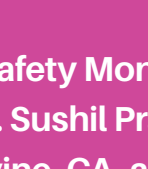


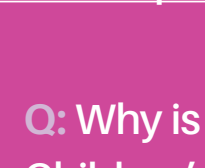
FIND YOUR **HealthyWay** MONTHLY NEWSLETTER

Keeping you connected to important health updates, upcoming classes and helpful resources

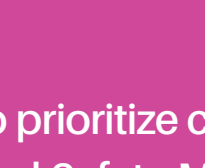
Health Education Q&A: Spotlight on Children's Eye Health



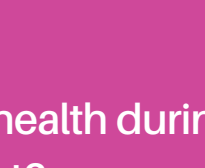
Let's Ask the Pediatricians



Dr. Steven Y. Sun



Dr. Sushil Prabakaran Anand



Dr. Abdullah Sharaf

August is Children's Eye Health and Safety Month. Join us in a discussion with our stellar providers, Dr. Steven Y. Sun, Dr. Sushil Prabakaran Anand, and Dr. Abdullah Sharaf from American Pediatrics in Irvine, CA, as they address the importance of prioritizing children's eye health. Learn about crucial health choices to make as we transition from summer to fall. Visit their website for more details: www.americanpediatrics.com

Q: Why is it important to prioritize children's eye health during Children's Eye Health and Safety Month in August?

A: It's important to take care of children's vision as it affects their development and learning abilities. Common eye health concerns include refractive errors, lazy eye, and misalignment of the eyes, infections, and injuries. Parents and caregivers can promote children's eye health by scheduling regular eye exams, encouraging the use of protective eyewear during activities, practicing good eye hygiene, maintaining a healthy diet, limiting screen time, and teaching children about proper eye care.

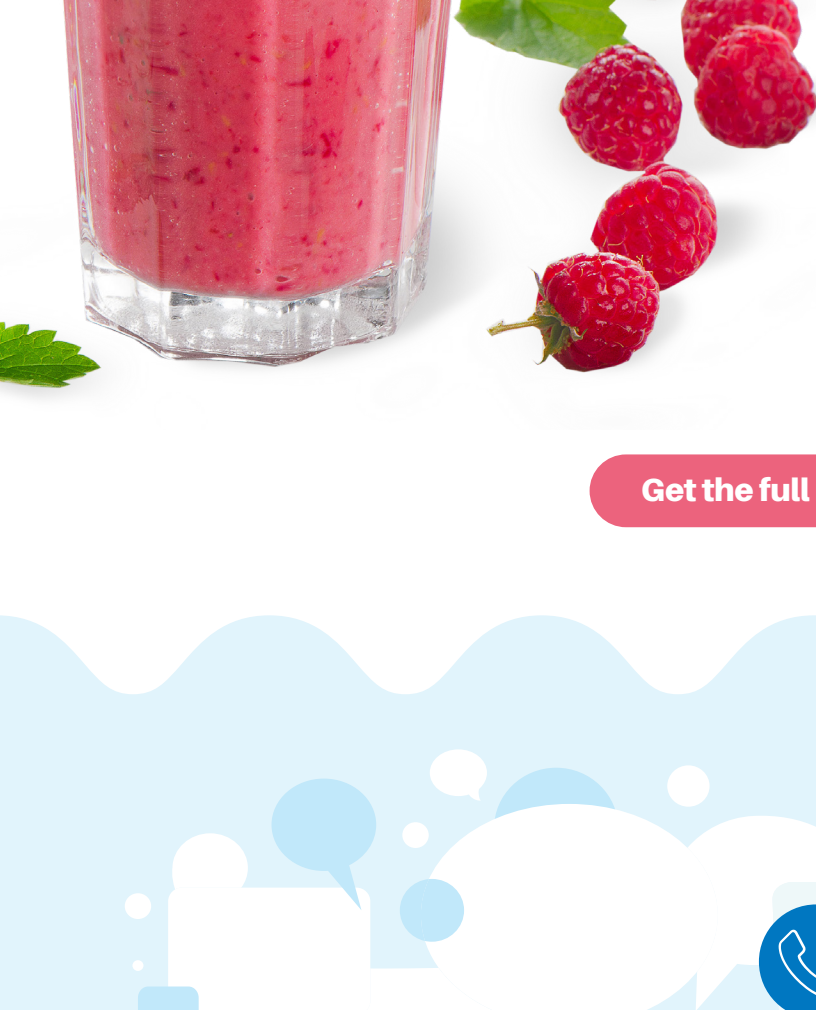
Q: As we move from summer to fall, what are some key health choices that families should be mindful of during this time of the year?

- **Beat the Heat:** As summer winds down, the heat is still on! Stay cool and hydrated by drinking plenty of water, seeking shade when it's hot, and not overdoing it outdoors.
- **Allergy Alert:** Fall allergies can sneak up on you! Watch out for stuffy noses and difficulty breathing due to pesky allergens in the air. Remember to wash your hands often after touching your mouth and nose to keep those allergies at bay.
- **School Prep:** August means back-to-school time! Make sure you're up-to-date with vaccines and get any necessary check ups or screenings before hitting the books.



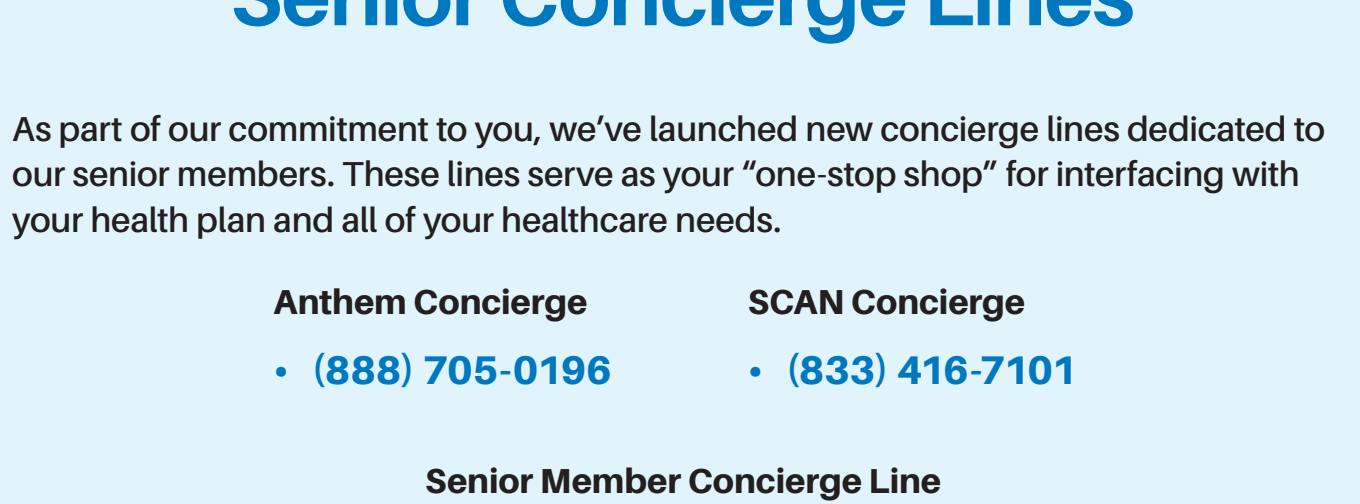
Fuel your body:

Very Berry Smoothie Recipe



Feeling the summer heat? Cool down and energize with our refreshing Very Berry Smoothie recipe. With strawberries, raspberries, pineapple, and banana, this smoothie offers a flavor party for your taste buds. Enjoy a glass today and freeze the leftovers for a grab-and-go snack later! Pour in a cup of skim milk (or milk substitute) and add a handful of ice for that extra chill factor. Or, add a scoop of protein powder to make this a filling snack.

[Get the full recipe here](#)



One Call Away:

Senior Concierge Lines

As part of our commitment to you, we've launched new concierge lines dedicated to our senior members. These lines serve as your "one-stop shop" for interfacing with your health plan and all of your healthcare needs.

Anthem Concierge

• (888) 705-0196

SCAN Concierge

• (833) 416-7101

Senior Member Concierge Line
(For Members of Other Health Plans)

• (818) 357-5000, press option 1, then option 6

Doc Talk:

Be Informed:

Doc Talk on Kidney Care for Seniors

Presented by Dr. Poulose

Join us for our Doc Talk event focused on Kidney Care for Seniors. Don't miss out on this educational event. Learn about kidney health, how the kidneys function, and how taking care of your kidneys help to keep your bones strong and healthy.

Friday, August 4, 2023 • 9:30 a.m. - 10:30 a.m.

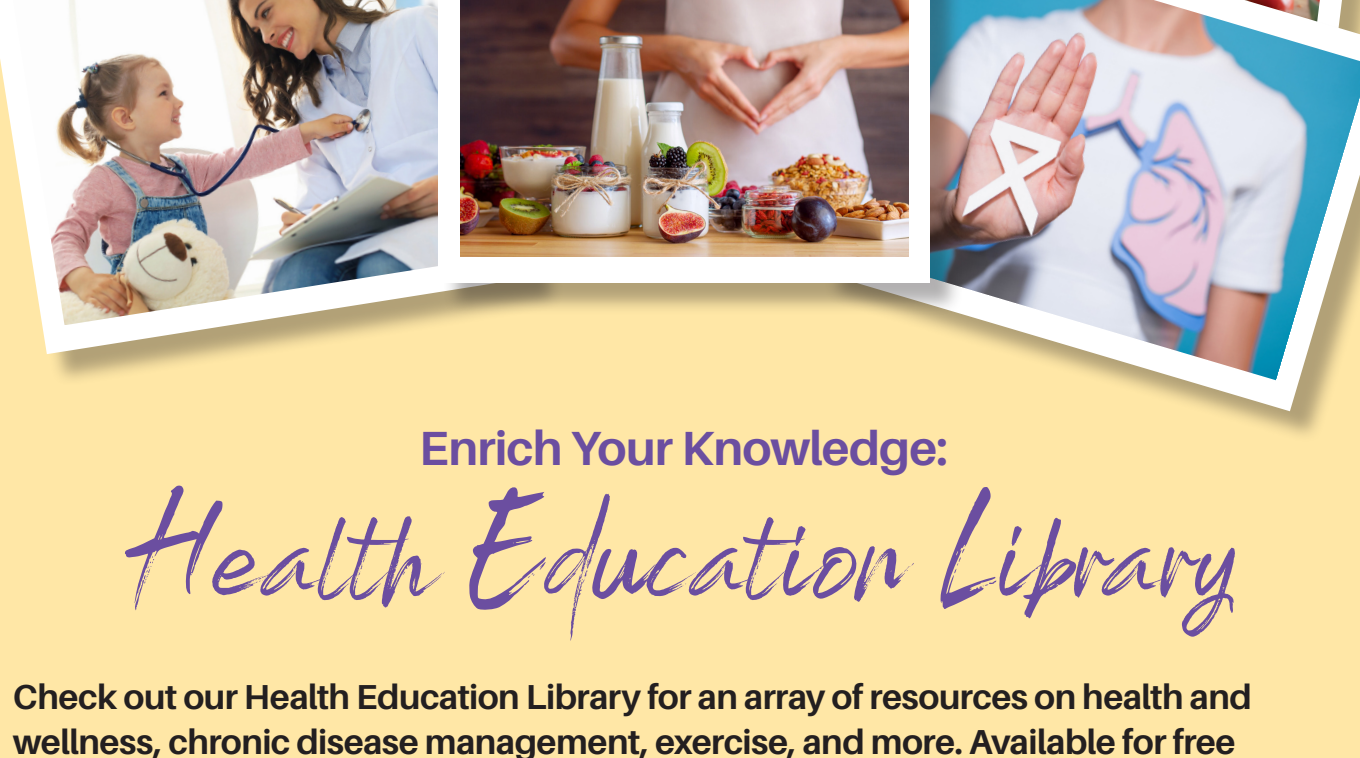
Las Palmas Park

505 S. Huntington St., San Fernando, CA 91340

Free Parking

Please RSVP to Las Palmas Park by calling

(818) 898-7340.

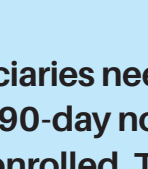


Enrich Your Knowledge:

Health Education Library

Check out our Health Education Library for an array of resources on health and wellness, chronic disease management, exercise, and more. Available for free download, our resources offer valuable insights for your wellbeing.

[Click here to visit](#)



Take Action to Keep Your Medi-Cal Coverage

Please be aware that Medi-Cal beneficiaries need to reapply for benefits. The state of California has started mailing out a 90-day notice to Medi-Cal members based on the month in which you originally enrolled. The Medi-Cal renewal form comes in a yellow envelope with information to help guide you through the process. It is important to complete, check that all of your contact information is current and correct (mailing address, phone #, and email address) and return by the date printed on the form. If you don't, you could lose your Medi-Cal coverage.

[Please visit this page for more information](#)

Call our toll-free Customer Service line at **(818) 357-5000**, Monday through Friday, from 8:00 a.m. to 5:00 p.m.

Stay Safe:

Be Prepared for Natural Disasters

Natural disasters can happen at any time. It's crucial to stay prepared. Whether it's earthquakes, landslides, wildfires, or floods, having a disaster plan in place can help protect you and your loved ones.



Earthquakes



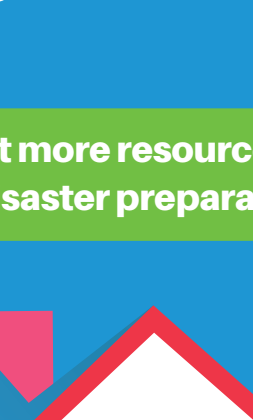
Landslides and mudslides



Volcanoes



Extreme heat



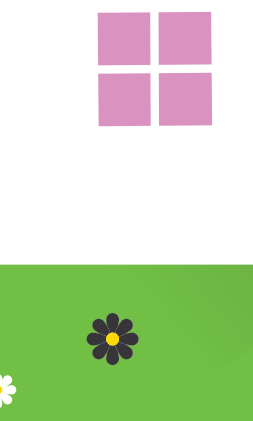
Lightning



Wildfires



Floods



Tornadoes



Winter weather



Hurricanes



Tsunamis

[Get more resources on disaster preparation](#)

