

## 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 Abuse
- Asthma  Adult  Child
- Back Care
- Birth Control and Family Planning
- Breastfeeding
- Diabetes
- Domestic Violence
- Exercise  with Resistance Bands
- Good Eating
- Heart Health
- Parenting and Discipline
- Pregnancy and Childbirth
- Quit Smoking
- Safety
- Sexual Health
- Stress and Depression

### REFERRALS FOR:

- Alcohol and Other Substance Use
- Breastfeeding Support
- HIV and STD Programs
- Domestic Violence
- Senior Centers/Programs

### CLASSES:

- Asthma
- Diabetes
- CPR/First Aid
- Parenting
- Pregnancy and Childbirth
- Quit Smoking
- Healthy Weight

### ID BRACELETS:

- Asthma
- Diabetes

### DVDS/VIDEOS:

- Asthma Care  Adult  Child
- Childbirth (Video only)
- Exercise  Child  Senior
- Parenting and Discipline (Ages 0 - 3)

### SPECIAL BOOKS:

- What to Do When Your Child Gets Sick
- When Your Child is Heavy
- Family Self-Care Guide
- Teen Health
- Cookbook

Name (self): \_\_\_\_\_ Alliance ID Number: \_\_\_\_\_  
 Child's Name (if applicable): \_\_\_\_\_ Child's ID Number: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Daytime Phone #: \_\_\_\_\_ Language Preferred: \_\_\_\_\_  
 Provider Name (if applicable): \_\_\_\_\_ Email Address: \_\_\_\_\_  
 Materials are for:  Adult  Senior  Child Age of Child: \_\_\_\_\_

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

Or Fax this form to: 1-877-813-5151 ■ Or Call: (510) 747-4577 / CRS/TTY: 711

(HED W-1) Revised January 2014

## ALLIANCE NOTES

### YOU CAN STOP FRAUD & ABUSE

Health care fraud, waste, and abuse cost taxpayers billions of dollars each year. You can help stop fraud by reporting it.

If you suspect fraud by our health plan, doctors, drug stores, or members, report it by calling:

- For Medi-Cal: 1-800-822-6222
- For all Alliance programs: 1-855-747-2234

Thank you for helping us fight fraud, waste, and abuse.

### ADDRESS AND PHONE CHANGES

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

### FREE LANGUAGE SERVICE

Friends and family should not interpret for you at your doctor visits. For free help with your language needs, call us at 510-747-4567.

### PRIVACY NOTICE UPDATE

The Alliance values and respects your privacy. Our Notice of Privacy Practices has changed, effective September 23, 2013. To access our updated practices, please visit: [alamedaalliance.org/privacy-practices](http://alamedaalliance.org/privacy-practices)

If you need help reading this document, please call Member Services at (510) 747-4567.  
 Si necesita ayuda para leer este documento, llame a Servicios al Cliente al (510) 747-4567.  
 假如您看不懂本文件，需要協助或其他語文版本，請致電會員服務部，電話 (510) 747-4567。  
 Nếu quý vị cần được giúp đỡ đọc tài liệu này, xin gọi ban Dịch Vụ Hội Viên tại số (510) 747-4567.

Published by McMurry/TMG, LLC. © 2014. All rights reserved. No material may be reproduced in whole or in part from this publication without the express written permission of the publisher. The information in this publication is intended to complement—not take the place of—the recommendations of your health care provider. Consult your physician before making major changes in your lifestyle or health care regimen. McMurry/TMG makes no endorsements or warranties regarding any of the products and services included in this publication or its articles. **Photo credits:** © 2012 Getty Images

## 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
Alliance CompleteCare (HMO SNP) Medicare Plan	
Care Advisors 7 days a week, 8 a.m.–8 p.m.	1-877-585-7526 CRS/TTY: 711 or 1-800-735-2929
Dental Care Services	
Medi-Cal Members: Denti-Cal	1-800-322-6384
Vision Care Services	
Medi-Cal Members:	1-888-493-4070
March Vision Care	TTY: 310-216-2309
Group Care Members: EyeMed	1-866-723-0514
Behavioral Health Care Services	
Alliance CompleteCare	1-855-856-0577
Group Care Members	1-855-856-0577
Medi-Cal Members	1-855-856-0577



# ALLIANCE ALERT

Summer 2014

Broadway star Anika  
Noni Rose lives well with  
asthma—and you can too.



## Singer Hits a High Note

Anika Noni Rose relies on her strong voice. In fact, it's how she makes her living. She's starred in Broadway musicals and appeared in films like *Dreamgirls*. You might find it hard to believe that this singer

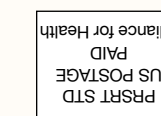
lives with asthma.

Asthma is very common. Like the almost 25 million Americans who have the disease, Rose works hard to manage her asthma. But it hasn't always been easy. She was in college when

her breathing problems started. After a few scary flare-ups, Rose decided to see a doctor. She was tested and found out she had asthma. With proper medication and help from her doctor, Rose learned to control her asthma and pursued her singing career.

Now she helps educate others about asthma through the American Lung Association. With the proper medicine and treatment, Rose knows anyone with asthma can breathe easier.

Visit [lung.org](http://lung.org) and click on "lung disease" to learn more. Also, see our story on page 2.



AR



## Tips for Easier Mammograms

It's okay to be nervous before a test like a mammogram. But being prepared can help you relax. A mammogram is an X-ray image of each breast. The doctor looks for signs of breast cancer in those images.

During this test, your breast is compressed between two plates. The squeezing only lasts a few seconds, and any discomfort is brief. Keep in mind this test can be a lifesaver.

Here are tips for a more comfortable test:

- Avoid scheduling the exam

near your period. Your breasts may feel more tender during this time.

- Wear pants with a top that is easy to remove. That way you only have to remove your shirt.
- Don't use deodorant, powders, or lotions the day of the exam. Those could contain metal particles that show up on the X-ray.
- If you might be pregnant, tell the health care staff. The radiation level is low, but it's better to let them know.

Women ages 40–75 should have a mammogram every one to two years. Talk to your doctor for a referral.

## CREATE AN ASTHMA ACTION PLAN

Ask your doctor to help you develop an asthma action plan. Having one can help control asthma so it doesn't affect your daily life.

### THE RIGHT MEDICINE

Your asthma action plan will show your daily treatment and when you should take medicine. Controller medicines help prevent an attack. Rescue medicines should be used during an attack.

An asthma action plan has three zones: green, yellow, and red. Green is where you should be on a daily basis. It means you're in good control of your asthma. Yellow means you need to take action to prevent an attack. The red zone means your asthma is flaring up. You likely need a rescue medicine or medical help.

### KNOW YOUR TRIGGERS

To stay in that green zone, know your triggers. Those could include allergens, stress, or even a cold that makes it harder to breathe.

Call Health Programs at 510-747-4577 for a free Asthma Plan Form for your doctor to fill out.

## Mom's Milk: The Perfect Food for Baby

Breastmilk is amazing food. It is custom made to help your baby grow strong and healthy. Breastfed babies get sick less often and for less time. They are also less likely to get some diseases like asthma and diabetes.

**How long to breastfeed?** Breastmilk is all your baby needs for the first 6 months. Pediatricians advise that babies should be breastfed for at least the first 12 months of life or longer as mother and baby wish.

**Free classes and breastfeeding experts.** Are you pregnant? Baby just arrived? Wondering how to

return to school or work and still breastfeed? Health Programs can help! Call us at 510-747-4577 for the support you need.



## After Giving Birth: The 3- to 8-Week Visit for New Moms

During and after giving birth a woman's body goes through many changes. It is important that you see your doctor or midwife between 3 and 8 weeks after giving birth to make sure you are doing well. At this visit your doctor will

check on how your body is healing and your emotional health. Tell your doctor about any pain, problems, sadness, or overwhelmed feeling you may have.

Need help to schedule your doctor visit? Call Member Services at 510-747-4567.

## Dental Varnish

Your child may receive a fluoride varnish to prevent dental cavities at your doctor's office. This varnish is applied

quickly and safely to the teeth. Children 6 years of age and younger can get the fluoride varnish.



## YEARLY EXAMS

The summer is a good time to schedule your child's well exam. During this exam, the doctor will make sure that all screenings, tests, and vaccines are up-to-date.

## ASK THE DOCTOR

**Q My child was diagnosed with attention-deficit hyperactivity disorder (ADHD). What are the next steps to keep her healthy?**

**A** ADHD can be treated. But meds are not one-size-fits-all. Your doctor might try a few meds to see what works best for your child.

Here are the main types of ADHD medicines:

- Stimulants are the most common. They help 70 to 80 percent of children with ADHD and can work for different lengths of time. Some work for four hours and some work for 12. Stimulants help with focus and impulse control.
- Nonstimulants work for children who can't take stimulants. Nonstimulants have fewer side effects and can work for up to 24 hours. They also improve impulse control and focus.

Your doctor might also suggest therapy to control ADHD. Work on a treatment plan with your doctor, and inform him or her of any side effects or changes in your child.

## GET THE FACTS—DONATE LIFE

Most of us have heard myths about organ and tissue donation, but here are three 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.



If you are age 13 or older, you can sign up online to be a donor—even if you have major health problems. It's easy to join the organ and/or tissue donor registry at [donatelifecalifornia.org](http://donatelifecalifornia.org).

Donate Life California  
[donatelifecalifornia.org](http://donatelifecalifornia.org)



## Tell Us What You Think—and You Might Be a GIFT CARD WINNER!

Please take our short survey about the *Alliance Alert* newsletter. Alliance members who complete the survey will be entered in a \$15 Target gift card raffle. Four members will win!

Go to [www.surveymonkey.com/s/Alert2014](http://www.surveymonkey.com/s/Alert2014) and take a few minutes to share your opinion with us.

Survey ends November 1, 2014.

## SUBSTANCE ABUSE QUIZ

Drug and alcohol use causes all sorts of health problems. But how much do you really understand about addictive substances?

1. When a person needs more of a drug to get the same effect, it's referred to as:

- Relapsing
- Tolerance
- Withdrawal

2. Drinking hard liquor makes you feel drunker than just drinking beer.

- Yes
- No

3. This drug can affect your behavior while driving:

- Marijuana
- Alcohol
- Prescription painkillers
- Cough syrup
- All of the above

If you are concerned about drug and alcohol use, talk to your doctor. She or he can provide support and referrals.

**ANSWERS:**  
1. Tolerance. This is a major warning sign of addiction.  
2. No. Alcohol has the same effect no matter what kind you drink. The amount someone drinks over a certain period of time affects the level of drunkenness.  
3. All of the above. Even some prescription drugs and over-the-counter medicine can cause problems.

## Have the Conversation

People of all ages are talking about their end-of-life health care wishes *before* any health crisis occurs. Start the conversation to prepare yourself and your loved ones. Visit [theconversationproject.org](http://theconversationproject.org) and use the online Starter Kit to help you:

- Talk with friends, family, and doctors.
- Choose the end-of-life care that is right for you and your family.
- Write down your end-of-life wishes using a form like the Advance Directive.
- Take the form with you to your next doctor's visit.

For an Advance Directive form, go to [iha4health.org/our-services/advance-directive](http://iha4health.org/our-services/advance-directive) or call Health Programs at 510-747-4577.

## What's Your Risk for High Blood Pressure?

You can have high blood pressure and not know it. Blood pressure is the force of blood pushing against the walls of your arteries. Over time, high blood pressure can lead to a heart attack and stroke. You can't feel high blood pressure. That's why your doctor measures your blood pressure with an arm cuff at every visit.

Let's look at some risk factors for high blood pressure:

1. **Family history.** If close relatives had it, your risk goes up.
2. **Age.** Risk increases with age, since blood vessels become less flexible.

3. **Lack of exercise.** Not being active lets the body slow down and gain weight.
4. **Poor diet.** Eating lots of processed and salty foods deprives your body of other nutrients.
5. **Too much alcohol.** Drinking alcohol in excess causes blood pressure to spike.

The good news? Lifestyle changes can lower your risk and prevent stress on your body.

