

WELLNESS PROGRAM REQUEST FORM

Alameda Alliance for Health provides free health education. We want you to take charge of your health by having the best information possible. Please check off the topics that you want.

WRITTEN MATERIALS:

- Advanced Directive (medical power of attorney)
- Alcohol and Other Substance Use
- Asthma Adult Child
- Back Care
- Birth Control and Family Planning
- Breastfeeding
- Car Seat Safety
- Diabetes
- Domestic Violence
- Exercise Resistance Bands
- Healthy Eating
- Heart Health
- Parenting and Discipline
- Pregnancy and Childbirth
- Quit Smoking
- Safety Baby Child Senior
- Sexual Health
- Stress and Depression

DVDS:

- Asthma Care Adult Child
- Exercise Family Senior
- Parenting and Discipline (Ages 0 - 3)

CLASSES & PROGRAMS:

- Asthma
- Alcohol and Other Substance Use
- Breastfeeding Support
- CPR/First Aid
- Diabetes
- Healthy Weight
- Heart Health
- Parenting
- Pregnancy and Childbirth
- Quit Smoking (have Smoker's Helpline call me)
- Senior Centers/Programs

ID BRACELETS:

- Asthma Diabetes

SPECIAL BOOKS:

- Self-Care Guide Family Teen Senior
- What to Do When Your Child Gets Sick
- When Your Child is Heavy
- Cookbook (pick one) Latin Healthy Meals
- Exercise (pick one) Yoga Strength Senior

ALLIANCE NOTES

MEMBERS' RIGHTS AND RESPONSIBILITIES

As an Alliance member, you have rights and responsibilities. These are listed on our website at alamedaalliance.org (click "Members" and then "Member Materials"). If you would like a paper copy of this information, please call Member Services at **510-747-4567**.

LEARN MORE ABOUT YOUR BENEFITS

The Evidence of Coverage (EOC) for your Alliance program explains your covered benefits. To find the EOC, go to alamedaalliance.org, click on "Members," and then click on "Member Materials." To receive a paper EOC booklet, please call Member Services at **510-747-4567**.

DRUG COVERAGE

Want to know if a drug is covered by the Alliance? You can search our online formulary. It lists all covered medications: www.alamedaalliance.org/members/pharmacy-and-drug-benefits. We update this list regularly.

Important Phone Numbers

Emergency	911
Poison Control	1-800-876-4766
Alameda County Social Services Medi-Cal Center	1-800-698-1118 or 510-777-2300
Medi-Cal Plan Enrollment/Changes	1-800-430-4263
Alameda Alliance for Health	
Main Number	510-747-4500
Member Services Monday–Friday, 8 a.m.–5 p.m.	510-747-4567 CRS/TTY: 711
Dental Care Services	
Medi-Cal Members: Denti-Cal	1-800-322-6384
Vision Care Services	
Medi-Cal Members: March Vision Care	1-888-493-4070 TTY: 310-216-2309
Group Care Members: EyeMed	1-866-723-0514
Behavioral Health Care Services 1-855-856-0577	
Nurse Advice Line	
Group Care Members	1-855-383-7873 PIN #690
Medi-Cal Members	1-888-433-1876

FREE LANGUAGE SERVICE

Friends and family should not interpret for you at your health care visits. For free help with your language needs, including American Sign Language, call us at **510-747-4567**, CRS/TTY: **711/1-800-735-2929**.

ADDRESS AND PHONE CHANGES

If you move or get a new phone number, call us at **510-747-4567**.



CELEBRATING 20 YEARS OF SERVICE

ALAMEDA
Alliance
FOR HEALTH

Health care you can count on.
Service you can trust.

Did You Know the State Medi-Cal Program Is Celebrating its 50th Birthday?



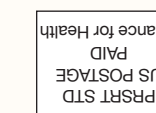
The Alliance is a part of the state Medi-Cal Program. The state program is turning 50 this year. Since 1966, Medi-Cal has

grown many times. Today 1 out of every 3 Californians have Medi-Cal. It helps families, seniors and people with disabilities. Medi-Cal

also helps people without a health plan, people who are homeless and those who need help managing their health care so they can achieve the best health they can. The Alliance is proud to be a part of this great program and to help improve the health of our community.

Send this form to: Alameda Alliance for Health, Health Education, 1240 South Loop Road, Alameda, CA 94502

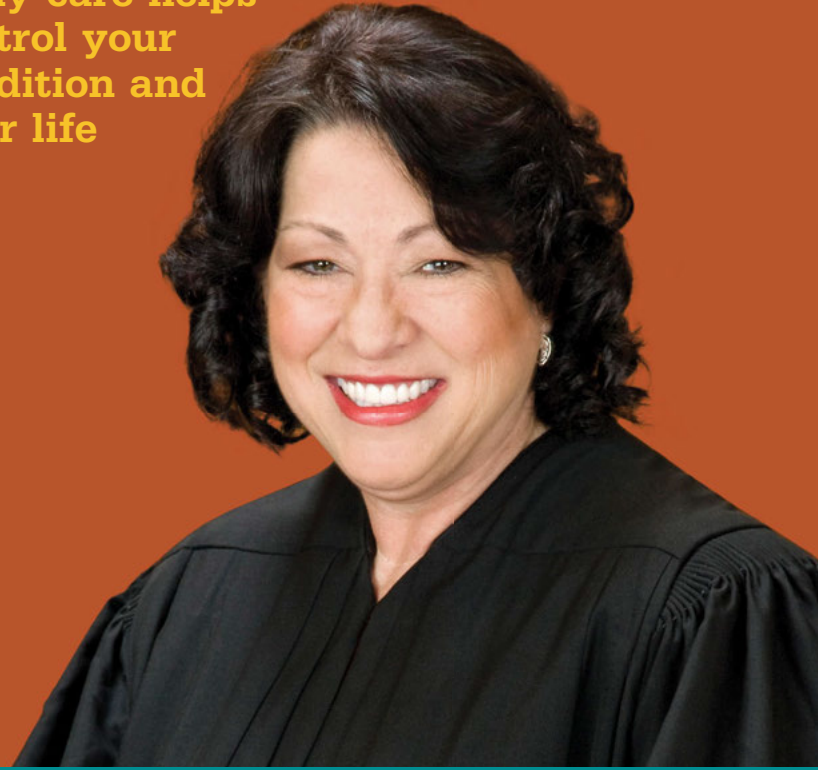
Fax: 1-877-813-5151 Call: (510) 747-4577 / CRS/TTY: 711 Email: livehealthy@alamedaalliance.org



ALLIANCE
ALERT Fall 2016

Justice Rules Her Diabetes

Daily care helps control your condition and your life



Sonia Sotomayor is a Supreme Court justice. She is also the daughter of Puerto Rican parents. As a child in the Bronx projects, she studied hard to get into college. Her story is unique. But she shares a common health struggle: diabetes.

Diabetes has been part of daily life for Sotomayor since she was a child and she was told she had type 1. But she hasn't let it hold her back. Today, the 62-year-old justice keeps glucose tablets close at hand. She also carries a blood glucose meter. Sotomayor uses it regularly and also when she feels off. She takes insulin as needed—especially before meals. As a result, she has great control over her diabetes.

Learning you have diabetes can be scary. But Sotomayor says, "Everything becomes second nature very quickly. It's not so tough after a little while."

RISK IS HIGH FOR TYPE 2

Do you know your risk of getting diabetes? Would a 40 percent chance surprise you? Two in five adults could end up with type 2 diabetes, says some major studies.

Obesity and lack of exercise put you at risk. Since obesity is on the rise, so is type 2 diabetes. Genetics also play a role.

WHAT IS IT?

Type 2 diabetes means the body doesn't use insulin as it should. This could lead to

high blood glucose or blood sugar. Over time, diabetes may lead to kidney, nerve and heart damage.

WHAT CAN YOU DO?

You can help prevent your lifetime risk of diabetes. Stay at a healthy weight and eat with nutrition in mind. If needed, set a weight-loss goal. Even dropping 10 pounds can boost your overall health. Talk to your doctor about

diabetes risk. Then make a plan together.

HAVE YOU BEEN DIAGNOSED?

A good diet and daily exercise will help you manage diabetes. Medicine can also keep your glucose in the healthy range. Work with your doctor and follow your treatment plan.

Also, don't forget to check your feet every day. Look for signs of poor blood flow.

FOR YOUR HEALTH: The Alliance has free guides, books, and advice to help you manage your diabetes. You are not alone. Learn more at www.alamedaalliance.org/live-healthy/health-issues/diabetes.



Don't Miss Well-Child Exams

Children grow up quickly. That's why they need to see the doctor regularly. It's also a good chance for you to ask questions.

Schedule in advance. Give yourself plenty of time to make an appointment that fits your schedule. It's also smart to prepare ahead of time. Find out if your child needs shots at this visit. And write down any questions you want to ask the

doctor. You may want to learn about food choices, safety or your child's growth. Also, don't forget to take your child's Alliance ID card.

FOR YOUR HEALTH: Did you know that the Alliance offers free support for parents? Check out parenting tips at www.alamedaalliance.org/live-healthy/health-issues/parenting

ANTIBIOTICS DO'S AND DON'TS

DO NOT use antibiotics for viruses, including flu, colds, bronchitis and many ear infections.

DO use antibiotics for bacterial infections, including strep throat or urinary tract infections. Take the medicine exactly as prescribed. And finish the course of treatment.

DO NOT demand antibiotics from your doctor. He or she knows when they are needed.

DO NOT take antibiotics prescribed for someone else or for a different illness. The drugs might not be right for your illness. Plus, taking medicine when it is not needed can lead to side effects.

ASK THE DOCTOR

FLU VACCINE

Q Why do I need to get a flu shot every year?

A The flu virus changes every year. And your body's immune response to the vaccine lessens over time. That's why you need a flu vaccine every year.

Q If I'm healthy, do I need the vaccine?

A Keep in mind that flu can be dangerous, even deadly. Those most at risk for serious problems are older people, infants and pregnant women. People with chronic health issues are also at high risk. But anyone can get very sick from flu. And the virus is easily spread.

Q Is it too late to get the flu vaccine?

A Cases of the flu peak in January and February. And it takes about two weeks for the vaccine to work in your body. Visit a flu shot clinic today.

Q Did you know you can get a free flu shot from your doctor's office or local pharmacy?

A You can visit your doctor's office to get your free flu shot. If you are 19 years of age and older you can show your Alliance ID card at your local pharmacy to get your free flu shot. Visit the "Pharmacy Locator" at www.alamedaalliance.org to find a local pharmacy.

Better Breathing

Frequent coughing is one sign of COPD, or chronic obstructive pulmonary disease. It's a disease that gets worse with time and makes it hard to breathe.

Want to know if you have it? Then your doctor might suggest a test called spirometry (spi-ROM-eh-tre). It's a simple test that involves breathing into a tube. The device measures how hard and how fast you breathe out. The test can find COPD early and inform a treatment plan.

You can manage the disease, but catching it early may stop serious damage.



True or False? Test Your Stroke IQ

A stroke happens in the heart.

FALSE: A stroke is a "brain attack." There are different kinds of stroke, but it happens when blood flow to an area of the brain is cut off.

Sudden trouble seeing is one sign of stroke.

TRUE: More common signs are sudden weakness in the face, arms or legs and sudden speech problems.

Stroke is most common in older people.

TRUE: But stroke can happen to younger adults and children. About 10 percent of strokes happen to those younger than 45.

Stroke cannot be prevented.

FALSE: About 4 in 5 can be prevented by knowing your risk and living a healthy lifestyle.

GET THE FACTS: DONATE LIFE

Most of us have heard many myths about organ and tissue donation. Here are four facts:

1. **One person can save eight lives** and enhance 50 other lives through organ and tissue donation.
2. **More than 120,000 Americans are waiting for an organ transplant**—their last option for a healthy, active life.
3. **All major religions support** or permit organ, eye and tissue donation.
4. **It's free to sign up and donate** your organs and tissues.

If you are 13 or older, you can sign up online to be donor—even if you have major health problems. It's easy and free to join the organ and/or tissue donor registry at donatelife-california.org. Or call **866-797-2366**.

