



CenCal Health
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This newsletter is not intended to replace professional medical advice, diagnosis, or treatment. If you have concerns or questions about specific content that may affect your health, please contact your health care provider. All photos are stock photos. Professional models shown.

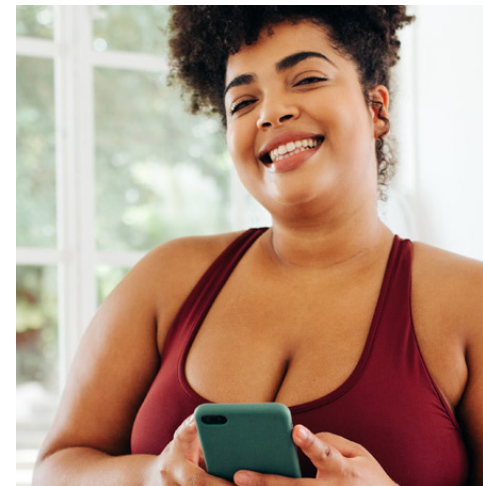
La versión en español, Temas de salud, está adentro.

Manage Your Health, One Step at a Time

CenCal Health offers self-management tools to help you stay healthy and feel your best. These tools are interactive resources that can give you quick results based on your situation.

Self-management tools cover many important topics, including:

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



Where can I find self-management tools?

- Scan the QR code with your smartphone or visit CenCal Health's website: qrco.de/CCHself
- Log in to your online Member Account: qrco.de/CCHmemberportal
- Request printed materials by 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 a medical emergency, call 911 or go to the nearest hospital.

COPD: Learn the Signs & Protect Your Lungs

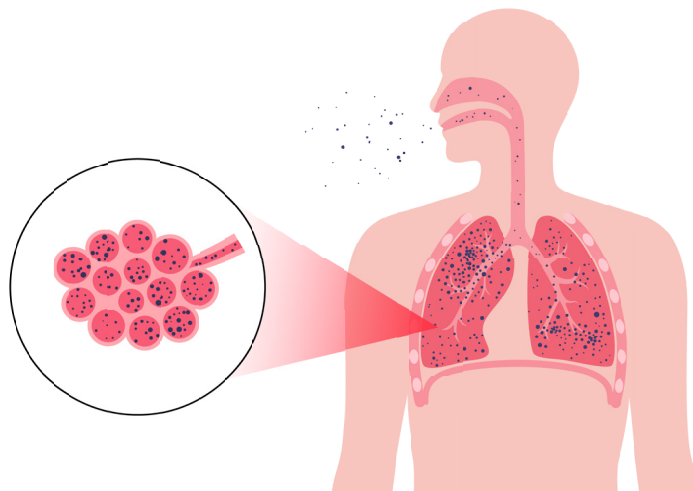
Chronic Obstructive Pulmonary Disease (COPD) is a long-term lung disease that makes it hard to breathe. It happens when the airways and lungs are damaged over time.

COPD is most often caused by:

- Smoking
- Air pollution
- Breathing chemical fumes, factory dust, or secondhand smoke over a long period of time.

The main symptoms of COPD are:

- A long-lasting cough
- Mucus (phlegm)
- Wheezing
- Shortness of breath — especially when walking or doing daily activities.



The best way to prevent COPD is to protect your lungs:

- **Don't smoke.** If you do smoke, quitting is the best way to protect your lungs. For help with quitting, visit Kick It California: kickitca.org/quit-smoking
- **Avoid secondhand smoke, dust, and chemical fumes** when possible.
- **Keep your air clean** at home by using air purifiers.
- **Stay up to date on vaccines** like flu, pneumonia, and Covid-19 to help prevent lung infections.

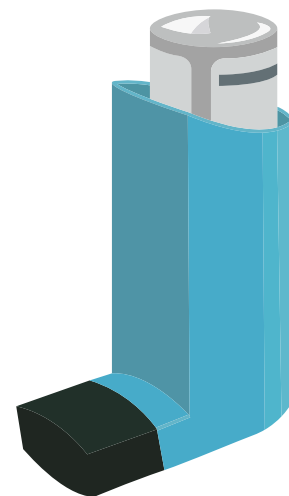
How is COPD managed?

While there is no cure for COPD, there are many ways to feel better:

- **Quit smoking.**
- **Take medicines (like inhalers) as prescribed** to help open your airways.
- **Follow your treatment plan** and see your primary care provider (PCP) regularly.
- **Stay active** — moving your body helps your lungs work better.
- **Eat healthy foods and drink plenty of fluids.**



For tools, videos, and more information on COPD, scan the QR code or visit: qrco.de/CCH-COPD





Making Health Decisions That are Right for You

Shared decision-making helps you and your doctor make health care decisions together.

At some point, everyone will need to make hard health decisions for themselves or for a family member. Shared decision-making can help you feel confident in your choices.

Using shared decision-making can help you:

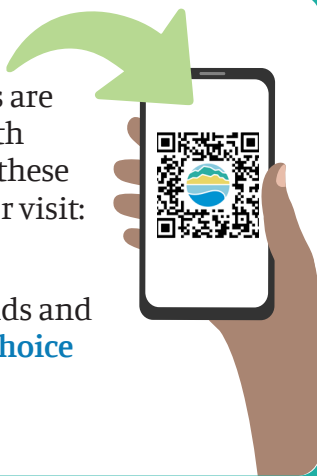
- Ask the right questions.
- Talk about what is important to you at your doctor appointments.
- Make informed health decisions.

People who partner with their doctors often feel happier with their health care results.

Learn more online

Shared decision-making aids are available on the CenCal Health website at no cost. To review these resources, scan the QR code or visit: qrco.de/CCHshared-decision

For more decision-making aids and resources, visit qrco.de/CCHchoice and expand the "Make a Wise Decision" menu.



Stay Covered: Don't Lose Medi-Cal

Keeping your information current is the best way to avoid gaps in care. **If you move or change your contact information, tell Medi-Cal right away.**

You can update your information online at www.BenefitsCal.com or with your local Department of Social Services (DSS) office.

Other tips to remember:

- Know your Medi-Cal renewal date.
- Open and read all mail from your DSS office.
- Respond on time if your DSS office requests more information.



Learn more

For help finding your local DSS office, including phone numbers and addresses, scan the QR code or visit www.keepCenCal.org.



Maternal Health Services: Support During & After Your Pregnancy

CenCal Health covers many services to help keep you and your baby healthy throughout pregnancy, delivery, and postpartum.

1. Prenatal and Pregnancy Care

You can get regular pregnancy care from:

- Obstetricians (OBs)
- Certified Nurse Midwives (CNMs) or Licensed Midwives (LMs)
- Birthing centers

2. Lactation Support

Breastfeeding helps keep babies healthy by boosting their immune systems. It also lowers your risk of some diseases and strengthens your bond with your baby.

- Your OB, midwife, or CenCal Health Member Services can connect you to an **International Board-Certified Lactation Consultant (IBCLC)** to help with breastfeeding.
- **Breast pumps and supplies are free** for members with a doctor's prescription.

3. Doula Services

Doulas provide extra support during and after birth.

- Doula services are covered for CenCal Health members who are pregnant or were pregnant within the past **12 months**. Ask your doctor for a referral.

4. Chiropractic Care, Acupuncture, and Physical Therapy

Chiropractic care, acupuncture, and physical therapy can help reduce pain in the lower back, hips, and pelvis during pregnancy and after birth.

- Services are covered during pregnancy and up to 60 days after the end of a pregnancy.
- **Chiropractic care and acupuncture:** No referral or pre-approval needed.
- **Physical therapy services:** Pre-approval and doctor's prescription needed.

5. Mental and Behavioral Health Support

Your mental health matters. CenCal Health offers counseling, therapy, and treatment for mood and anxiety disorders during pregnancy or postpartum.

- Mental health services are free for Medi-Cal members.
- Help is available for members at any time.
- Talk to your OB, midwife, or Member Services for help connecting to services.

Learn more

Scan the QR code or visit qrco.de/CCHMHB for more detailed information about maternal health resources and health education.

Call Member Services toll-free at 1-877-814-1861 (TTY: CA Relay at 711), Monday through Friday, 8 a.m. to 5 p.m.



Safe Sex: How to Prevent Infections & Stay Healthy

Sexually transmitted infections (STIs) are infections that spread through sexual contact. Human Immunodeficiency Virus (HIV) is a type of STI that attacks the immune system. Many STIs may not cause symptoms right away.

How can you prevent STIs and HIV?

You can lower your risk by making safer choices:

- Use condoms every time you have sex.
- Get tested often, even if you feel fine.
- Ask your partner(s) to get tested too.
- Have fewer sexual partners.
- Do not share needles.
- Ask a doctor about medicines that can help prevent HIV, like PrEP (pre-exposure prophylaxis), or PEP (post-exposure prophylaxis), a medicine you can take 72 hours after a possible HIV exposure.
- Get vaccines for infections like HPV and Hepatitis B.

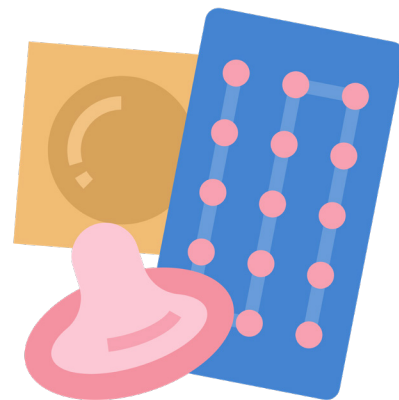


How are STIs and HIV managed?

- Some STIs can be managed with medicine.
- HIV cannot be cured, but it can be controlled with a daily medicine called ART (antiretroviral therapy).
- People with HIV who take their medicine can live long, healthy lives.
- Always take all your medicine as prescribed.

Take care of your health

- Get tested even if you feel fine, as some infections have no symptoms.
- Watch for signs like pain, sores, or unusual discharge.
- See a doctor if something doesn't feel right.
- Go to regular checkups.
- Have open and honest conversations with partner(s) before sexual activity.
- Reduce or avoid substance abuse before sex to be clear-headed and practice safe sex correctly.

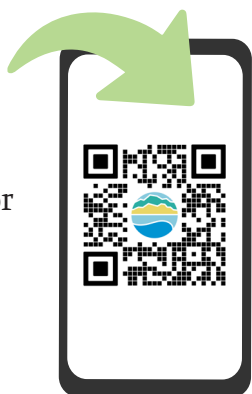


Learn more

Watch a short video about the importance of preventing STIs at: qrco.de/KMSTIE

To speak with a Health Educator at CenCal Health about more ways to keep yourself safe, call 1-800-421-2560, ext. 3126.

You can also send a message through your online member account at qrco.de/CCHmemberportal.



Introducing a New Option for Medicare

CenCal CareConnect

Are you a CenCal Health member who is enrolled in Medicare? CenCal Health now offers CenCal CareConnect (HMO D-SNP), a special plan that combines Medi-Cal and Medicare benefits in one plan.

Who can sign up for CenCal CareConnect?

You may qualify if you:

- Are 65 or older, or are 21 or older with certain disabilities.
- Are a current CenCal Health Medi-Cal member.
- Have Medicare Part A and Part B.

Medicare can feel confusing. Help is available.

CenCal CareConnect Medicare Navigators can help you:

- Understand Medicare basics.
- Compare your Medicare options.
- Understand enrollment deadlines.
- Check which doctors and prescriptions are covered.

Learn more

Call a CenCal CareConnect Medicare Navigator at 1-877-227-3051 (CA Relay at 711), Monday through Friday, 8 a.m. to 5 p.m. PT, or visit www.cencalhealth.org/careconnect.



Clinical Practice Guidelines: Supporting Your Care

CenCal Health uses **Practice Guidelines** to help doctors make decisions about your care. These guidelines are based on accepted standards for treating health conditions.

They guide decisions about:

- Health care services
- Behavioral health services

To view these guidelines, visit qrco.de/1a4b6cD.

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

Our 2026 Quality Scores Are Here!

CenCal Health's 2026 Quality Report is ready to view. Each year, our quality scores show us what is working well and where we can improve. The results help us focus on the areas where members may need more support to stay healthy.

This year, the report shows high scores for:

- Members getting follow-up care after visiting the Emergency Room for substance use or mental illness
- Childhood immunizations
- Developmental screenings
- Fluoride varnish
- Child well-care visits
- Asthma care
- Timeliness of postpartum care



Visit qrco.de/CCH-QS or scan the QR code to see the full report. To request a printed copy to be sent to you, call 805-562-1609.



Preventive Health Guidelines for Your Child

To keep your child healthy, they should see their doctor regularly and get vaccines on time.

Vaccines set your child up for long-term health and well-being. They help train your child's immune system, so they can recognize a virus long before they ever come in contact with it.



Immunization Schedule	
Ages	Immunizations
Birth	HepB #1
0-6 months	RSV (Depending on mother's RSV vaccination status)
1 month	HepB #2
2 months	DTaP #1, Hib #1, IPV #1, PCV #1, RV #1
4 months	DTaP #2, Hib #2, IPV #2, PCV #2, RV #2
6 months	DTaP #3, HepB, Hib #3, IPV #3, PCV #3, RV #3
Between 12-15 months	Hib #4, MMR #1, PCV #4, VAR #1
Between 12-23 months	HepA (2 doses, 6 months apart)
Between 15-18 months	DTaP #4
4 to 6 years	DTaP #5, IPV #4, MMR #2, VAR #2
9 to 10 years	HPV (2 doses, 6-12 months apart)
11 to 12 years	MenACWY #1, Tdap, HPV (If 2 doses have not been given)
16 years	MenACWY #2



Immunizations defined:

DTaP: Diphtheria, Tetanus, and Pertussis

HepA: Hepatitis A

HepB: Hepatitis B

Hib: Haemophilus influenzae type b

HPV: Human Papillomavirus

IPV: Polio

MenACWY: Meningococcal

MMR: Measles, Mumps, Rubella

PCV: Pneumococcal

RSV: Respiratory syncytial virus

RV: Rotavirus

Tdap: Tetanus, Diphtheria, and Pertussis

VAR: Chickenpox

Children
6 months
and older need
a flu shot
every year.

If your child has missed any scheduled vaccinations, talk with their pediatrician about a catch-up schedule.

Cut out here!

Schedule of Screenings & Other Services

Ages	Screenings & Other Services
Birth	Well-Child Visit
1 month	Hearing Screening, Well-Child Visit
2 months	Well-Child Visit
4 months	Well-Child Visit
6 months	Well-Child Visit
9 months	Developmental Screening, Well-Child Visit
12 months	Blood Lead Test, Fluoride Varnish, Well-Child Visit
15 months	Fluoride Varnish, Well-Child Visit
18 months	Fluoride Varnish, Well-Child Visit
24 months	Blood Lead Test, Fluoride Varnish, Well-Child Visit
30 months	Fluoride Varnish, Well-Child Visit
3 years	Fluoride Varnish, Vision Screening, Well-Child Visit
4 to 6 years	Fluoride Varnish, Hearing Screening, Vision Screening, Well-Child Visit
7 to 10 years	Dental Checkup, Depression/Suicide Risk Screening, Hearing Screening, Vision Screening, Well-Child Visit
11 to 12 years	Anxiety Screening, Cardiac Screening, Dental Checkup, Depression/Suicide Risk Screening, Dyslipidemia Screening, Hearing Screening, Vision Screening, Well-Child Visit
13 to 21 years	Anxiety Screening, Cardiac Screening, Dental Checkup, Depression/Suicide Risk Screening, Dyslipidemia Screening, Hearing Screening, Vision Screening, Well-Child Visit



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.

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

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

Dental Checkup: Once teeth are present, your child should regularly see a dentist and use fluoride toothpaste. Fluoride prevents tooth decay and helps keep your child's teeth and gums healthy.

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.

Developmental Screenings: Help check if a child is learning, growing, and developing skills right for their age.

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

Fluoride Varnish: Fluoride varnish should be applied to teeth every 3-6 months until age 5.

Hearing Screening: Hearing screenings help identify if a child may be deaf or hard of hearing.

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.

Vision Screening: Vision screenings help find vision problems early.

Well-Child Visit/Checkup: Routine well-child visits are important. At each visit, the provider does a full exam and checks your child's growth and development to help find or prevent any problems.

ADULT

Preventive Health Guidelines

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



Routine Health Exams

Anxiety Screening:

People of any age, including those who are pregnant and postpartum, can talk with their doctor about stress and anxiety

Blood Pressure:

Beginning at age 18 for all adults

Body Mass Index (BMI):

At regular checkups for all adults

Chlamydia and Gonorrhea Screening:

For women if age 24 or younger and sexually active, and women 25 years and older at increased risk

Cholesterol:

Beginning at age 45 for women, and age 35 for men

Depression Screening:

For general adult population, including those who are pregnant and postpartum

Dental Checkups:

Routine checkups for all adults

Hepatitis C Screening:

For all adults ages 18 to 79

HIV Test:

For adolescents and adults ages 15 to 65, and during all pregnancies

Osteoporosis Test:

Beginning at age 65 for women

Prediabetes and Diabetes Screening:

Adults ages 35 to 70 who have overweight or obesity and who do not have a diabetes diagnosis

Tuberculosis (TB) Screening:

For adults at increased risk

Perinatal Care

Prenatal Visits:

For pregnancy, visits start within the first 12 weeks and continue until birth

Syphilis Screening:

For all pregnant people as early in pregnancy as possible

Postpartum Visit:

Between 1 to 12 weeks after delivery



Cut out here!

Immunizations

Chicken Pox (VAR):

2 doses for adults with no history of immunity

Covid-19:

All adults 65 years and older. Adults younger than 65 years with risk factors. All who are planning pregnancy, pregnant, postpartum, or lactating. All adults who are in close contact with others with risk factors. All adults who choose protection.

Hepatitis B:

For adults ages 19 to 59; 2, 3, or 4 doses, depending on vaccine or condition

Human Papillomavirus (HPV):

If not already completed, adults ages 19 to 26 should get 2 or 3 doses

Influenza (Flu Shot):

Every year for all adults. All adults who are planning pregnancy, pregnant, postpartum, or lactating.

Measles, Mumps, Rubella (MMR):

1 or 2 doses for adults born in 1957 or later

Pneumococcal (PCV15, PCV20, PCV21, PPSV23):

1 dose after age 50

Respiratory Syncytial Virus (RSV):

All adults 75 years and older. Adults ages 50 to 74 years with risk factors. Adults who are pregnant, at 32 to 36 weeks.

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.

Zoster (RZV):

2 doses for adults ages 50 or older



Cancer Screenings

Breast Cancer Screening (Mammogram):

Every 2 years for women ages 40 to 74

Cervical Cancer Screening:

Every 3 to 5 years for people with a cervix ages 21 to 65

Colorectal Cancer Screening:

For all adults beginning at age 45 and continuing until age 75

Lung Cancer Screening:

People ages 50 to 80 who currently smoke or used to smoke

