



Get Care, Stay Well

Welcome to our regional Wellness & Opportunity Centers

Since July 2022, ACNC Wellness & Opportunity Centers have welcomed members and their families with a host of activities to help them get and stay healthy. With locations across the state, members and families can attend at no cost, and get resources and support in a clean, safe place.

Wellness & Opportunity Centers also partner with community organizations. In this way, we expand our level of service and reach, and give back to those most in need. Recently:

- The Greenville Wellness Center partnered with ECU Health Medical Center to host the “We Wear PINK” Breast Cancer Awareness event.
- The Greensboro Wellness Center teamed with the P.E.A.C.H. Project to host a

Brunch & Learn in honor of #diabetesawarenessmonth, including demonstrations of how to prepare diabetes-friendly foods.

- Wellness Centers have also hosted back-to-school events, cooking events, and more with our partners.

Visit us in person at a location nearest you:

- Region 1 — 216 Asheland Ave., Asheville
- Region 2 — 3018 West Gate City Blvd., Greensboro
- Region 3 — 3120 Wilkinson Blvd., Charlotte
- Region 4 — Coming soon
- Region 5 — 4101 Raeford Road, Fayetteville
- Region 6 — 1876 West Arlington Blvd., Greenville

Learn more and find a list of upcoming events by selecting *Wellness & Opportunity Centers* on the *Community* page at www.amerihealthcaritasnc.com. Or visit us on Facebook at [amerihealthcaritasnorthcarolina](https://www.facebook.com/amerihealthcaritasnorthcarolina).

ALL are welcome for:

- Food and nutritional support, including a food pantry
- Nutrition and cooking classes
- Computer stations
- Health and fitness classes
- Education, employment, and housing events
- Vaccination events
- Information about free smoking-cessation programs

The information provided in this newsletter does not take the place of your primary care provider (PCP). If you have questions, or if you think you need to see your PCP because of something you have read here, please contact your PCP. Never stop or wait to get medical attention because of something you have read in this material. All images are used under license for illustrative purposes only. Any individual depicted is a model.

Your prenatal care is important



Whether it's your first baby or fifth, it's important to get regular health care during a pregnancy. As soon as you think you are pregnant, it's time to schedule your first prenatal visit with your health care provider. Here is what to expect.

Health history

Be ready for questions about your overall health, daily habits, family history, surgeries, and prior pregnancies. Know the date of your last period, which is used to estimate your due date. Be honest. This information helps your provider care for you and your baby.

Physical exam

This may include having a pelvic exam to check the size and shape of your uterus (womb). A Pap test may also be done to check your cervix.

Blood and urine tests

A blood sample will be drawn to look for:

- **Rh factor.** If your baby has the Rh factor and you don't, it could cause problems for your unborn child.
- **Anemia.** This means you do not have enough healthy red blood cells.
- **Other diseases.** These include HIV, hepatitis B, and sexually transmitted infections.

A urine sample will be collected to look for:

- **Bacteria.** This could mean you have a urinary tract infection.
- **High blood sugar.** This may be a sign of diabetes.

Based on the results of your tests, your provider will suggest any treatment needed to protect your and your baby's health.

Don't forget: During your visits, you can ask questions, too! This is a time to learn about birth options, safe exercise, and healthy food choices.

"The Rh Factor: How It Can Affect Your Pregnancy." American College of Obstetricians and Gynecologists. www.acog.org/womens-health/faqs/the-rh-factor-how-it-can-affect-your-pregnancy.

"Pregnancy Complications." Centers for Disease Control and Prevention. www.cdc.gov/reproductivehealth/maternalinfanthealth/pregnancy-complications.html.

"Urinary Tract Infections." Office on Women's Health, U.S. Department of Health and Human Services. www.womenshealth.gov/a-z-topics/urinary-tract-infections.

"Gestational Diabetes and Pregnancy." Centers for Disease Control and Prevention. www.cdc.gov/pregnancy/diabetes-gestational.html.

Benefits for new and expecting moms

The Bright Start® program supports you while pregnant and after you give birth. This may include:

- **A care manager** who will help you use services, such as transportation to health care visits, childbirth classes, and breastfeeding support.
- **The Bright Start Plus app** to track health information for you and your family.

Earn CARE Card Rewards*: Receive up to \$80 in CARE Card Rewards for joining Bright Start and going to prenatal and postpartum visits. To learn more, visit www.amerihealthcaritasnc.com. Go to the *Members* page and select *Extra benefits*.

** Eligible CARE Card Rewards Program rewards are subject to change. Some restrictions may apply.*

When was your last A1c test?

If you or a loved one has diabetes, you have probably heard of the hemoglobin A1c (HbA1c) test. This blood test looks at your average blood sugar level over the previous three months. It is important to know how well your blood sugar is controlled over time. Over the long term, high blood sugar can harm your heart, blood vessels, kidneys, feet, and eyes.

A1c results are given as a percentage. For many people with diabetes, the goal is to keep their A1c below 7%. But you may have a different goal. Ask your health care provider what is right for you.

Most people with diabetes should have this test at least two times a year. If your last A1c number was too high, your provider may ask you to be tested more often. It is a great way to gauge your progress toward better diabetes control.

“4 Steps to Manage Your Diabetes for Life.” National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health. www.niddk.nih.gov/health-information/diabetes/overview/managing-diabetes/4-steps.

“The A1C Test and Diabetes.” National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health. www.niddk.nih.gov/health-information/diagnostic-tests/a1c-test.



Manage your diabetes better

It's very important to get to and stay at a healthy weight. Set a goal to be more active most days of the week. Start slowly by taking a 10-minute walk three times a day.

You should also have a healthy meal plan that includes:

- Foods lower in calories, saturated fat, trans fat, sugar, and salt
- Foods with more fiber, such as whole grain cereals, breads, crackers, rice, or pasta
- Fresh fruits and vegetables
- Low-fat or skim milk and water instead of juice and regular soda

Tell your primary care provider if you need help with your physical activity or meal plan. And every day, be sure to:

- Take your medicines as directed
- Keep track of your blood sugar
- Check your feet for cuts, blisters, red spots, and swelling

www.niddk.nih.gov/health-information/diabetes/overview/managing-diabetes/4-steps

Complete an A1c test – earn \$10*

Members diagnosed with diabetes with HbA1C results of 9.0 or less can earn \$10 in CARE Card Rewards for having an A1c blood test. To learn more, visit www.amerihhealthcaritasnc.com. Go to the *Members* page and select *Extra benefits*.

** Eligible CARE Card Rewards Program rewards are subject to change. Some restrictions may apply.*

Shots protect your family and community

Vaccines (shots) have slowed or stopped the spread of many diseases, says the Centers for Disease Control and Prevention. If most of a community is immunized, it's harder for illness to spread.

Shots for kids

Besides a yearly flu shot starting at 6 months old and COVID-19 shots as recommended, the chart below includes guidance from the CDC for routine vaccines. Some are required to attend day care or school. Your child's health care provider can help make sure your child gets the shots they need or catch up if they've fallen behind.

Shots for adults

Most adults should also get an annual flu shot and COVID-19 shots as recommended. Adults also may need Tdap/Td and

hepatitis B vaccines. Talk with your provider to be sure you're getting the shots you need. A full list of recommended shots, including for pregnant adults and those with certain health conditions, can be found at www.cdc.gov/vaccines/schedules.



Complete well-child visits – earn \$20*

Earn \$20 in CARE Card Rewards for eight well visits by 30 months of age or an annual well visit (ages 3 and older). To learn more, visit www.amerihealthcaritasnc.com. Go to the *Members* page and select *Extra benefits*.

**Eligible CARE Card Rewards Program rewards are subject to change. Some restrictions may apply.*

Vaccine Schedule for Children

	Birth	1-2 mos.	2 mos.	4 mos.	6 mos.	6-18 mos.	12-15 mos.	12-23 mos.	15-18 mos.	2-3 yrs.	4-6 yrs.	11-12 yrs.	16 yrs.	7-18 yrs.
DTaP			✓	✓	✓				✓		✓			
IPV			✓	✓		✓					✓			
MMR							✓				✓			
Hib			✓	✓	✓		✓							
Varicella							✓				✓			
HepB	✓	✓				✓								
PCV13			✓	✓	✓		✓							
HepA								✓						
Meningococcal												✓	✓	
RV			✓	✓	✓									
Tdap												✓		
HPV												✓		

www.cdc.gov/vaccines/parents/schedules/index.html

“Diseases You Almost Forgot About (Thanks to Vaccines).” Centers for Disease Control and Prevention. www.cdc.gov/vaccines/parents/diseases/forgot-14-diseases.html.

Notice of Nondiscrimination

AmeriHealth Caritas North Carolina complies with applicable federal civil rights laws and does not discriminate based on race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex, gender identity or expression, or sexual orientation. AmeriHealth Caritas North Carolina does not exclude people or treat them differently because of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex, gender, gender identity or expression, or sexual orientation.

AmeriHealth Caritas North Carolina provides free auxiliary aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

AmeriHealth Caritas North Carolina provides 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, call Member Services at **1-855-375-8811 (TTY 1-866-209-6421)**.

If you believe that AmeriHealth Caritas North Carolina has failed to provide these services or discriminated in another way based on race, color, national origin, age, disability or sex, you can file a grievance with:

- **AmeriHealth Caritas North Carolina
Grievances Department
P.O. Box 7382
London, KY 40742-7382**

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights:

- Online: ocrportal.hhs.gov/ocr/portal/lobby.jsf
- By mail at:
U.S. Department of Health and Human Services
200 Independence Avenue SW., Room 509F, HHH Building
Washington, DC 20201
- By phone at **1-800-368-1019 (TDD 1-800-537-7697)**

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

The NC Medicaid Ombudsman can provide you with free, confidential support and education about the rights and responsibilities you have under NC Medicaid. Call **1-877-201-3750** or visit ncmedicaidombudsman.org.



English: You can get free auxiliary aids and services, including this material and other plan information in large print. To get materials in large print, call Member Services at **1-855-375-8811 (TTY 1-866-209-6421)**.

If English is not your first language, we can help. Call **1-855-375-8811 (TTY 1-866-209-6421)**. We can give you, free of charge, the information in this material in your language orally or in writing, access to interpreter services, and can help answer your questions in your language.

Spanish: Puede obtener ayuda y servicios de asistencia sin cargo, que incluyen esta publicación y otra información del plan en letra grande. Para recibir información en letra grande, llame a Servicios al Miembro al **1-855-375-8811 (TTY 1-866-209-6421)**.

Si el inglés no es su lengua materna, podemos ayudar. Llame al **1-855-375-8811 (TTY 1-866-209-6421)**. Podemos brindarle la información de esta publicación en su idioma de manera oral o escrita, ofrecerle acceso a servicios de interpretación y ayudarlo a responder sus preguntas en su idioma sin cargo.

Simplified Chinese: 您可以免费获取辅助设备及服务，包括本资料内容及其他计划相关信息的大号字体版。如需获取以大号字体印刷的资料，请致电会员服务部 **1-855-375-8811 (TTY 1-866-209-6421)**。

如果英语不是您的第一语言，我们可以提供帮助。请致电 **1-855-375-8811 (TTY 1-866-209-6421)**。我们可以免费以您的语言通过口头或书面形式为您提供本资料中的信息，为您提供口译服务，并帮助使用您的语言解答您的问题。

Vietnamese: Quý vị có thể nhận được các dịch vụ và phương tiện trợ giúp hỗ trợ miễn phí, bao gồm tài liệu này và các thông tin khác về chương trình ở dạng bản in chữ lớn. Để nhận được tài liệu ở dạng bản in chữ lớn, vui lòng gọi tới Dịch Vụ Hội Viên theo số **1-855-375-8811 (TTY 1-866-209-6421)**.

Nếu tiếng Anh không phải là tiếng mẹ đẻ của quý vị, chúng tôi có thể hỗ trợ. Vui lòng gọi **1-855-375-8811 (TTY 1-866-209-6421)**. Chúng tôi có thể cung cấp miễn phí cho quý vị thông tin trong tài liệu này bằng ngôn ngữ của quý vị bằng lời nói hoặc bằng văn bản, quyền tiếp cận các dịch vụ thông dịch và có thể giúp giải đáp thắc mắc bằng ngôn ngữ của quý vị.

Korean: 본 자료 및 기타 플랜 정보를 큰 활자체로 제공받는 것을 포함하여, 보조 지원과 서비스를 무료로 제공받을 수 있습니다. 큰 활자체의 자료를 제공받으려면 **1-855-375-8811 (TTY 1-866-209-6421)**으로 회원 서비스에 문의하십시오.

영어가 모국어가 아닌 경우, 저희가 도와드릴 수 있습니다. **1-855-375-8811 (TTY 1-866-209-6421)**으로 문의하십시오. 저희는 무료로 본 자료의 정보를 귀하의 언어로 구두 또는 서면상 제공하고, 통역 서비스를 제공하고, 귀하의 질문에 대한 답변을 귀하의 언어로 제공해 드릴 수 있습니다.

French: Vous pouvez obtenir des supports et des services d'assistance gratuits, y compris ces informations et d'autres informations sur le plan en gros caractères. Pour obtenir des informations en gros caractères, appelez l'équipe services aux membres au **1-855-375-8811 (TTY 1-866-209-6421)**.

Si l'anglais n'est pas votre langue maternelle, nous pouvons vous aider. Appelez-nous au **1-855-375-8811 (TTY 1-866-209-6421)**. Nous pouvons vous fournir gratuitement ces informations verbalement ou par écrit, mettre un interprète à votre disposition et répondre à vos questions dans votre propre langue.

Arabic:

يمكنك الحصول على مساعدات وخدمات إضافية مجانية تشمل هذه المادة ومعلومات أخرى عن الخطة في مطبوعة كبيرة. للحصول على مواد مطبوعة كبيرة اتصل بخدمات الأعضاء على **1-855-375-8811 (TTY 1-866-209-6421)**.

إذا لم تكن اللغة الإنجليزية لغتك الأولى، فيمكننا مساعدتك. اتصل بالرقم **1-855-375-8811 (TTY 1-866-209-6421)**. يمكننا أن نقدم لك مجاناً المعلومات الواردة في هذه المادة بلغتك شفهيًا أو كتابيًا، والوصول إلى خدمات المترجمين الفوريين، ويمكننا المساعدة في الإجابة عن أسئلتك بلغتك.



Hmong: Koj tuaj teem tau txais cov cuab yeej pab thiab kev pab cuam yam tsis poob nqi, suav nrog tej khoom siv thiab lwm yam ntaub ntauv phiaj xwm ua daim duab luam loj. Txhawm rau los txais cov khoom siv ua daim duab luam loj, hu rau Chaw Pab Cuam Tswv Cuab ntawm **1-855-375-8811 (TTY 1-866-209-6421)**.

Yog tias lus As Kiv tsis yog koj thawj yam lus hais, peb tuaj yeem pab tau. Hu rau **1-855-375-8811 (TTY 1-866-209-6421)**. Peb tuaj yeem muab cov ntaub ntauw no rau koj, ua koj yam lus ua lus hais los sis ua ntauw sau, tau txais kev pab cuam txhais lus, thiab lwm yam kev pab los teb koj cov lus nug ua koj yam lus yam tsis poob nqi.

Russian: Вы можете получить бесплатные дополнительные пособия и услуги, в том числе данный материал и другую информацию о плане, напечатанные крупным шрифтом. Чтобы получить крупношрифтовые издания данных материалов, позвоните в отдел обслуживания участников по телефону **1-855-375-8811 (TTY 1-866-209-6421)**.

Если ваш родной язык не английский, мы можем помочь. Позвоните по телефону **1-855-375-8811 (TTY 1-866-209-6421)**. Мы можем бесплатно предоставить вам информацию, изложенную в данном материале, на вашем языке в устной или письменной форме, обеспечить доступ к услугам устного переводчика и ответить на ваши вопросы на вашем родном языке.

Tagalog: Maaari kang makakuha ng mga libheng dagdag na tulong at serbisyo, kabilang ang babasahing ito at iba pang impormasyon sa plano sa malaking print. Upang makakuha ng mga babasahin sa malaking print, tumawag sa Member Services (Mga Serbisyo para sa Miyembro) sa **1-855-375-8811 (TTY 1-866-209-6421)**.

Kung hindi mo unang wika ang Ingles, maaari kaming tumulong. Tumawag sa **1-855-375-8811 (TTY 1-866-209-6421)**. Maaari ka naming bigyan ng impormasyon sa materyal na ito nang walang bayad sa iyong wika nang pasalita o sa paraang nakasulat, access sa mga serbisyo ng tagapagsalin sa wika, at maaari kaming tumulong sa pagsagot sa iyong mga katanungan sa iyong wika.

Gujarati: તમે મોટી પ્રિન્ટમાં આ સામગ્રી અને અન્ય યોજનાની માહિતી સહિત મફત સહાયક સહાય અને સેવાઓ મેળવી શકો છો. મોટી પ્રિન્ટમાં સામગ્રી મેળવવા માટે, સભ્ય સેવાઓને **1-855-375-8811 (TTY 1-866-209-6421)** પર કોલ કરો.

જો ઇંગ્લીશ તમારી પ્રથમ ભાષા ન હોય, તો અમે મદદ કરી શકીએ છીએ. **1-855-375-8811 (TTY 1-866-209-6421)** પર કોલ કરો. અમે, વિનામૂલ્યે, તમને આ સામગ્રી ની માહિતી તમારી ભાષામાં મૌખિક અથવા લેખિતમાં આપી શકીએ છીએ, દુભાષિયા સેવાઓને એક્સેસ આપી શકીએ છીએ અને તમારી ભાષામાં તમારા પ્રશ્નોના જવાબ આપવામાં મદદ કરી શકીએ છીએ.

Mon-Khmer (Cambodia): អ្នកអាចទទួលបានជំនួយ និងសេវាកម្មជំនួយដោយឥតគិតថ្លៃ រួមទាំងឯកសារនេះ និងព័ត៌មានគម្រោងផ្សេងទៀតជាអក្សរធំៗ។ ដើម្បីទទួលបានឯកសារជាអក្សរធំៗ ពុម្ពផ្តុំ សូមហៅទូរស័ព្ទទៅផ្នែកសេវាកម្មសមាជិកតាមរយៈលេខ **1-855-375-8811 (TTY 1-866-209-6421)**។

ប្រសិនបើភាសាអង់គ្លេសមិនមែនជាភាសាទីមួយរបស់អ្នកយើងអាចជួយបាន។ សូមហៅទូរស័ព្ទទៅលេខ **1-855-375-8811 (TTY 1-866-209-6421)**។ យើងអាចផ្តល់ឱ្យអ្នកដោយមិនគិតថ្លៃនូវព័ត៌មាននៅក្នុងឯកសារនេះជាភាសារបស់អ្នកដោយផ្ទាល់មាត់ ឬជាលាយលក្ខណ៍អក្សរហើយមានសិទ្ធិចូលប្រើសេវាកម្មអ្នកបកប្រែ និងអាចជួយឆ្លើយសំណួររបស់អ្នកជាភាសារបស់អ្នកបាន។

German: Sie können kostenlose Hilfsmittel und Dienstleistungen, einschließlich dieses Materials und anderer Planinformationen in Großdruck erhalten. Um großformatige Materialien zu erhalten, wenden Sie sich bitte an die Mitgliederbetreuung unter **1-855-375-8811 (TTY 1-866-209-6421)**.

Wenn Englisch nicht Ihre Muttersprache ist, können wir Ihnen helfen. Rufen Sie **1-855-375-8811 (TTY 1-866-209-6421)** an. Wir können Ihnen die Informationen in diesem Material in Ihrer Sprache mündlich oder schriftlich kostenlos zur Verfügung stellen und Ihnen bei der Beantwortung Ihrer Fragen in Ihrer Sprache helfen.



Hindi: आप इस सामग्री और बड़े प्रिंट में अन्य योजना जानकारी सहित मुफ्त सहायक उपकरण और सेवाएं प्राप्त कर सकते हैं। बड़े प्रिंट में सामग्री प्राप्त करने के लिए, **1-855-375-8811 (TTY 1-866-209-6421)** पर सदस्य सेवाओं को कॉल करें। अगर अंग्रेजी आपकी पहली भाषा नहीं है, तो हम आपकी मदद कर सकते हैं। **1-855-375-8811 (TTY 1-866-209-6421)** पर कॉल करें। हम आपको इस सामग्री की जानकारी मौखिक रूप से या लिखित रूप में, दुभाषिया सेवाओं तक पहुंच प्रदान कर सकते हैं, और आपकी भाषा में आपके प्रश्नों का उत्तर देने में मदद कर सकते हैं।

Laotian: ທ່ານສາມາດຂໍຮັບອຸປະກອນຊ່ວຍເຫຼືອແລະ ການບໍລິການຊ່ວຍເຫຼືອໄດ້ຜິ, ລວມທັງເອກະສານນີ້ແລະ ຂໍ້ມູນກ່ຽວກັບແຜນອື່ນໆ ໃນຕົວອັກສອນພິມໃຫຍ່, ກະລຸນາໂທຫາສູນບໍລິການສະມາຊິກທີ່ **1-855-375-8811 (TTY 1-866-209-6421)**. ຖ້າພາສາອັງກິດບໍ່ແມ່ນພາສາທຳອິດຂອງທ່ານ, ພວກເຮົາສາມາດຊ່ວຍທ່ານໄດ້. ໂທຫາ **1-855-375-8811 (TTY 1-866-209-6421)**. ເພື່ອຂໍຂໍ້ມູນໃນເອກະສານນີ້ ຈາກພວກເຮົາໃນພາສາຂອງທ່ານໄດ້. ພວກເຮົາສາມາດ ຂໍໃຫ້ມີບໍລິການນາຍພາສາແລະສາມາດຊ່ວຍຕອບຄໍາຖາມ ຂອງທ່ານໃນພາສາຂອງທ່ານໄດ້.

Japanese: この資料と他のプラン情報の拡大版を含む、無料の補足的援助とサービスを受けられます。拡大版を請求するには、メンバーサービス **1-855-375-8811 (TTY 1-866-209-6421)** までお電話ください。英語が母国語でない方には、サポート致しますので、こちらにお電話下さい。 **1-855-375-8811 (TTY 1-866-209-6421)** この資料に関する情報をご自分の言語で無料にて直接または書面でさしあげます。また通訳サービスによる質問対応が可能です。