

Quality Care and You: A Roadmap to Health

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Quality care is our priority! We want you to get the best care and information you need to take control of your health. We may contact you throughout the year to help you stay up to date on vaccinations, screenings, and preventive care. Follow the guide below for more information on how we can help you stay active and healthy together.



Make Your Health Priority

Putting your health first means you can be there for your family and friends for many years to come. Use your health coverage when you are sick and when you are well.

- Make time for physical activity!
- Eat well!
- Take care of your mental and emotional health!



Don't forget to take your **Personal Wellness Assessment** (also known as a health risk assessment). Visit wellcare.healthnetcalifornia.com and log in to the secure member portal to complete the assessment online to help us understand your healthcare needs.

Annual Wellness Visit

Schedule one with your provider today! Don't forget to discuss:

- Preventive screenings
- Any physical, mental, or emotional health concerns, and other sensitive topics (i.e., incontinence, memory issues, etc.)
- Pain you may be having
- Medications
- Fall prevention and bone health



Tip! Bring your Wellcare health planner and calendar to all of your provider visits.



Blood Pressure and Medications

- You should have your blood pressure (BP) checked regularly. Talk with your provider about checking your blood pressure at home. Remember to share your readings with your healthcare team.
- **Tip!** You may be able to use your Over-The-Counter (OTC) benefit to buy your own blood pressure cuff. Call the Member Services phone number listed on the back of your member ID card for more information.
- Your Wellcare health planner and calendar can help you keep track of your medications. List your prescription medicines and discuss them with your doctor at each visit.
- Follow your doctor's instructions and take your medications as prescribed. Make sure all your providers know about any medication changes.



Want to learn more? Click [here](#) or go to wellcare.healthnetcalifornia.com/controllingBP to discover how you can control your blood pressure.

Remember to Get your Vaccines

A great way to stay healthy is to stay up to date on your vaccines. These may include:

- Flu shot
- COVID-19 vaccine
- Pneumonia shot



Tip! We offer flu and COVID-19 vaccine clinics at no cost to you! Visit wellcare.healthnetcalifornia.com for more information. We may contact you so that you are aware of vaccine clinics in your area.



Diabetes and Heart Health

Monitor your blood glucose (sugar) levels to screen for diabetes. If you are diabetic:

- Check your A1C (a simple blood test that measures your average blood sugar levels over the past two to three months).
- Keep your blood pressure under control.
- Have routine eye exams and kidney health evaluations.

Here are a few things you can do to protect your heart:

- Manage blood pressure and cholesterol.
- Maintain healthy weight.
- Reduce stress.



Tip! Click [here](#) or go to wellcare.healthnetcalifornia.com/DiabetesResources to access the American Diabetes Association (ADA) diabetes food hub, where you'll find meal plans, budget-friendly recipes, and much more!

Cancer Screenings

Talk with your doctor to understand which cancer screenings you should have and when you should have them. Two important screenings to discuss are:

- **Breast Cancer Screening** – This test is called a mammogram. It can find breast changes early, when it is easier to successfully treat.
- **Colorectal Cancer Screening** – One test is a colonoscopy, but there are also others, and some tests can be done at home. Talk with your doctor about your best option.



Tip! Get screened for colon cancer with an easy-to-use, in-home screening test kit. For more information, contact Member Services using the number on the back of your member ID card.



Find Community Support

Your environment plays an important role in your well-being. Factors like social isolation and lack of access to food or transportation can impact health, also known as **social determinants of health** or **SDOH**. Get the support you need by asking your doctor about resources that may be available to address your SDOH factors.



Tip! Health Net Community Connect (powered by findhelp) is an online search service that makes it easy to find low- and no-cost social services in your community. This program is at no cost to you. You can find anything from a food pantry to housing and medical supplies just by typing in a ZIP code. Visit healthnet.findhelp.com or click [here](#) to start your search.

Rewards

You may be eligible for rewards for completing important healthcare activities throughout this roadmap!

