

health sense



Fall 2019

The flu: A holiday gift no one wants

The holidays are a time for giving. But there's at least one gift you don't want to get: the flu. That miserable virus that causes fever, chills and body aches. The one that can put you in bed for a week or more.

You can help prevent getting the flu over the holidays—and for the months that follow. All you have to do is get a flu shot. Not only will the yearly vaccine help you avoid getting this unwanted gift—it also will help you

avoid giving it to somebody else.

When you get your flu shot, ask if you need a pneumonia shot too. Your doctor can tell you if this vaccine is right for you.

Sources: American Lung Association; Centers for Disease Control and Prevention

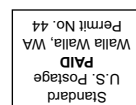


Contra Costa Health Plan Flu Shot Clinic Schedule: October 2019

Location	Date	Time
Antioch Health Center	● Oct. 17 and 24 ● Oct. 18 and 25	● 5:30 p.m. to 8:00 p.m. ● 1:00 p.m. to 4:00 p.m.
Brentwood Health Center	● Oct. 9, 16, 23 and 30	● 6:00 p.m. to 8:00 p.m.
Concord Health Center Building 1	● Oct. 16 and 23	● 6:00 p.m. to 8:00 p.m.
Martinez Health Center	● Oct. 8 and 10 ● Oct. 9 ● Oct. 11	● 5:30 p.m. to 8:30 p.m. ● 8:30 a.m. to 4:30 p.m. ● 2:00 p.m. to 4:30 p.m.
Miller Wellness Center Martinez	● Oct. 8, 18, 22 and 25	● 1:00 p.m. to 4:00 p.m.
Pittsburg Health Center	● Oct. 9, 10, 16 and 17 ● Oct. 12 and 19	● 6:00 p.m. to 8:00 p.m. ● 9:00 a.m. to 11:00 a.m.
West County Health Center	● Oct. 16 and 17 ● Oct. 18 ● Oct. 19	● 5:30 p.m. to 8:30 p.m. ● 1:00 p.m. to 4:30 p.m. ● 8:30 a.m. to 4:30 p.m.

f CCHP IS NOW ON FACEBOOK!
Come and join our community.
Find us at: [facebook.com/ContraCostaHealthPlan](https://www.facebook.com/ContraCostaHealthPlan)

CC





Your appointments are important

Make the most of your time with your doctor

Contra Costa Health Plan would like to help you make the most of your doctor visits. Your relationship with your doctor is a personal one. It is built on communication and trust. Your doctors need to learn as much

as they can about you. This includes things about your family, lifestyle and medical history. Learning these things will help them make the best medical care choices with you.

Your doctor was trained to give you

the best health care. To work best with your doctor, it is important that you:

- Share your culture and your beliefs.
- Tell about all medications, herbs or cultural remedies you take.
- Answer all your doctor’s questions. If any question makes you uncomfortable, let your doctor know.
- Ask the meaning of any words you don’t know.
- Speak up when you are unclear about what the doctor is asking you.
- Repeat what the doctor tells you in your own words so they know you understand.
- Share concerns you have about a suggested treatment.
- Ask about any new medications you are given. How often should you take them? Should you take them with food? What are the possible side effects?
- Ask questions about any tests or procedures your doctor orders for you.
- Ask about the best way to ask questions between office visits. For example, should you call the nurse or use MyccLink?

Take a pen and notebook to each visit to take notes. You should also:

- Take a list of questions or concerns you have had since your last appointment. List the most important ones first.
- Take a diary that tracks your symptoms and any concerns.
- Take a list of medications you are taking with their dosages. Tell your doctor about any changes you have felt, especially new ones.
- Ask any questions about your medications.
- Ask any questions you have about your treatment goals.
- Ask about any vaccines or tests you should have for your age.

Remember, other members of your health care team can also help with questions.

Concerns or questions I have for my doctor

Date	Concern, issue, question, other

Member rights and responsibilities

As a Contra Costa Health Plan member, you have rights and responsibilities.

Your rights include:

- To be provided information about the plan and its services.
- To be treated with respect and

protecting your right to privacy and maintaining the confidentiality of your medical information.

- To choose a doctor from within our network.
- To receive care coordination.
- To have an interpreter and have medical information translated, if



SEE THE FULL LIST of rights and responsibilities on our website:
cchealth.org/healthplan/pdf/provider-member-rights-medi-cal.pdf

English is not your first language.

- To work with your doctors to make your own health care decisions, which includes the right to refuse treatment.
- To have a discussion with your doctors on medically necessary treatment options, regardless of cost or benefit coverage.
- To voice complaints or appeals, either verbally or in writing, about the organization or about your health care.
- To make suggestions regarding our rights and responsibilities statement.

Your responsibilities include:

- To provide complete and accurate medical information with your doctors or the plan to provide you with the best care possible.
- To follow your health plan suggestions and instructions for your care that you have agreed upon with your doctors.
- To understand your health issues.
- To participate with your doctors to develop mutually agreed upon treatment goals.
- To keep your appointments. If that is not possible, call to cancel at least 24 hours ahead of time.

5 STEPS TO CLEAN HANDS

STEP 1 Wet your hands with clean, running water. Apply soap.

STEP 2 Rub your hands together to make a lather. Scrub hands well all over—including the backs of your hands, between your fingers and under your nails.

STEP 3 Continue scrubbing for at least 20 seconds.

STEP 4 Rinse your hands well under running water.

STEP 5 Dry hands using a clean towel, or air dry.

Source: Centers for Disease Control and Prevention

What is diabetes?

Diabetes is a disease in which the body is unable to properly use and store glucose (sugar). Glucose backs up in the bloodstream and causes one's blood glucose (blood sugar) to rise too high.

Types of diabetes

There are different types of diabetes. The most common are Type 1 and Type 2. Folks who have Type 1 can no longer make insulin and must inject insulin to control their blood sugars. It occurs most often in children and

young adults. Folks with Type 2 either do not make enough insulin or their bodies do not use the insulin they do make very well. It is mostly seen in adults, but children can have it too.

Living well with diabetes

Diabetes is a manageable disease. By keeping the food you eat, your physical activity and medications well balanced, you can reduce the risk of serious complications diabetes can bring. Contra Costa Health Plan offers

informational printouts on the basics about diabetes, healthy eating, being active, monitoring, taking medications, problem solving, reducing risks, and healthy coping. You will find those at cchealth.org/healthplan/health-ed-diabetes.php.

If you have any questions or concerns, you can always reach out to our Disease Management Program Nurse by phone or text at **925-864-3189** or by email at Disease.Management@cchealth.org.

Sources: American Diabetes Association; Centers for Disease Control and Prevention; UpToDate

Are you at risk for type 2 diabetes?

Take the diabetes risk test to find out. Write your score in the box.

1. How old are you?
 - a. Less than 40 years (0 points)
 - b. 40–49 years (1 point)
 - c. 50–59 years (2 points)
 - d. 60 years or older (3 points)
2. Are you a man or a woman?
 - a. Man (1 point)
 - b. Woman (0 points)
3. If you are a woman, have you ever been diagnosed with gestational diabetes?
 - a. Yes (1 point)
 - b. No (0 points)
4. Do you have a mother, father, sister or brother with diabetes?
 - a. Yes (1 point)
 - b. No (0 points)
5. Have you ever been diagnosed with high blood pressure?
 - a. Yes (1 point)
 - b. No (0 point)
6. Are you physically active?
 - a. Yes (0 point)
 - b. No (1 point)
7. What is your weight status? (see chart at right)

Add up your score

Height	Weight (lbs.)		
	1 point	2 points	3 points
4' 11"	119–142	143–190	191+
5' 0"	124–147	148–197	198+
5' 1"	128–152	153–203	204+
5' 2"	132–157	158–210	211+
5' 3"	136–163	164–217	218+
5' 4"	145–173	174–231	232+
5' 5"	150–179	180–239	240+
5' 6"	155–185	186–246	247+
5' 7"	159–190	191–254	255+
5' 8"	164–196	197–261	262+
5' 9"	169–202	203–269	270+
5' 10"	174–208	209–277	278+
5' 11"	179–214	215–285	286+
6' 0"	184–220	221–293	294+
6' 1"	189–226	227–301	302+
6' 2"	194–232	233–310	311+
6' 3"	200–239	240–318	319+
6' 4"	205–245	246–327	328+

1 point **2 points** **3 points**

If you weigh less than the amount in the left column:
0 points

Burned out on diabetes?

Get answers and get help



NOVEMBER IS Diabetes Awareness Month

Diabetes is a demanding disease—living with it isn't always easy. Checking blood sugar, taking medication, watching what you eat and more can be exhausting. Worry and frustration about things like glucose numbers or complications can take an emotional toll. It can all lead to what is often called **diabetes distress** or **burnout**.

Everyone has a bad day now and then. But burnout is overwhelming. If you have it, it may put your health at risk. You might start skipping blood sugar checks or medicines. And you may question the usefulness of following your diabetes routine.

How to cope

If you're feeling overwhelmed by diabetes, take steps to feel better.

Speak up. Tell your doctor or diabetes management nurse how you are feeling.

They can help you pinpoint its causes and offer ways for you to cope.

Seek support. It may help to talk to someone else who has diabetes or join a diabetes support group.

Accept imperfections. Remind yourself that no one is perfect 100% of the time when it comes to managing diabetes.

Ask others not to judge you. Your friends and family love you and want you to be healthy. But if you feel like they're putting too much pressure on you about taking care of your diabetes, suggest other ways they can help.

You can find more information about this on the Contra Costa Health Plan website. Or you can reach out to our Diabetes Management Program Nurse by phone or text at **925-864-3189** or by email at **Disease.Management@cchealth.org**.

Additional source: American Diabetes Association

What is an A1c?

The A1c test, also called a hemoglobin A1c test (HbA1c), is a common blood test to check a diabetic's average blood sugar level over the past 2 to 3 months. It helps determine how well-controlled your blood sugars are and will help you and your doctor better manage your diabetes. It is usually repeated 2 to 4 times a year. The American Diabetes Association recommends an A1c of less than 7%. Your doctor may have a different goal for you. Ask your doctor what your number is.

A1c (in percentages)	Average Blood Sugar
4.56	68-116
5.7-6.4 (prediabetes)	117-137
6.5	140
7	154
8	183
9	212
10	240
11	269
12	298

IF YOU SCORED 5 OR HIGHER:

You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes, a condition in which blood glucose levels are higher than normal but not yet high enough to be diagnosed as diabetes. Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, Native Americans, Asian Americans, and Native Hawaiians and Pacific Islanders. Higher body weight increases diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weight than the rest of the general public (about 15 pounds lower).

Source: American Diabetes Association



What to know about bronchitis

Have you ever had a cold that lingers? Your other symptoms go away, but you keep coughing? It's likely bronchitis—a condition that causes swelling in the lungs. The main symptom is coughing.

What causes the cough?

When you have bronchitis, your lungs swell and form mucus, which makes you cough. You may even cough up green or yellow mucus.

Other symptoms of bronchitis include:

- Wheezing.
- A feeling of tightness in your chest.
- Shortness of breath.
- Sore throat.
- Body aches.
- Fatigue.
- Headache.
- Watery eyes.

How to feel better

Antibiotics won't help in most cases and your body will fight off bronchitis on its own—usually within 3 weeks.

To get relief:

- Rest.
- Drink plenty of water.
- Use a humidifier or cool mist vaporizer.
- Breathe in steam in the shower or from a bowl of hot water.
- Suck on lozenges (but don't give them to children under 4).
- Use over-the-counter cough medicine or pain relievers.

When to get help

Make an appointment with your doctor if you have:

- A fever above 100.4 degrees.
- A cough with bloody mucus.

Notice to members

The Department of Health Care Services (DHCS) is looking for individuals who are interested and would like to join the Medi-Cal Children's Health Advisory Panel. This position is for people who have the following qualifications: is enrolled in the Medi-Cal program and has received pregnancy benefits. The member may also be a parent, foster parent, caregiver or legal guardian of children under 21.

For more information, please visit the DHCS website. For questions email MCHAP@dhcs.ca.gov.

- Trouble breathing.
- Symptoms that last more than 3 weeks.
- Repeated bouts of bronchitis.

How to avoid bronchitis

Most of the time, bronchitis is caused by a virus. But in some cases, bacteria are to blame.

Keep your lungs healthy by not breathing in smoke, fumes, dust or chemicals, and avoid air pollution. Wear a mask if you use paint, paint remover or varnish.

Getting the flu shot can also help protect you from bronchitis. And ask your doctor if you should get a pneumonia shot.

Sources: American Lung Association; Centers for Disease Control and Prevention