

CARE CONNECTION

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BUILDING HEALTHIER LIVES



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Low-cost activities for kids and families

Whether you stay home or head out for the day, there are hundreds of no-cost and low-cost activities to do at home and across our service area. You may be surprised at what you find locally! Also, check your local parks, libraries, and city or county websites often for ideas.

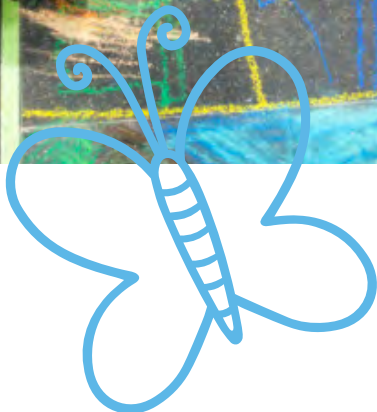
Here's some ideas for you to try:

Make an obstacle course.

This is a fun way to encourage your kids to be creative and active at the same time. Gather some things from around the house, like hula hoops, jump ropes, stones, or old blankets. Have the kids use these things to build their course. Time them running around it and give a prize to the fastest!

Paint or draw outside.

When you paint outside, you don't need to worry about making a mess. All it takes is some washable paint, some construction paper, cardboard, or blocks. Or just get some sidewalk chalk and turn your driveway into an outdoor mural!



Make a bird feeder.

Have fun while learning about nature. Grab some sticks from the yard. Then coat them with peanut butter and roll them in birdseed. The birds will "flock" to them. Plus, your kids will get to see all the different kinds of birds that live nearby.

Decorate rocks.

Take the kids out for a walk and have them look for cool or unusual rocks. When you get home, they can turn them into their own creations. Get out the paint, stickers, markers, and any other art supplies. Let their imaginations run wild. Plus, decorated rocks make great gifts for grandparents or relatives.



Create a scavenger hunt.

Kids love searching for clues and secrets. Hide some items, then give the kids clues to help find them. Since you can do it inside or out, a scavenger hunt is a good activity for a rainy day.

Make a time capsule.

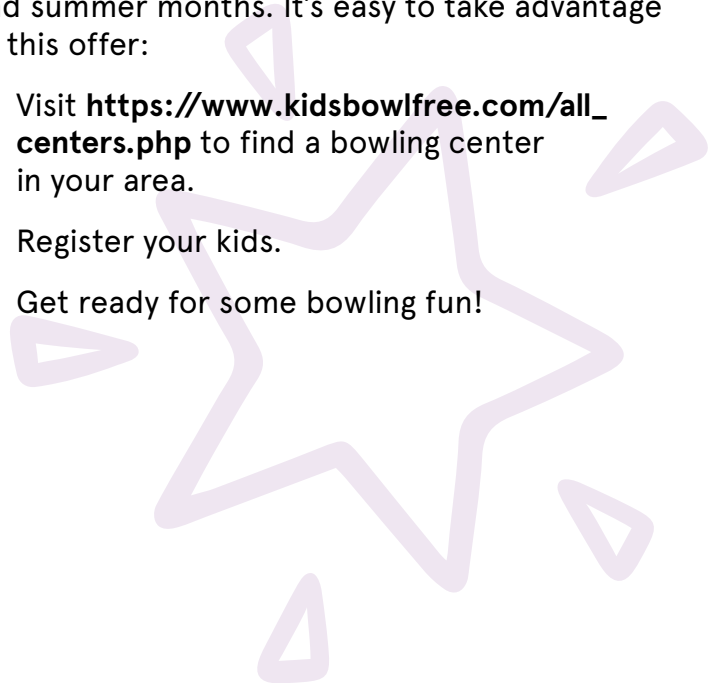
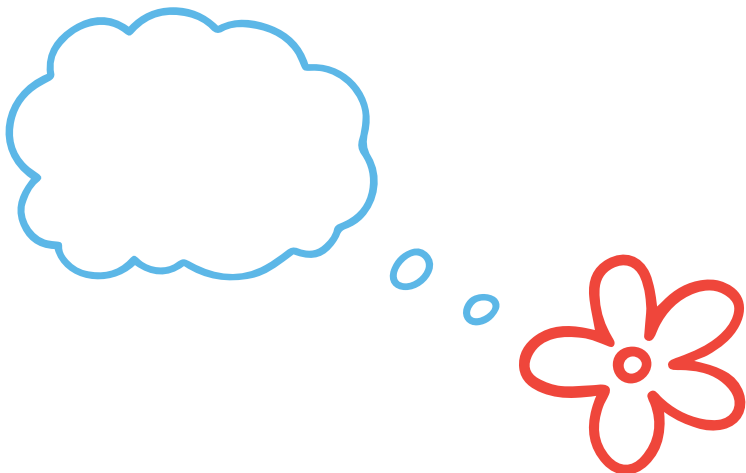
Make memories for years to come. Let kids collect some of their favorite things, like pictures, toys, or anything they'd like to remember. Put them in a sturdy container and bury it in the yard. Leave it there for someone else to find. Or dig it up when they're older to remember the good times you had together.



Find “Kids bowl free” near you.

Participating bowling alleys in Vero Beach, Port St. Lucie, Miami, and Doral are offering two free games for kids per day in the spring and summer months. It's easy to take advantage of this offer:

1. Visit https://www.kidsbowlfree.com/all_centers.php to find a bowling center in your area.
2. Register your kids.
3. Get ready for some bowling fun!



Check out these fun free or low-cost activities by county:

Indian River County

- Riverview Splash Pad:
<https://www.cityofsebastian.org/facilities/facility/details/riverview-park-16>.
- Royal Palm Point Park and Fountains:
<https://www.covb.org/facilities/facility/details/royal-palm-pointe-10>.

Martin County

- The Martin County library system offers passes to Elliott Museum/Gilbert's House of Refuge, Children's Museum of the Treasure Coast, and Florida Oceanographic Society Coastal Center. Visit: <https://www.martin.fl.us/localattractionpasses>.
- Visit one of the many Conservation Lands and Preserves.
<https://www.martin.fl.us/preserves>.

Miami-Dade County

- Miami Botanical Garden offers no-cost general admission:
<https://mbgarden.org/visit/>.
- Institute of Contemporary Art, Miami offers no-cost admission. Advance tickets are recommended:
<https://icamiami.org/tickets>.

Monroe County

- Visit one of the many parks and beaches:
<https://www.monroecounty-fl.gov/233/monroe-county-parks-beaches>.

Okeechobee County

- Visit the Okeechobee Battlefield Historic State Park: <https://www.floridastateparks.org/parks-and-trails/okeechobee-battlefield-historic-state-park>.

Palm Beach County

- The Palm Beach Museum of Natural History offers low-cost admission:
<https://www.pbmnh.org/>.

St. Lucie County

- The St. Lucie Aquarium and Natural History Museum offer low-cost admission. For more information:
<https://www.stlucieco.gov/departments-and-services/parks-recreation-department/aquarium-smithsonian>.



Sources:

Robin Westen, "24 Low-Cost Summer Activities for Kids." *Parents*, June 30, 2023,
<https://www.parents.com/fun/activities/outdoor/24-cheap-summer-activities-for-kids/>.

Kaz Weida, Nicole Dieker, "Boredom Be Gone: 114 Free Summer Activities to Keep Everyone Busy," *The Penny Hoarder*, June 5, 2023, <https://www.thepennyhoarder.com/save-money/free-summer-activities/>.



Benefits of breastfeeding for mom and baby

Many new mothers may be undecided about whether to breastfeed their baby. If you're considering whether to do it, think about the ways it can help. It provides health benefits for both you and your baby!

Breastfeeding is highly recommended by respected health organizations. The American Academy of Pediatrics (AAP) suggests you should feed your baby only breast milk for six months if you can. It says you should keep breastfeeding up to one year, even after you start feeding your baby solid foods.

The World Health Organization (WHO) goes one step further and recommends it for up to two years. It also says mothers should start breastfeeding as soon as one hour after birth.

Need more convincing? Here are 11 reasons you should consider breastfeeding your baby.

1. **Breast milk has the best nutrition for babies.** It has the right amount of nutrients for your baby's growing body. Plus, breast milk changes as the little one grows to meet baby's changing needs.
2. **Breast milk has important antibodies.** These antibodies help your baby to fight off viruses and bacteria that could make them sick.
3. **Breastfeeding can reduce the risk of diseases.** Babies are at risk of many diseases during their first year. Science has shown breastfeeding can reduce the risk of middle ear infections, stomach and digestive infections, colds, allergic diseases, diabetes, and a lot more.
4. **It promotes a healthy weight for baby.** Because breast milk has the right nutrients for your baby, it will help keep them at a healthy weight. Plus, breastfed babies tend to be better at eating the right amount for their bodies.
5. **Breastfeeding can help make babies smarter.** Studies have noticed that breastfeeding may help babies' brain development.
6. **Breastfeeding can help moms lose weight.** Some new moms find that they lose more weight if they breastfeed. This may be because their bodies are burning more calories.
7. **It helps the uterus contract.** The uterus is where your baby grows before it is born. It expands during pregnancy. Breastfeeding helps create a hormone that makes it go back to its previous size.
8. **Breastfeeding mothers have a lower risk of depression.** Many mothers suffer postpartum depression (PPD) after their baby is born.



Studies show that women who breastfeed are less likely to suffer from it.

9. **It reduces your risk for other diseases.** Women who breastfeed have been found to be at a lower risk for breast and ovarian cancer, high blood pressure, arthritis, high blood fats, heart disease, and diabetes.
10. **It can prevent menstruation.** When you breastfeed your baby, your menstrual cycles go on pause. This helps you not get pregnant again too soon. Plus, it helps give you more time with your new baby.
11. **It can save you money and time.** Breast milk is created naturally. That means you don't need to buy formula. It's always the right temperature, and you can avoid the time and trouble of cleaning bottles.

So, you can see, there are lots of great reasons to breastfeed your baby. If you have questions, talk to your primary care provider. They can give you tips about what works best for you and your baby.

Source:

"11 Benefits of Breastfeeding for Both Mom and Baby."
Healthline, Updated January 19, 2024,
<https://www.healthline.com/health/breastfeeding/11-benefits-of-breastfeeding>.



Tips for healthy living with sickle cell disease

Sickle cell disease affects between 70,000 and 100,000 people in America.¹ Even though it is a serious disease, people that have it can live healthy, full and active lives.

What is sickle cell disease?

Many people suffer from sickle cell disease. It is a disease you are born with that affects your blood cells.

If you have it, you may experience pain, infections, and other complications. This is because some of your blood cells are an abnormal shape and may block the flow of blood.

Even if you are not in pain, the sickle-shaped cells may cause damage in your body to many of your organs. Over time these may lead to organ failure and even death.²





- **Prevent infections.** Illnesses like the flu can be dangerous for children with sickle cell disease. Simple steps like hand washing, avoiding sick people, and covering coughs and sneezes are very important.
- **Practice healthy habits.** People with sickle cell disease need to drink lots of water and eat healthy foods. Children and adults with sickle cell disease need to stay active. But be careful not to get too tired, too hot, or too cold.
- **Find a support group.** There are many sickle cell support groups and organizations. Joining a group can help you learn more and get help and support.

Join the AmeriHealth Caritas Florida Sickle Cell Anemia Program

AmeriHealth Caritas Florida members with sickle cell anemia can join a special program to help them manage their condition.

What can the sickle cell anemia program do for me?

The sickle cell anemia program can help you learn about:

- Sickle cell anemia, your medicines, and lifestyle
- Getting care
- How to lessen pain
- The danger of having a stroke
- The importance of getting your shots (immunizations)

Call **1-855-371-8072** today to join the sickle cell anemia program.

¹ “Sickle Cell Disease,” American Society of Hematology, <https://www.hematology.org/education/patients/anemia/sickle-cell-disease>.

² “Tools & Guides,” Be the Spark, <https://www.sparkicksicklecellchange.com/sickle-cell-support-groups-organizations/resources>.

Tips for living with sickle cell disease:²

- **Get good medical care:** The most important thing you can do if you have sickle cell disease is to get good medical care. Your primary care provider (PCP) will help advise you what to do. This may involve seeing a hematologist, who is a doctor who specializes in blood diseases, or a team of specialists.
- **See your providers regularly:** People with sickle cell disease may need to see their doctor more regularly. Babies need to be seen every two to three months, while children 1 to 2 years old need to see a doctor every three months. Children over 2 and adults need to be seen at least once a year.



How to keep your kids cyber safe

Keeping kids safe online can be a challenge. As a parent, it's important that you know the dangers they face every time they go on a computer or device. It's also important to educate them about online threats as well as make rules to ensure their safety.

There are a lot of dangers online, but here are three of the most common ones kids face:¹

1. **Cyberbullying.** This is any mean, aggressive, or threatening activity online. It can be through email, text, or social media. More than 36% of kids ages 12 to 17 report having been cyberbullied.
2. **Online predators:** These are adults who lure children into sexual or other inappropriate activities.
3. **Inappropriate content:** This can include foul language, hate speech, or graphic images. All of it can harm children, and many kids have been exposed to it.



How to keep kids safe from online dangers²

1. Talk to them openly about it. Ask what websites and social media they use. Talk to them about using them in a safe manner.
2. Tell them about dangers like cyberbullies, online predators, inappropriate content, and scams.
3. Keep an eye on your kids' internet use. Only let them use computers and devices where you can see them.
4. Check their browser history.
5. Ask who they are friends with online.
6. Teach them to turn their online location to hide or off.
7. Monitor their screen time and try to limit them to two hours a day.
8. Keep an eye on what they're posting on social media.
9. Use parental control tools.

Cyber safety rules for kids²

Share these rules with your kids to help keep them safe online.

1. Never give out personal information to anyone. This includes addresses, credit card numbers, or phone numbers.
2. Don't send pictures to strangers.
3. Don't download anything without asking a parent first.
4. Tell an adult if they get a strange message.
5. Block someone if they are trying to bully them.
6. Always use a secure internet connection and strong password.
7. Be careful what you download on the internet.

Have you checked out our website lately? AmeriHealth Caritas Florida is excited to announce our new and improved website! You will find the site easier to navigate, and full of useful information. Check it out at www.amerihealthcaritasfl.com, or scan the QR code.



¹ Rebecca Edwards, "Internet Safety Guide for Kids." *Safewise*, November 5, 2023, <https://www.safewise.com/resources/internet-safety-kids/>.

² Moly Swift, "Parent's Can't-Miss: A Guide about Cyber Safety for Kids." *Wondershare*, June 30, 2023, <https://famisafe.wondershare.com/parenting-tips/cyber-safety-for-kids.html>.

Tip for back-to-school time: helping your kids adjust

As summer comes to an end, many families are getting ready for back-to-school season. No matter whether your kids are just getting started with kindergarten or are getting ready to graduate, it can be a stressful time.

Here are some tips to help you get ready for the school year ahead.

- **Schedule a visit to a new school.** If your kids are moving up to middle or high school, or you've recently moved, starting a new school can be hard. Visiting the new campus can help take the stress off. Also, many schools will offer parent and teacher conferences. Try to get to know their teachers before the school year begins.
- **Plan ahead for homework.** Find a place in your home where your children can do their homework and won't be distracted. Also, think about a good time for them to do homework. Maybe right after school and a snack. Or maybe after dinner. Make time to help them with their homework.
- **Set up a sleep routine.** Kids need their sleep! Depending on their age, they may need 10 to 11 hours each night. A good bedtime routine can include a shower, a snack, brushing their teeth, and a bedtime story. Also, have them turn off TVs and devices one hour before bed so they can wind down and sleep.
- **Eat a healthy breakfast.** Making sure they have a nutritious breakfast every day will help kids do better in school.
- **Talk about how to handle conflicts.** Whether it be with teachers or other students, being prepared for conflict can help your kids and you. Remember, you want to prepare your kids to deal with problems on their own. But remind them that you're always there to support them if they need you.

Even if you plan and set up routines, there still may be times when it's not enough. All kids are different and some may require more support. If this is the case, talk to your school's social worker or counselor. You can also reach out to their doctor for advice. Let's make this the best school year ever!



Source:

Jessie Wolf, "Back to school: Tips to help students adjust." Mayo Clinic Health System, July 26, 2023, <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/back-to-school-tips-to-help-students-adjust>.

Back-to-school reminder!

Make sure your child is up to date on immunizations.

<input type="checkbox"/>	Diphtheria, tetanus, and pertussis (DTaP) Five doses, with one dose each at 2 months, 4 months, 6 months, 15 – 18 months, and 4 – 6 years
<input type="checkbox"/>	Haemophilus influenzae type B Four doses, with one dose each at 2 months, 4 months, 6 months (as needed depending on the brand of vaccine), and 12 – 15 months
<input type="checkbox"/>	Hepatitis A Two doses, with one dose each at 12 – 23 months, second dose at least six months later
<input type="checkbox"/>	Hepatitis B Three doses, with one dose each at birth, 1 – 2 months, and 6 – 18 months
<input type="checkbox"/>	Human papillomavirus If 9 – 14 years old at first vaccination: Two doses, given six to 12 months apart If 15 or older at first vaccination: Three doses, with the second dose one to two months after the first and the third dose six months following the second dose
<input type="checkbox"/>	Inactivated poliovirus Four doses, with one dose each at 2 months, 4 months, 6 – 18 months, and 4 – 6 years
<input type="checkbox"/>	Influenza One dose annually by the end of October, beginning at age 6 months
<input type="checkbox"/>	Measles, mumps, and rubella Two doses, with one dose each at 12 – 15 months and 4 – 6 years (infants ages 6 – 11 months should have one dose before traveling abroad)
<input type="checkbox"/>	Meningococcal serogroup A, C, W, Y Two doses, with one dose each at 11 – 12 years and 16 years
<input type="checkbox"/>	Meningococcal serogroup B Two doses at 16 – 18 years
<input type="checkbox"/>	Pneumonia Four doses, with one dose each at 2 months, 4 months, 6 months, and 12 – 15 months
<input type="checkbox"/>	Rotavirus Two doses, with one dose each at 2 months and 4 months (Rotarix), or three doses, with one dose each at 2 months, 4 months, and 6 months (RotaTeq)
<input type="checkbox"/>	Tetanus, diphtheria, and pertussis (Tdap) One dose at 11 – 12 years
<input type="checkbox"/>	Varicella Two doses, with one dose each at 12 – 15 months and 4 – 6 years

Source:

“Recommended Child and Adolescent Immunization Schedule for 18 Years or Younger,” Centers for Disease Control and Prevention, 2021, <https://www.cdc.gov/vaccines/schedules/hcp/imz/child-adolescent.html>.



Hurricane preparedness

Hurricane season lasts from June 1 to November 30

Living in Florida offers many benefits. But be sure to prepare for the 2024 hurricane season that starts June 1. The **FloridaDisaster.org** Division of Emergency Management encourages Floridians to have at least seven days' worth of supplies. These supplies include food, water, medicine, and batteries. Check out their **Disaster Supply Kit Checklist** to help you get ready.

They also offer an easy guide or you and your family. Follow these steps:

Start planning for a hurricane together with your family. You can include any other housemates and friends, too.

Talk with them about:

- How you will all get emergency alerts
- How you will all communicate with each other
- Your evacuation routes
- Where all your shelters are and how you will get there



Think about your specific needs. Do you or your family have medicines, medical equipment, pets, child care needs, or other needs? Create a list of people to connect with for help where you need it. **Use online resources to make a hurricane plan.** Save your plan in a safe place. Practice your plan with your family.

To update your alerts, plan to evacuate, or find a shelter, visit the **FloridaDisaster.org Division of Emergency Management website.**

Source:

"Make a Family Plan," FloridaDisaster.org Division of Emergency Management,
<https://www.floridadisaster.org/family-plan>.

Christine Harrison, "The Essential Guide to Hurricane Preparedness," State of Florida.com,
<https://www.stateofflora.com/articles/hurricane-preparedness-guide/>.

Earn rewards through Healthy Behaviors

Your health goals are important to us. We want to help you reach them. AmeriHealth Caritas Florida's Healthy Behaviors programs can help you improve your health and earn rewards at the same time. For each Healthy Behaviors program you complete, you'll get a gift card by mail, text, or email.

AmeriHealth Caritas Florida's Healthy Behaviors programs include:*

- Adult access to preventive or ambulatory services
- Behavioral health follow-up
- Maternity program
- Postpartum program
- Child and adolescent well-care visits
- Breast cancer screening
- Cervical cancer screening
- Diabetes testing
- Diabetes eye exam
- Lead screening
- Alcohol and substance use recovery program
- Smoking cessation program
- Weight loss program



* You may enroll in more than one Healthy Behaviors program (if you qualify). You can receive a reward of up to \$50 per program, per year. You may only join each Healthy Behaviors program one time per year. Rewards cannot be used to buy alcohol, tobacco, gambling (including lottery tickets), drugs (except over-the-counter drugs), firearms, or ammunition. We will send rewards after we verify you have completed qualifying programs.

Want to learn more? Call Member Services at **1-855-355-9800 (TTY 1-855-358-5856)**. You can also visit us at **www.amerihealthcaritasfl.com**.

IMPORTANT INFORMATION

Are you mobile ready?

Download our app at no cost to you.*

Use our mobile app to view your digital ID card, health history, and other key resources.

To get the mobile app, visit the Google Play store or Apple App Store and search for AHC mobile.

Or scan the Apple or Android code to download the app.

*Standard messaging and data fees may apply.



Apple



Android

Are you pregnant? Let us know



Call 1-855-371-8076 to join Bright Start®, a special program for our pregnant members.

REMINDER

Check the member portal for current appointments and prescriptions

www.amerithealthcaritasfl.com



Is your contact info up to date?



Have you moved or changed your phone number lately? Let us know! To update your contact information, call Member Services at 1-855-355-9800 (TTY 1-855-358-5856) 24/7/365.

Need a ride to a health care appointment or service?

Call Amerithealth Caritas Florida transportation services toll-free at 1-855-371-3968.

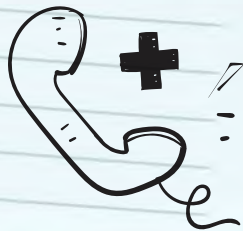


Have you tried telehealth?

Explore the convenience!

Telehealth allows you to connect with a provider outside of their office using a computer, tablet, or smartphone.

Ask your provider if they offer telehealth. Or use MDLIVE at no cost to members.



Important phone numbers

You can call for these services 24/7/365.

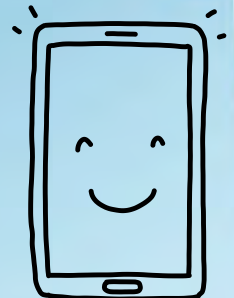
Member Services: 1-855-355-9800
(TTY 1-855-358-5856)

24/7 Nurse Call Line:
1-855-398-5615

Transportation Services:
1-855-371-3968

Pharmacy Member Services:
1-855-371-3963

Behavioral Health
Member Services:
1-855-371-3967



Discrimination is against the law

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

AmeriHealth Caritas Florida:

- Provides free (no-cost) 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).
- Provides free (no-cost) language services to people whose primary language is not English, such as:
 - Qualified interpreters.
 - Information written in other languages.

If you need these services, contact AmeriHealth Caritas Florida at **1-855-355-9800 (TTY 1-855-358-5856)**. We are available 24 hours a day, seven days a week.

If you believe that AmeriHealth Caritas Florida has failed to provide these services or has discriminated against you in another way, you or your authorized representative (if we have your written authorization on file) can file a grievance with:

- Grievances and Appeals, P.O. Box 7368, London, KY 40742. Phone: **1-855-371-8078 (TTY 1-855-371-8079)**, or Fax: **1-855-358-5847**.
- You can file a grievance by mail, fax, or phone. If you need help filing a grievance, AmeriHealth Caritas Florida Member Services is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
1-800-368-1019 (TTY 1-800-537-7697)

Complaint forms are available at:
<http://www.hhs.gov/ocr/office/file/index.html>.

English: This information is available for free in other languages. Please contact our customer service number at **1-855-355-9800 (TTY 1-855-358-5856)**, 24 hours a day, seven days a week. If your primary language is not English, or to request auxiliary aids, assistance services are available to you, free of charge.

Spanish: Esta información está disponible en otros idiomas de forma gratuita. Póngase en contacto con nuestro número de servicios al cliente al **1-855-355-9800 (TTY 1-855-358-5856)**, las 24 horas del día, los siete días de la semana. Si su idioma principal no es el inglés, o necesita solicitar ayudas auxiliares, hay servicios de asistencia a su disposición de forma gratuita.

Haitian Creole: Enfòmasyon sa yo disponib gratis nan lòt lang. Tanpri kontakte ekip sèvis kliyan nou an nan **1-855-355-9800 (TTY 1-855-358-5856)**, 24 è sou 24, sèt jou sou sèt. Si anglè pa lang manman w oswa si w ta renmen mande yon èd konplemantè, ou ka resevwa sèvis ki gratis pou ede w.

Vietnamese: Thông tin này có sẵn miễn phí ở các ngôn ngữ khác. Vui lòng liên lạc bộ phận dịch vụ khách hàng của chúng tôi theo số **1-855-355-9800 (TTY 1-855-358-5856)**, 24 giờ một ngày, bảy ngày trong tuần. Nếu ngôn ngữ chính của quý vị không phải là tiếng Anh, hoặc để yêu cầu các thiết bị trợ giúp bổ sung, thì quý vị có thể sử dụng miễn phí các dịch vụ hỗ trợ.

