



# Get Care, Stay Well

## Take your child for a well-child visit!

To stay healthy, children and youth up to age 21 need a well-child visit with their Primary Care Provider (PCP) every year. Well-child visits are not the same as visits to the PCP when children are sick. The PCP will check your child's growth based on his or her age, order tests or ask questions about health topics, like:

- Your child's general health
- Your child's diet
- Your child's mental health
- How your child acts with other kids of his or her own age

Tracking your child's progress lets you and their PCP know if

they're developing according to schedule. Worried about a missed milestone? You can get help right away. This help is called early intervention. And the sooner children begin, the easier it is to catch up. Get the checklist of milestones at [www.cdc.gov/ncbddd/actearly/pdf/FULL-LIST-CDC\\_LTSAE-Checklists2021\\_Eng\\_FNL2\\_508.pdf](http://www.cdc.gov/ncbddd/actearly/pdf/FULL-LIST-CDC_LTSAE-Checklists2021_Eng_FNL2_508.pdf).

AmeriHealth Caritas North Carolina members are not charged for well-child visits. To make an appointment, call Member Services at 1-855-375-8811 (TTY 1-866-209-6421).

### Complete well-child visits to earn \$20\*

Earn \$20 in CARE Card Rewards for eight well visits by 30 months of age or an annual well visit (ages 3 and older). To learn more, visit [www.amerhealthcaritasnc.com](http://www.amerhealthcaritasnc.com). Go to the *Members* section and select *Extra benefits*.

*\*Eligible CARE Card Rewards Program rewards are subject to change. Some restrictions may apply.*

*The information provided in this newsletter does not take the place of your primary care provider (PCP). If you have questions, or if you think you need to see your PCP because of something you have read here, please contact your PCP. Never stop or wait to get medical attention because of something you have read in this material. All images are used under license for illustrative purposes only. Any individual depicted is a model.*

# When diabetes develops during pregnancy

Some women get diabetes after they become pregnant. This condition is known as gestational diabetes. The good news is that it's a treatable condition. Both mother and baby can be healthy, often with lifestyle changes alone.

Gestational diabetes can have serious risks. These include the risk for:

- High blood pressure and sudden high blood pressure in the mother
- The baby being so large that the mother needs a cesarean section
- Breathing problems and blood glucose problems in the baby after birth
- Death of the baby before or shortly after birth

Getting treatment can help reduce these risks. Manage your blood sugar levels to keep yourself and your baby healthy. Eat healthy and get exercise. Some women may need to check their blood glucose level and take insulin.

If you have concerns about gestational diabetes, talk with your health care provider.



## Benefits for new and expecting moms

The Bright Start® program includes a **Care Manager** to help you use services, such as rides to health care visits, childbirth classes, and breastfeeding support. You will also get **The Bright Start Plus app** to help track health information for you and your family.

Receive CARE Card Rewards\* when you go to prenatal and postpartum visits. Learn more at [www.amerihhealthcaritasnc.com](http://www.amerihhealthcaritasnc.com).

*\*Eligible CARE Card Rewards Program rewards are subject to change. Some restrictions may apply.*

## Are you using a car seat correctly?

Car accidents are a leading cause of death for children in the United States. Using a car seat can protect your child during a car crash. Make sure you have the right car seat and use it the right way. Set up the car seat before you take your baby home from the hospital for the first time.

- Here are some car seat tips:
- Follow the car seat's instructions.
  - Check the manual to make sure the car seat works with your car.
  - Use a safe car seat. Only buy or borrow a used car seat if you know its history.

- Use a car seat every time your child rides in a vehicle.
- Keep your child in a rear-facing car seat for as long as required.

Air bags in the front seat can injure or kill a child in an accident. Infants and toddlers should stay in a rear-facing seat until they reach the weight or height limit. When your child outgrows the car seat, switch to a booster seat. Learn more about car seat safety at [nhtsa.gov/equipment/car-seats-and-booster-seats](http://nhtsa.gov/equipment/car-seats-and-booster-seats).

# Important vaccines from birth to age 2

Birth:	6 months:	12 months:
HepB	HepB (can be given between 6 and 18 months)	Hib (can be given between 12 and 15 months)
1-2 months:	RV (third dose depends on brand used for previous doses)	PCV13, PCV15 (can be given between 12 and 15 months)
HepB	DTaP	MMR (can be given between 12 and 15 months)
2 months:	Hib (third dose depends on brand used for previous doses)	Varicella (can be given between 12 and 15 months)
RV	PCV13, PCV15	HepA <sup>^</sup>
DTaP	IPV (can be given between 6 and 18 months)	15 months:
Hib	Influenza (one or two doses yearly starting at 6 months)*	DTaP (can be given between 15 and 18 months)
PCV13, PCV15	COVID-19 (dosage number depends on age and vaccine type)	18 months:
IPV		HepA <sup>^</sup> (can be given between 18 and 23 months)
4 months:		
RV		
DTaP		
Hib		
PCV13, PCV15		
IPV		

\*Children ages 6 months through 8 years get two doses of the influenza vaccine (only when receiving the vaccine for the first time) that are given at least four weeks apart.

<sup>^</sup>Children get two doses of the hepatitis A vaccine. Both doses are given between ages 12 months and 23 months. The second dose is given at least six months after the first.

For a full list of recommended vaccines, go to [www.cdc.gov/vaccines/schedules/hcp/imz/child-adolescent.html](http://www.cdc.gov/vaccines/schedules/hcp/imz/child-adolescent.html).

“2023 Recommended Immunizations for Children from Birth Through 6 Years Old.” Centers for Disease Control and Prevention. [www.cdc.gov/vaccines/parents/downloads/parent-ver-sch-0-6yrs.pdf](http://www.cdc.gov/vaccines/parents/downloads/parent-ver-sch-0-6yrs.pdf).

“Child and Adolescent Immunization Schedule by Age.” Centers for Disease Control and Prevention. [www.cdc.gov/vaccines/schedules/hcp/imz/child-adolescent.html](http://www.cdc.gov/vaccines/schedules/hcp/imz/child-adolescent.html).



## Discover what your pharmacy can do for you

If you need medicine, your health care provider will give you a prescription. You can take it to a participating pharmacy. For information about pharmacy benefits and services, visit [www.amerihealthcaritasnc.com](http://www.amerihealthcaritasnc.com).

To see if your medicine is covered by AmeriHealth Caritas North Carolina, call Member Services at **1-800-855-375-8811 (TTY 1-866-209-6421)**. You can also check the Medicine Lookup Tool on our website under *Find a provider*.



# Care Management: Special services for extra care

Managing your health care alone can be hard, especially if you are dealing with several health problems at the same time. We can give you extra support to get and stay healthy. As a member of AmeriHealth Caritas North Carolina (ACNC), you may have a Care Manager on your health care team. A Care Manager will work with you and your providers to help you get the right care when and where you need it.

## Your Care Manager can:

- Help you with appointments and arrange for rides to and from your provider
- Support you in managing your health conditions
- Answer questions about what your medicines do and how to take them
- Follow up with providers or specialists about your care

- Tell you about community resources
- Help you receive care if you switch health plans or providers



Do you want to get extra support? Talk to your PCP or call Member Services at **1-855-375-8811** (TTY **1-866-209-6421**). You can also visit our website at [www.amerhealthcaritasnc.com/member/eng/getting-care/index.aspx](http://www.amerhealthcaritasnc.com/member/eng/getting-care/index.aspx). You can opt out of Care Management services at any time. This will not change your benefits or the way ACNC or the NC Department of Health and Human Services treats you.

## Need a ride?

AmeriHealth Caritas North Carolina can arrange and pay for rides to help you get to and from appointments for Medicaid-covered care. You can also get a ride to programs at our Wellness & Opportunity Centers.

This benefit includes rides using:

- public transit
- sedan, van, or taxi
- wheelchair van vehicle
- non-emergency ambulance

Did you drive or have a family member drive you? You can get reimbursed for mileage. For more details or to schedule a ride, call ModivCare at **1-833-498-2262**.



# Wellness and Opportunity Centers: Programs and services, just for you

Visit AmeriHealth Caritas North Carolina in person! Our locations are ready to help members with resources and support. This includes nutrition, physical activity, and financial literacy classes; job search help; and more.

- **Asheville** — 216 Asheland Ave.
- **Greensboro** — 3018 West Gate City Blvd.
- **Charlotte** — 3120 Wilkinson Blvd.
- **Fayetteville** — 4101 Raeford Road
- **Greenville** — 1876 West Arlington Blvd.

Check out our upcoming events. Go to [www.amerihhealthcaritasnc.com](http://www.amerihhealthcaritasnc.com) and select Wellness & Opportunity Centers on the Community page. Or visit us on Facebook at [amerihhealthcaritasnorthcarolina](https://www.facebook.com/amerihhealthcaritasnorthcarolina).



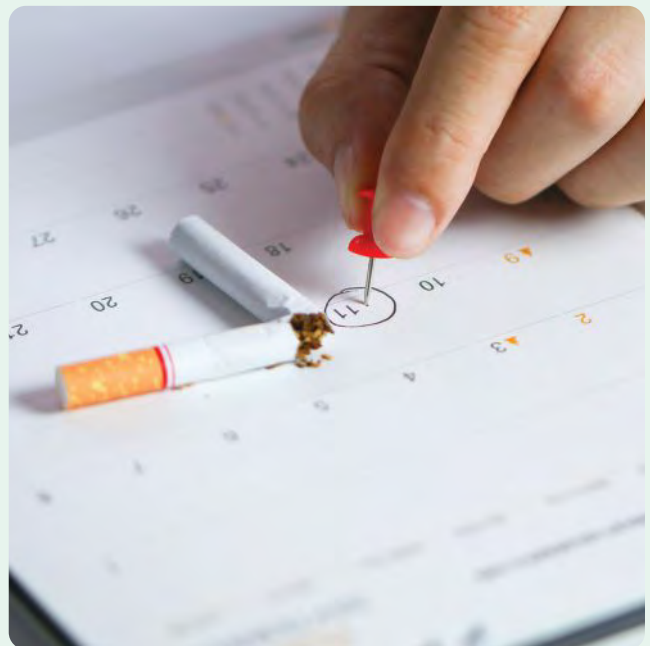
*Shaniqua Simuel, owner of Change Your Palate, is one of our featured partners at the Asheville Wellness & Opportunity Center. ACNC offers free cooking demonstrations with Shaniqua every month at our Asheville location on Asheland Avenue.*

## We can help you quit!

AmeriHealth Caritas North Carolina can connect you to the Quit For Life® program to help you stop smoking or using other tobacco products. Quit For Life can provide:

- A quit plan created by you and a quit coach.
- A guide to help you during your journey.
- Smoking-cessation medicines.
- A web portal, mobile app, and text message support.

To join, contact QuitlineNC at [myquitforlife.com/amerihhealthcaritasnc](http://myquitforlife.com/amerihhealthcaritasnc) or **1-800-784-8669** (TTY 1-877-777-6543). You'll get services at no cost. Call AmeriHealth Caritas North Carolina Member Services at **1-855-375-8811** (TTY 1-866-209-6421) for more details.



## Questions about ACNC benefits and services?

For more information about benefits or services, call AmeriHealth Caritas North Carolina Member Services, 24 hours a day, seven days a week, at **1-855-375-8811 (TTY 1-866-209-6421)**.



## Member rights and responsibilities: Did you know?

As a member of AmeriHealth Caritas North Carolina, you have certain rights and responsibilities. We will respect your rights and make sure that no one working for our health plan, or any of our providers, will prevent you from using your rights. Also, we will make sure that you are aware of your responsibilities as an ACNC member. For information, visit *Your Rights and Responsibilities* at [www.amerihealthcaritasnc.com](http://www.amerihealthcaritasnc.com) or call Member Services at **1-855-375-8811 (TTY 1-866-209-6421)**.

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### Notice of Non-Discrimination

AmeriHealth Caritas North Carolina complies with applicable federal civil rights laws and does not discriminate, exclude or treat people different based on race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex, gender identity or expression, or sexual orientation. Full Notice of Nondiscrimination: [www.amerihealthcaritasnc.com/assets/pdf/member/eng/non-discrimination-notice.pdf](http://www.amerihealthcaritasnc.com/assets/pdf/member/eng/non-discrimination-notice.pdf).

AmeriHealth Caritas North Carolina cumple con las leyes federales de derechos civiles aplicables y no discrimina, excluye ni trata a las personas de manera diferente por motivos de raza, color, nacionalidad, edad, discapacidad, credo, afiliación religiosa, ascendencia, sexo, identidad o expresión de género u orientación sexual. Aviso completo de no discriminación: [www.amerihealthcaritasnc.com/assets/pdf/member/eng/non-discrimination-notice.pdf](http://www.amerihealthcaritasnc.com/assets/pdf/member/eng/non-discrimination-notice.pdf).

### Auxiliary Aids and Interpreter Services

**English:** You can get free materials in large print and other auxiliary aids and services. Call **1-855-375-8811 (TTY/TDD 1-866-209-6421)**. If English is not your first language, free interpreter services are available. Call **1-855-375-8811 (TTY/TDD 1-866-209-6421)**.

**Español (Spanish):** Puede obtener sin cargo publicaciones en letra grande y otras asistencias y servicios auxiliares. Llame al **1-855-375-8811 (TTY/TDD 1-866-209-6421)**. Si el inglés no es su lengua materna, ofrecemos servicios de interpretación. Llame al **1-855-375-8811 (TTY/TDD 1-866-209-6421)**.

**中文 (Simplified Chinese):** 您可以获取以大号字体印刷的免费资料以及其他辅助设备及服务。请致电 **1-855-375-8811 (TTY/TDD 1-866-209-6421)**。如果英语不是您的第一语言，可以使用免费翻译服务。请致电 **1-855-375-8811 (TTY/TDD 1-866-209-6421)**。