

family health



Summer • 2016



works with doctors to make sure you get the services you need to stay healthy. Your health plan works with your doctors to manage your care.

How do I apply for Medi-Cal?

For free help from a Certified Application Counselor, call the Community Health Initiative at **661-632-5018**. You can also call the Kern County Department of Human Services (DHS) at **877-410-8812** or talk to your doctor, clinic or a Family Resource Center near you.

Immigrant families: Personal information that is shared and used when signing your children up for Medi-Cal is completely private. Some people are concerned that getting health care will affect their application to change their immigration status. Enrolling in health care coverage does not count as a “public charge” that could later affect your immigration status.

Sources: California Department of Health Care Services; Kern County Community Health Initiative

Medi-Cal has expanded!

Good news! More people under age 19 can get full Medi-Cal benefits under the new California Law Senate Bill (SB) 75.

- Mental health care.
- Vision (eye) care.
- Alcohol and drug abuse treatment.

You can learn more about Medi-Cal at www.dhcs.ca.gov.

What is the new law? SB 75 gives full Medi-Cal benefits to people under 19 who meet all the other Medi-Cal rules. And your immigration status does not matter. SB 75 began on May 1, 2016, so you can apply at any time.

What are the benefits of having full-scope Medi-Cal?

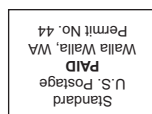
With full-scope Medi-Cal, you can choose a health plan. The health plan, such as Kern Family Health Care,

What is full-scope Medi-Cal?

Medi-Cal is free for families of a certain income. For families who must pay, the monthly cost is \$13 per child, up to \$39 at most for three or more children. Full-scope Medi-Cal covers more than just emergency care. It covers:

- Basic health care—doctor visits, urgent care, hospital care and prescription medications.
- Dental care.

Si necesita esta información en español, llame al 800-391-2000.



What about dad?

When it comes to breastfeeding, dads can often feel left out. The truth is, a supportive dad can make all the difference in the success of breastfeeding. As a dad of a breast-fed baby, there are many things that you can do to become more involved. These include:

- **Bonding with your baby.** Holding your baby against your bare chest (skin to skin) will release the “love hormone” in both you and the baby and makes your bond stronger.
- **Taking care of mom.** Moms

often put so much of their time and strength into caring for their newborn that they may forget to take care of themselves. That is where you step in! Help her to be comfortable while breastfeeding, and make sure she has something to eat or drink.

- **Be a cheerleader.** During the early days and weeks of breastfeeding, moms may begin to question their choice to breastfeed when they have to face a challenge or feel deprived of sleep. You can step in and remind her why she chose to breastfeed and tell her that things



will get better as time goes on.

- **Squash criticism.** Sometimes family, friends and even strangers may say things against breastfeeding. You can ask them to respect her choice and not make negative comments.

RECOMMENDED IMMUNIZATION SCHEDULE

Routine vaccines children need

These are general recommendations. Talk with your doctor about what is right for your child.

DTaP = diphtheria, tetanus, pertussis (whooping cough)
Flu = influenza
HepA = hepatitis A
HepB = hepatitis B

Hib = *Haemophilus influenzae* type b
HPV = human papillomavirus
IPV = polio
MCV4 = meningococcal
MenB = meningococcal
MMR = measles, mumps, rubella

PCV13 = pneumococcal
PPSV23 = pneumococcal
RV = rotavirus
Tdap = tetanus, diphtheria, pertussis
VAR = varicella (chickenpox)
 *Needed in some cases

Range of routinely recommended ages
 Range for certain high-risk groups
 Range for catch-up immunizations
 Range for non-high-risk groups subject to doctor's advice

| BIRTH | MONTHS | | | | | | | | | YEARS | | | | | |
|-------|--------|-------|-------|-------|-------|-------|-------|-------|-------------|-------|-------|-------|--------|-------------|-------------|
| | 0 | 1 | 2 | 4 | 6 | 9 | 12 | 15 | 18 | 19-23 | 2-3 | 4-6 | 7-10 | 11-12 | 13-18 |
| HepB | HepB | HepB | HepB | HepB | | | | | HepB series | | | | | | |
| | | RV | RV | RV* | | | | | | | | | HPV | HPV series | |
| | | DTaP | DTaP | DTaP | DTaP | DTaP | DTaP | DTaP | DTaP | DTaP | DTaP | Tdap | Tdap | Tdap | Tdap |
| | | Hib | Hib | Hib* | Hib | Hib* | Hib | Hib | Hib | Hib | Hib | Hib | Hib | Hib | Hib |
| | | PCV13 | PCV13 | PCV13 | PCV13 | PCV13 | PCV13 | PCV13 | PCV13 | PCV13 | PCV13 | PCV13 | PCV13 | PCV13 | PCV13 |
| | | | | | | | | | | | | | PPSV23 | PPSV23 | PPSV23 |
| | | IPV | IPV | IPV | IPV | IPV | IPV | IPV | IPV | IPV | IPV | IPV | IPV | IPV series | IPV series |
| | | | | | | | | | | | | | | Flu, yearly | Flu, yearly |
| | | | | | | MMR | MMR | MMR | MMR | MMR | MMR | MMR | MMR | MMR series | MMR series |
| | | | | | | | | | | | | | VAR | VAR series | VAR series |
| | | | | | | | | | | | | | | HepA series | HepA series |
| | | | | | | | | | | | | | | MCV4 series | MCV4 series |
| | | | | | | | | | | | | | | MenB | MenB |

Updated 2016, with information from the Centers for Disease Control and Prevention

Keeping kids safe in and around cars

Motor vehicle crashes are the leading cause of death for Kern County children ages 1 to 14 years old. However, heatstroke in vehicles is the leading cause of all non-crash-related deaths involving children 14 and younger. This is followed by children who were backed over in driveways and parking lots or trapped in car trunks.

These deaths are completely preventable. Each of us has a role to protect our children. Listed below are some ideas that can fit any busy schedule.

If you have a few minutes:

- Share the materials on car safety at www.kerncares.org with family and friends through email, Facebook or Twitter.
- Never leave a child alone in a parked car, even with windows rolled down or air conditioning on. A child's body temperature can heat up three to five times faster than adult's can. A core temperature of 107 degrees is lethal.
- Look before you lock! Always open the back door and check for kids before you lock the doors. Make it a habit to look into cars as you walk to and from your car in parking lots. If you see a child alone in a vehicle, take action. If they are hot or seem sick, get them out as quickly as possible. Call 911 right away.
- Take a five-second walk all the way around your car before you get in to let you see children playing behind or in front of the car. Roll down your window so you can hear what's happening around your car. Back your car out slowly.
- Hold your child's hand firmly while walking from a car into a building. Explain how cars that are parked can suddenly move or back up. The driver may not see him or her.
- Not sure if you can afford a car seat? The Kern County Department of Public Health offers a car seat workshop and voucher program. Call **661-868-0203** to learn more.

- Don't wait until your teen is old enough to drive to model good driving behaviors. Don't talk on the phone, text, speed or drive without your seat belt when driving.

Source: KernCares.org

Look before you lock!





7 ways to manage stress when you're kicking the habit

Quitting cigarettes is one of the best things you can do for your health. But kicking the habit can add stress to your life. And if you tend to smoke when you're anxious or worried, you'll need some new ways to handle those feelings.

Life can be stressful. So can quitting cigarettes. But you can plan ahead to manage that stress.

Before your quit date, test out a few stress-relief strategies. One or more of these may work for you:

- 1. Call a timeout.** When stress builds up, find a quiet place to close your eyes and breathe slowly and deeply.
- 2. Take a hike.** Walking is a free and easy way to get the stress-relief benefits of exercise. Try to walk outdoors when possible. Nature and fresh air can be calming.
- 3. Distract yourself.** Send your

mind to a less stressful place, like the pages of a book or the squares of a crossword puzzle.

4. Give yourself a good talking to. Avoid negative self-talk like, "I can't do this; it's too hard." Instead, tell yourself: "I've overcome other challenges—I've got this." Also, think about what makes you feel grateful. Or a few things you're especially good at.

5. Seek guidance. You might sign up for a class on stress management. Read a self-help book. Or find a spiritual practice that gives you peace of mind.

6. Talk about it. Share your worries with a friend. Or join a support group.

7. Address other health concerns. See your doctor so that worries about your health—like weight gain, for example—won't hurt your plans for a smoke-free future.

Sources: American Cancer Society; American Heart Association; smokefree.gov

» CALL TODAY To sign up for a tobacco cessation program, call 800-391-2000.

The California Smokers' Helpline can help you quit

QUICK QUIZ

■ Does the Helpline offer free services?

Yes. The Helpline offers free telephone counseling, self-help materials and online help to help you quit smoking. Call **800-NO-BUTTS (800-662-8887)** or go to **www.nobutts.org** to learn more.

■ Does the Helpline offer text messaging?

Yes, but only in English at this time. You can receive texts each day during the first important weeks of quitting. You can also send questions at any time, and a counselor will respond within one business day. Go to **www.nobutts.org** to sign up.

■ Can your health care provider refer you to the Helpline?

Yes, but only if you give consent or permission. Your provider or Kern Family Health Care can refer you to the Helpline through its web-based referrals. You will be asked to give consent for the Helpline to contact you (or your child) to offer help to quit smoking.

■ Does the Helpline offer free services for pregnant smokers?

Yes. The Helpline offers free telephone counseling and self-help materials for pregnant women who want to quit smoking.

Source: California Smokers' Helpline



Mentoring programs can help children become leaders, have a higher self-esteem, build healthy relationships and have more of a desire to pursue educational goals!

Reach 4 Greatness

Reach 4 Greatness (R4G) is a mentoring program in Kern County designed to inspire and equip students with tools to achieve their goals. In each school assembly, R4G uses music, videos, games and dance as a fun way to teach the lessons. These lessons include:

- Anti-bullying.
- Drug and gang awareness.
- Character building.
- Setting and achieving goals.
- Ways to replace aggression.
- Building social skills.

R4G provides group and one-on-one mentoring for those who need extra support. R4G is able to get to the root of students' issues in these smaller settings. R4G partners with schools throughout Kern County to provide these mentoring services

where they are needed most.

R4G has been active in Kern County for over 25 years. The program has built and maintained relationships with students and their families. What strengthens the program is its presence within target regions such as Housing Authority projects. R4G mentors share real-life success stories that relate to students and inspire them to make better life choices. R4G also uses the assembly style and character-building lessons in these target regions to help children build relationships outside of school.

R4G is looking for mentors! If you would like to learn how to become a part of this program, call **661-322-4673** or visit its website at **www.reach4greatness.org**.

Other mentoring programs in Kern County

- Garden Pathways: **661-633-9133**
 - » Mentors children, youth and adults
 - » Provides child care, education, help with finding a job, tips for budgeting, tips for healthy living and family support.
- Bakersfield Police Activities League (PAL): **661-283-8880**
 - » Mentors at-risk youth.
 - » Focuses on self-esteem, trust and respect.
 - » Provides tutoring, sports and more.
- Kern County Sheriff's Activities League (SAL): **661-868-1504**
 - » Mentors at-risk youth.
 - » Provides tutoring, sports, crafts, games, training and more.
- Boys & Girls Club of Kern County: **661-325-3730**
 - » Mentors youth.
 - » Focuses on achieving success in school, character building and healthy living.



Need a ride to your appointment?

DON'T FORGET THESE IMPORTANT TIPS

In case you need a ride to a doctor visit, we can help! Just call Member Services at **800-391-2000** five weekdays ahead of time, and your bus passes will be mailed to you. The free bus passes come from:

■ **Golden Empire Transit (GET).** Many doctors' offices are linked to GET bus service. Call GET at **661-869-2438** for a schedule and routes. Kern Family Health Care (KFHC) also provides free **GET-A-Lift** passes for some members.

■ **Delano Area Rapid Transit (DART).** Many doctors' offices are linked to DART bus service in Delano. Call DART at **661-721-3333** and ask for a schedule and a route. KFHC also provides free **DART Dial-A-Ride** passes for some members.

■ **Kern Regional Transit (KRT).** Kern Regional Transit bus passes are for members who live outside of the Bakersfield area. Call Kern Regional Transit at **1-800-560-1733** for a schedule and a route that is nearest to you.

■ **Greyhound.** If you are referred to someplace outside of Kern County, such as Los Angeles or Madera, KFHC also provides free Greyhound bus passes. Please call KFHC Member Services at **661-632-1590** (Bakersfield) or **800-391-2000** (outside of Bakersfield) to learn more.

Member rights

If you have a service or quality-of-care complaint against Kern Family Health Care (KFHC) or a provider, call us first at **661-632-1590** (Bakersfield) or **800-391-2000** (outside of Bakersfield) or visit our website: www.kernfamilyhealthcare.com.

You may call the Department of Managed Health Care (DMHC) for help if:

- Your grievance is an emergency.
- You are not happy with KFHC's decision.
- It has not been resolved in 30 days.

The DMHC's toll-free number is **888-HMO-2219 (888-466-2219)**. Its TDD line (for people with hearing and speech impairments) is **877-688-9891**. You may also call the DHCS Office of the Ombudsman toll-free at **888-452-8609**.

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FAMILY HEALTH is published as a community service for the friends and patrons of KERN FAMILY HEALTH CARE, 9700 Stockdale Highway, Bakersfield, CA 93311, telephone 800-391-2000.

Information in FAMILY HEALTH comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider. Models may be used in photos and illustrations.

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