 to 23 years:

- MenACWY (2 doses)

Ages 6 months and older:
COVID-19: 2 or 3 dose primary series and booster

IMMUNIZATIONS DEFINED

RV: Rotavirus

IPV: Polio

VAR: Chickenpox

HepA: Hepatitis A

Tdap: Tetanus, Diphtheria, and Pertussis

MenACWY: Meningococcal

PCV15, PCV20: Pneumococcal

HPV: Human Papillomavirus

MMR: Measles, Mumps, Rubella

Hib: Haemophilus influenzae type b

DTAP: Diphtheria, Tetanus, and Pertussis

RSV: Respiratory syncytial virus



CenCalHEALTH®
Local. Quality. Healthcare.

**For
Adults**

PREVENTIVE HEALTH GUIDELINES

Getting regular checkups can help you stay healthy, prevent disease, and can even save your life.



Mark the ones you may need below. Take this to your doctor to talk about which of these tests and shots you need, and when you should get them.

Routine Health Exams

- ☐ **Cholesterol**
Beginning at age 45 for women, and age 35 for men
- ☐ **Chlamydia and Gonorrhea Screening**
For women if age 24 or younger and sexually active, and women 25 years and older at increased risk
- ☐ **Osteoporosis Test**
Beginning at age 65 for women
- ☐ **Blood Pressure**
Beginning at age 18 for all adults
- ☐ **Body Mass Index (BMI)**
At regular checkups for all adults
- ☐ **HIV Test**
For adolescents and adults ages 15 to 65, and during all pregnancies
- ☐ **Depression Screening**
For general adult population, including those who are pregnant and postpartum
- ☐ **Anxiety Screening**
For adults 64 years or younger, including those who are pregnant and postpartum
- ☐ **Tuberculosis (TB) Screening**
For adults at increased risk
- ☐ **Hepatitis C Screening**
For all adults ages 18 to 79
- ☐ **Prediabetes and Diabetes Screening**
Asymptomatic adults aged 35 to 70 years who have overweight or obesity

Perinatal Care

- ☐ **Prenatal Visit**
For pregnancy, within the first trimester
- ☐ **Postpartum Visit**
Between 1 to 12 weeks after delivery

Immunizations (shots)

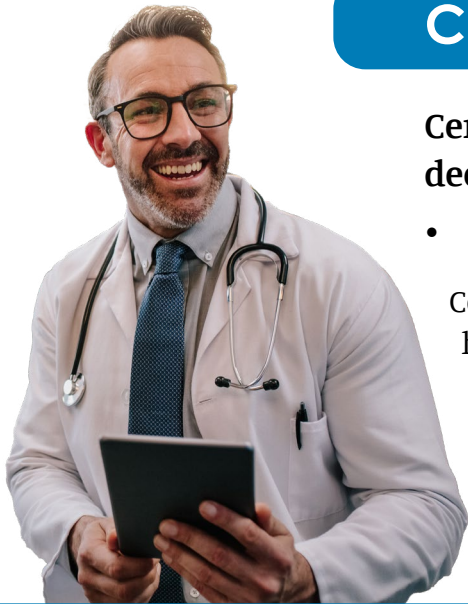
- Tetanus-Diphtheria-Pertussis (Td or Tdap)**
1 dose Tdap, then Td booster every 10 years. Pregnant people should get a Tdap vaccine with each pregnancy.
- Influenza (Flu Shot)**
Every year for all adults
- Pneumococcal (PCV15, PCV20, PCV21, PPSV23)**
1 dose after age 50
- Zoster (RZV)**
2 doses for age 50 or older
- Measles, Mumps, Rubella (MMR)**
1 or 2 doses for adults born in 1957 or later
- Chicken Pox (VAR)**
2 doses for adults with no history of immunity
- Human Papillomavirus (HPV)**
If not already completed, adults ages 19 to 26 should get 2 or 3 doses
- Hepatitis B**
For adults ages 19 to 59
2, 3, or 4 doses depending on vaccine or condition
- COVID-19**
2 or 3 dose primary series and booster
- Respiratory Syncytial Virus (RSV)**
For all adults after age 60. 1 dose during pregnancy at 32 to 37 weeks along (September through January only).



Cancer Screenings

- Colorectal Cancer Screening**
For all adults beginning at age 45 and continuing until age 75
- Cervical Cancer Screening**
Every 3 to 5 years for people with a cervix ages 21 to 65
- Breast Cancer Screening (Mammogram)**
Every 2 years for women 40 to 74
- Lung Cancer Screening**
Every year for adults aged 50 to 80 years who currently or used to heavily smoke





Clinical Practice Guidelines

CenCal Health uses Practice Guidelines to help doctors make decisions about:

- Health care services
- Behavioral health services

CenCal Health's Practice Guidelines use accepted standards for treating health conditions.

View these guidelines at qrco.de/CCH-ClinicalGuide.

You can also request a hard copy by emailing populationhealth@cencalhealth.org.



Tobacco Cessation: Tips to Help You Quit

Do you or a loved one want help to quit smoking?

If you are thinking about quitting or trying to quit now, the cravings for nicotine can be intense for the first few days. But it will get better with time!

Here are some tips on how to cope:

- Remember that **most cravings do go away** after 20 minutes.
- Use **nicotine gum, lozenges, or an inhaler**.
- **Distract yourself**. Call a friend or family member.
- **Try to stay away from other smokers**, at least in the beginning.
- **Stay away from cigarettes**, or better yet, get rid of them.
- **Remind yourself** why you want to stop smoking.
- **Get active**. Go for a walk, a bike ride, or a swim.
- **Chew on a toothpick or a piece of gum**.
- **Relax!** Try deep-breathing exercises, yoga, or a bath.

You don't have to do it alone! Get help to quit:

- Check out our online health library, with resources to help you quit: qrco.de/CCH-Quit
- Call our Health Education Request Line at [1-800-421-2560](tel:1-800-421-2560), ext. 3126.



Stay Healthy with Self-Management Tools

CenCal Health offers self-management tools to help you stay healthy and thrive.

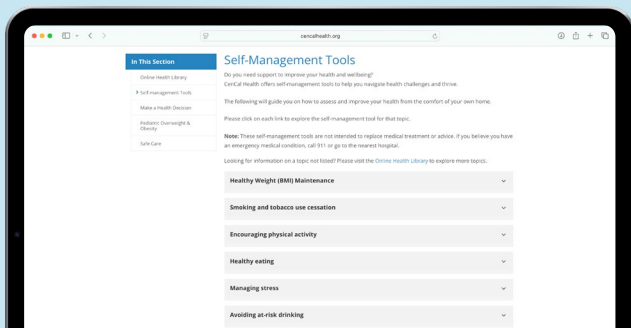
These tools are interactive resources that can give you quick results based on your situation.

Self-management tools are offered on many important topics, including:

- Keeping a healthy weight
- Quitting smoking or using tobacco
- Being more active
- Eating healthy foods
- Handling stress
- Avoiding at-risk drinking
- Noticing depressive symptoms

Members can get these tools by:

- Visiting CenCal Health's website: qrco.de/CCHself
- Logging into the online Member Account
- Requesting printed mail. Call the Health Education Request Line at **1-800-421-2560, ext. 3126** to request specific materials or for other health education needs.



Note: These self-management tools do not take the place of medical treatment or advice. If you believe you have an emergency medical, call 911 or go to the nearest hospital.



Decision-Making Aids: Making Health Decisions with Confidence

Shared decision-making helps patients and doctors to make health care decisions together.

Everyone will need to make hard health decisions at some point in their lives for themselves or for a family member.

Using shared decision-making can help you:

- Ask the right questions
- Talk about what is important to you at your doctor appointments
- Make informed decisions

People who partner with their doctors tend to be happier with their health care results.

Shared decision-making aids are available on the CenCal Health website at no cost. Visit Shared Decision-Making Aids at: qrco.de/CCHshared-decision

Looking for more decision-making aids? Visit qrco.de/CCHchoice and expand the *Make a Wise Decision* menu.



It Might Be Time for a Blood Pressure Check!

How do you know if you have high blood pressure?

Make an appointment with your doctor to measure your blood pressure and talk about the results. People cannot feel it when their blood pressure is high. High blood pressure that stays high is silently doing damage to your body.

What can be done to decrease high blood pressure?

If you have high blood pressure, there are many things you can do to help your blood pressure come down. Sometimes, medication is needed to bring the blood pressure down. But for many people, changes in lifestyle can help bring down blood pressure.

These can include:

- **Avoiding** salty foods
- **Cooking** your own meals instead of eating fast food
- **Walking** every day after dinner
- **Decreasing** stress

It is important to talk to your doctor about what is best for you. Regular checkups can help make sure your blood pressure stays in control.

How can you keep track of your blood pressure at home?

You can get a **FREE** blood pressure monitor every five years and a cuff every year!

Here's how:

1. Ask your doctor to write a prescription for a home blood pressure monitor and/or cuff.
2. Take the prescription and your CenCal Health Member ID card to your pharmacy.

For a free Home Blood Pressure Tracking Log, visit qrco.de/CCH-BPlog.

If you have questions about a free monitor and/or cuff, please contact Medi-Cal Rx for details at [1-800-977-2273](tel:1-800-977-2273).

