



Get Care, Stay Well

Are you due for a screening?

Regular visits to your doctor help you keep up with annual screenings. Here are five screenings to ask about at your next visit.

1. Blood pressure

Have your blood pressure checked starting at age 18.

2. Breast cancer

Women should get mammograms every two years starting at age 40. These tests find breast cancer early, when it's easier to treat.

3. Colorectal cancer

People with an average risk for colorectal cancer should start regular screening at age 45.

4. Cholesterol

Get your LDL (“bad”) cholesterol, HDL (“good”) cholesterol, and total cholesterol checked every four to six years.

5. Cervical cancer

A Pap test checks for abnormal cells in the cervix that a health care provider can treat before they turn into cancer. An HPV test looks for infections that cause these cell changes. The test you need and how often you need it depends on your age. Ask your PCP for advice.

“American Cancer Society Guideline for Colorectal Cancer Screening.” American Cancer Society. www.cancer.org/cancer/colon-rectal-cancer/detection-diagnosis-staging/acsrecommendations.html.

“Get Your Blood Pressure Checked.” Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services. <https://health.gov/myhealthfinder/doctor-visits/screening-tests/get-your-blood-pressure-checked>.

“Screening for Breast Cancer: U.S. Preventive Services Task Force Recommendation Statement.” U.S. Preventive Services Task Force. www.jamanetwork.com/journals/jama/fullarticle/2818283.

“Testing for Cholesterol.” Centers for Disease Control and Prevention. <https://www.cdc.gov/cholesterol/testing/index.html>.

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.

Learn more For information about covered and noncovered services, provider access, benefits/service restrictions, grievances, and pharmaceutical management procedures, visit amerihealthcaritasnc.com or look in your Member Handbook. You can also call AmeriHealth Caritas North Carolina Member Services at **855-375-8811 (TTY 866-209-6421)**.

Get a jump on the new school year!

ACNC is planning for your child's school year by holding back-to-school events at our Wellness & Opportunity Centers across the state. This summer, we will give away backpacks filled with school supplies to help your child start the school year off right.

ACNC Wellness & Opportunities Centers are located in:

- Asheville — 216 Asheland Ave.
- Charlotte — 3120 Wilkinson Blvd., Suite D-1
- Fayetteville — 4101 Raeform Road
- Greensboro — 3018 West Gate City Blvd.
- Greenville — 1876 West Arlington Blvd.
- Raleigh — Mobile Wellness Center



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To search for events, go to amerihealthcaritasnc.com and select *Wellness and Opportunity Centers* on the *Community* page or scan the QR code.



ACNC staff volunteer as part of our CARE Crew at back-to-school events. Each summer and fall, we work with community partners to give backpacks, school supplies, and health screenings to kids and families at no cost.

Schedule your well-child visit!

Now is the time to schedule your well-child visits for school. Check with your doctor to see what immunizations your child needs.

Does your child play a school sport? You can also schedule a physical exam during the well-child visit. It may take time to get on your doctor's schedule, so call today to make an appointment!



How to get a free car seat

ACNC will send a free infant car seat to a member who has gone to at least one prenatal visit in their first trimester. How do you earn the reward? Your provider will need to provide the date of your visit. They can request a car seat using the **Let Us Know: Member Intervention Request** form on our website under **Provider Manuals, Policies, and Forms**. Ask your provider to fill out the form and fax it to the **Rapid Response and Outreach Team** at **1-833-816-2262**. After we get the form, we will send the car seat to the member's address.



YEAH! was created to help young members on their health journey with resources, games, and tips designed just for them. YEAH! promotes healthy habits such as going to well-visits,

exercising, eating healthy, and learning new things. Look for YEAH! updates in our member newsletter. You can also visit AmeriHealth Caritas North Carolina on Facebook and Instagram.

Stay safe on your bike or scooter!

Riding safely means more fun! Here are four tips to help you stay safe:

- 1 Look around you.** Watch for cars and people walking. Look both ways before crossing.
- 2 Wear a helmet.** It helps protect your head. Make sure it fits snugly.
- 3 Follow the rules.** Stop at all stop signs and red lights.
- 4 Ride the right way.** Go in the same direction as cars. Stay on the right side of the road.

Can you find these five words?

Helmet

Light

Rules

Traffic

Watch

R	R	U	L	E	S	T
U	K	C	B	Z	H	R
L	U	M	P	G	W	A
T	R	U	I	J	A	F
H	E	L	M	E	T	F
N	Y	E	R	Q	C	I
A	S	D	U	O	H	C

Answers on page 4

"For Parents: Bicycle, In-Line Skating, Skateboard and Scooter Safety," Johns Hopkins Medicine. www.hopkinsmedicine.org/health/wellness-and-prevention/for-parents-bicycle--inline-skating--skateboarding--scooter-safety.

"Safety Tips for Bicyclist," Pedestrian and Bicycle Information Center. www.pedbikeinfo.org/resources/resources_details.cfm?id=5166.

"Watch for Me NC," Watch for Me NC. www.watchformenc.org/safetyresources.



Want more riding tips?

Visit the Pedestrian and Bicycle Information Center's website or check out Johns Hopkins Medicine's tips on bicycle and scooter safety.

Your first prenatal visit is important

When you find out you're pregnant, you get to choose how soon to share the good news with family and friends. But there's one person you should tell right away: your health care provider.

Call to schedule your first prenatal visit as soon as you think you might be pregnant. This early checkup helps prepare you — and your baby — for the nine months ahead. Here's what to expect.

Health history

Be ready for questions about your overall health, past surgeries, family health history, and lifestyle habits. It's important to be open and honest. This information helps your provider give you the best care.

Physical exam

This includes measuring your height, weight, and blood pressure. Your provider may also:

- Do a pelvic exam to check the size and shape of your uterus (womb)
- Do a Pap test to look for abnormal cells in your cervix (the narrow, lower end of the uterus)

Blood tests

A blood sample will be drawn for lab tests that look for:

- **Rh factor.** This is a type of protein. If your baby has the Rh factor and you do not, the American College of Obstetricians and Gynecologists says it could cause problems for your unborn child.

- **Anemia.** This means you do not have enough healthy red blood cells.
- **Diseases you could pass on to your baby.** These include HIV, hepatitis B, and sexually transmitted infections. If any tests are positive, your provider will work with you to protect you and your baby's health.

Urine tests

You will be asked to collect a urine sample in a sterile cup. These tests check for bacteria to see if you have a urinary tract infection. They also check for high sugar levels, which may be a sign of diabetes. Your provider will help you manage any issues. During the visit, you can ask questions, too. This is a good time to learn about healthy food choices, safe exercise, and birth options.



"Prenatal Care and Tests." Office on Women's Health, U.S. Department of Health and Human Services. www.womenshealth.gov/pregnancy/youre-pregnant-now-what/prenatal-care-and-tests.

"The Rh Factor: How It Can Affect Your Pregnancy," American College of Obstetricians and Gynecologists. <https://www.acog.org/store/products/patient-education/pamphlets/pregnancy/the-rh-factor-how-it-can-affect-your-pregnancy>.

R	R	U	L	E	S	T
U	K	C	B	Z	H	R
L	U	M	P	G	W	A
T	R	U	I	J	A	F
H	E	L	M	E	T	F
N	Y	E	R	Q	C	I
A	S	D	U	O	H	C

Page 3 puzzle answers

Pregnancy care should be equal for everyone

Health care providers should treat every patient with the same care and respect. Sometimes, without meaning to, they treat people differently because of their race, age, gender, job, or education level.

This is called *unconscious bias*. If a provider has bias against someone because of their race, they might miss important health problems.

Bias can make pregnant people afraid to ask for the care they need. You might notice bias if your provider:

- Doesn't answer your questions or help you
- Doesn't respect your privacy
- Makes you get care you don't want or refuses care you need
- Ignores serious symptoms like headaches, trouble breathing, or dizziness



Benefits for new and expecting moms

The Bright Start® program includes a **Care Manager** to help you use services, such as rides to health care visits, childbirth classes, and breastfeeding support.

Receive CARE Card Rewards* when you go to prenatal and postpartum visits. Learn more at www.amerihealthcaritasnc.com.

To read more about the Bright Start® program, scan the QR code.

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



SCAN ME

Being treated with respect and recognition of your dignity is a right. A complete list of Member Rights and Responsibilities is on our website at amerihealthcaritasnc.com/member/eng/rights/rights.aspx. AmeriHealth Caritas North Carolina will respect your rights and make sure that no one working for our health plan, or any of our providers, will prevent you from using your rights.

What you can do

These situations are not OK, and they're not your fault. Stand up for yourself by speaking up and asking for the care you deserve. When you do, you not only help yourself but make health care better for everyone.

ABCs of Advocacy

A

Ask questions.

B

Be assertive and bring a partner.

C

Communicate your concerns.

D

Detail notes from each appointment.
Don't hesitate to get a second opinion.

"What I'd Like Everyone to Know About Racism in Pregnancy Care." American College of Obstetricians and Gynecologists. www.acog.org/womens-health/experts-and-stories/the-latest/what-id-like-everyone-to-know-about-racism-in-pregnancy-care

Keep your information up-to-date

Have you moved or had any life changes? You can report any updates online at **epass.nc.gov**. If you are a new enrollee, select **Sign up**. If you are a returning enrollee, select **Log in**. If you are not sure how to review or update your information, AmeriHealth Caritas North Carolina is here to help.



Member rights and responsibilities: Did you know?

As a member of AmeriHealth Caritas North Carolina, you have certain rights and responsibilities. We will respect your rights and make sure that no one working for our health plan, or any of our providers, will prevent you from using your rights. Also, we will make sure that you are aware of your responsibilities as an ACNC member. For information, visit *Your Rights and Responsibilities* at **amerihealthcaritasnc.com** or call Member Services at **855-375-8811 (TTY 866-209-6421)**.



ACNC Facebook: Please follow us **@AmeriHealthCaritasNorthCarolina**



ACNC Instagram: Please follow us **@amerihealthcaritasnc**

Aviso de no discriminación

AmeriHealth Caritas North Carolina complies with applicable federal civil rights laws and does not discriminate, exclude or treat people different based on race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex, gender identity or expression, or sexual orientation. Full Notice of Nondiscrimination: www.amerihealthcaritasnc.com/assets/pdf/member/eng/non-discrimination-notice.pdf.

AmeriHealth Caritas North Carolina cumple con las leyes federales de derechos civiles aplicables y no discrimina, excluye ni trata a las personas de manera diferente por motivos de raza, color, nacionalidad, edad, discapacidad, credo, afiliación religiosa, ascendencia, sexo, identidad o expresión de género u orientación sexual. Aviso completo de no discriminación: www.amerihealthcaritasnc.com/assets/pdf/member/eng/non-discrimination-notice.pdf.

Auxiliary Aids and Interpreter Services

English: You can get free materials in large print and other auxiliary aids and services. Call **1-855-375-8811 (TTY/TDD 1-866-209-6421)**. If English is not your first language, free interpreter services are available. Call **1-855-375-8811 (TTY/TDD 1-866-209-6421)**.

Español (Spanish): Puede obtener sin cargo publicaciones en letra grande y otras asistencias y servicios auxiliares. Llame al **1-855-375-8811 (TTY/TDD 1-866-209-6421)**. Si el inglés no es su lengua materna, ofrecemos servicios de interpretación. Llame al **1-855-375-8811 (TTY/TDD 1-866-209-6421)**.

中文 (Simplified Chinese): 您可以获取以大号字体印刷的免费资料以及其他辅助设备及服务。请致电 **1-855-375-8811 (TTY/TDD 1-866-209-6421)**。如果英语不是您的第一语言，可以使用免费翻译服务。请致电 **1-855-375-8811 (TTY/TDD 1-866-209-6421)**。