

CARES HEALTH TALK

WINTER 2021

blue
california



Promise Health Plan

HOW TO MANAGE ASTHMA IN THE WINTER

Brrr! It's cold out there. And that can be a problem when you have asthma.

The reason? Cold, dry air can irritate the breathing tubes in your lungs, which may trigger asthma symptoms such as wheezing, coughing and shortness of breath.

If your asthma often gets worse in winter, you can reduce your symptoms by following these tips from the American Lung Association and the Asthma and Allergy Foundation of America:

- ◆ Keep an eye on weather forecasts when planning exercise or other outdoors activities. If it's going to be very cold, try to move your workouts indoors where it's warmer.

- ◆ Cover your nose and mouth with a scarf when you do go outside. This will warm the air you breathe in before it enters your lungs so that it's less likely to trigger your asthma. It will also help if you practice breathing in through your nose and out your mouth.

- ◆ Take your asthma medicines just as directed. This includes any daily controller medicines your doctor has prescribed. Keep your quick-relief inhaler with you at all times. Consider using it 20 to 30 minutes before participating in any cold-air activities. And use it right away if your symptoms flare.

As always, ask your doctor if you have questions about how to keep your asthma in check.

Standard
U.S. Postage
PAID
Long Beach, CA
Permit No. 2041

Blue Shield of California Promise Health Plan
601 Potrero Grande Drive
Monterey Park, CA 91755

DUE DATE PLUS— FREE PREGNANCY APP

Are you a new mom or mom-to-be? We are offering you Due Date Plus, a free mobile app that can help guide you through your pregnancy and the first two years of your baby's life.

GREAT FEATURES

Get a week-by-week pregnancy guide with over 50 healthy pregnancy areas, videos, affirmations, local resources and more to help guide you through your pregnancy. Your partner and family can follow along on their own devices. Due Date Plus can also help you talk to your doctor about an issue. It can also link you to local Los Angeles or San Diego resources.

DOWNLOAD NOW

To download Due Date Plus, search "Blue Shield Promise" in the App Store or Google Play. Or text **BABY** to **323-310-5118** (Los Angeles County) or **619-940-1064** (San Diego County). Enter your member ID when you download the app and you may qualify for a \$50 gift card. If you have questions, please call Customer Care and ask for the Health Education Department.

PRENATAL CARE: THE RIGHT CALL FOR YOU AND YOUR BABY

Babies bring lots of firsts. First kicks. First steps. First words.

But before all that can happen, you'll need another first: your first prenatal checkup.

It's best to get in touch with your doctor as soon as you think you might be pregnant. That way your doctor can spot and treat any problems quickly. But even if you've waited, prenatal care is still important. Regular visits can help you have a healthier baby and safer pregnancy.

They're also a chance for you to:

- ◆ Find out how to ease pregnancy discomforts like morning sickness or heartburn.
- ◆ Ask questions about how to stay healthy.
- ◆ Learn about your baby's due date and growth.

- ◆ Get a peek at your baby during an ultrasound exam.
- ◆ Get tips on coping with stress.
- ◆ Learn how to stay safe at home and work.
- ◆ Get help kicking habits such as smoking or drinking.

Don't be afraid to tell your doctor personal things, such as how you're feeling about your pregnancy or if you're having problems with your partner. Whatever you say is private. And your doctor is there to help you.

The cost of prenatal care for you, as a member, is covered by Blue Shield Promise. So go ahead and make the call, for your baby and for you.

Sources: American College of Obstetricians and Gynecologists; March of Dimes; Office on Women's Health

Need a ride to your appointments? Call Customer Care at **800-605-2556** (Los Angeles County) or **855-699-5557** (San Diego County) from 8 a.m. to 6 p.m., Monday through Friday, at least 24 hours in advance of your appointment.





5 WAYS TO MAKE THOSE NEW YEAR'S RESOLUTIONS STICK

First you make 'em. Then you break 'em.

Does that pretty much sum up your past history with New Year's resolutions? You're jazzed in January to get in shape, stop smoking, eat better—to achieve your goal, whatever it is. But by February, your resolution is kaput.

As you've likely discovered, good intentions aren't enough to make resolutions stick. You've got to stack the odds in your favor. Here's how:

1. BE SPECIFIC. Rather than a fuzzy resolution—for instance, “I'm finally going to get fit”—commit to a clearly defined one. Do you want to be able to finish a 5K? Do a dozen pushups? Walk the hilly streets in your neighborhood without getting winded?

Nail the details.

2. DON'T OVERREACH. Resolving to go to the gym every morning before work is potentially setting yourself up for failure. Getting there two or three times a week is more realistic—and far likelier to become a habit.

3. LINE UP SUPPORT. Pair up with a resolution buddy—somebody with the same or a similar goal. Change is easier if you don't attempt it solo.

4. REWARD YOURSELF. Did you make it through your first week without smoking? Then spend the money you would have spent on cigarettes on something special for yourself. Are you down 5 pounds? Why not celebrate with a manicure or tickets to a concert?

5. BOUNCE BACK. OK, so you skipped the gym a couple of times or binged on a bunch of snacks one weekend. You slipped up, but so what? Missteps are normal. And one key to successful behavior change is resiliency. Tomorrow really is another

day—it's your chance to get back on track.

Are you interested in preventing diabetes, losing weight, quitting smoking or maybe eating healthier? Find out how Blue Shield Promise can help you reach your New Year's health goals by calling Customer Care at **800-605-2556** (Los Angeles County) or **855-699-5557** (San Diego County) and ask for the Health Education Department.

Sources: American College of Sports Medicine; American Council on Exercise; American Psychological Association

TAKE CHARGE OF YOUR HEALTH

Your doctor and Blue Shield Promise can provide you with brochures on many health topics at no cost to you. Ask your doctor, call us or visit [blueshieldca.com/promise](https://www.blueshieldca.com/promise) to get them.

DIABETES PREVENTION PROGRAM

In partnership with Solera Health, Blue Shield Promise offers a 12-month-long program to help prevent type 2 diabetes—at no cost to you. Learn to be more active, eat better, and lose weight by making small changes to your daily routine. To find out if you qualify, call Solera Health at **866-692-5059**.

VIRTUAL HEALTH EDUCATION CLASSES

Interested in attending a virtual health and wellness class to help you reach your 2021 health goals? Find out what classes are available to you by calling Customer Care at **800-605-2556** (Los Angeles County) or **855-699-5557** (San Diego County). Ask for the Health Education Department.

DO NOT WAIT, VACCINATE AGAINST THE FLU!

If you have not done so yet, it is not too late to get your annual influenza (flu) shot. The flu is still active well into spring. Getting the flu shot can help you stay healthy and active.

The CDC recommends an annual flu shot for everyone over 6 months of age. Vaccination is especially important for:



- ◆ Children aged 6 months through 4 years.
- ◆ People aged 50 years and older.
- ◆ Women who are or will be pregnant during the flu season.
- ◆ People with chronic medical conditions (asthma, heart disease, kidney disease and diabetes).
- ◆ People who live or care for anyone with a medical condition that puts them at high risk of flu-related complications.

Getting vaccinated is easy, fast and does not cause any serious side effects. Flu shots are available at no charge to members by going to your network doctor or local pharmacy.

FLU AND COVID-19

The flu and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference based on symptoms alone, and testing may be needed to confirm a diagnosis.

While it is not possible to say what will happen in the winter, the Centers for Disease Control and Prevention (CDC) believes it is likely that the flu and COVID-19 will both be spreading. Getting the flu shot is more important than ever.

Additional source: National Center for Immunization and Respiratory Diseases



Promise Health Plan

IMPORTANT INFORMATION

Customer Care: **800-605-2556** (LA County)/**855-699-5557** (SD County) (TTY: **711**), 8 a.m. to 6 p.m., Monday through Friday

Nurse Advice Line: **800-609-4166**, 24 hours a day, 7 days a week

California Smokers' Helpline (quit-smoking hotline): **800-NO-BUTTS (800-662-8887)**

Blue Shield of California Promise Health Plan complies with applicable state and federal civil rights laws and does not discriminate on the basis of race, color, national origin, ancestry, religion, sex, marital status, gender, gender identity, sexual orientation, age or disability.

You can get this document for free in other formats, such as large print, Braille or audio. Call **800-605-2556** (LA County)/**855-699-5557** (SD County) (TTY: **711**), 8 a.m. to 6 p.m., Monday through Friday. The call is free.

ATTENTION: Language assistance services, free of charge, are available to you. Call **800-605-2556** (LA County)/**855-699-5557** (SD County) (TTY: **711**).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **800-605-2556** (LA County)/**855-699-5557** (SD County) (TTY: **711**).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **800-605-2556** (LA County)/**855-699-5557** (SD County) (TTY: **711**)。

Blue Shield of California Promise Health Plan CARES is published for members of Blue Shield of California Promise Health Plan, 601 Potrero Grande Drive, Monterey Park, CA 91755, [blueshieldca.com/promise](https://www.blueshieldca.com/promise). Customer Care telephone number: **800-605-2556** (LA County)/**855-699-5557** (SD County) (TTY: **711**), 8 a.m. to 6 p.m., Monday through Friday.

Blue Shield of California Promise Health Plan is an independent licensee of the Blue Shield Association. Blue Shield of California Promise Health Plan is contracted with L.A. Care Health Plan to provide Medi-Cal managed care services in Los Angeles County.

2020 © Coffey Communications, Inc. All rights reserved.

Medi_20_915A_LA
Medi_20_915A_SD