

FALL 2022

Community Caring

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It's time for your flu shot and COVID booster

Flu season is here! A flu shot is the best way to protect yourself. And fall is the best time to do it. Here is what you should know about flu shots and COVID boosters.



Who should get a flu shot?

Everyone who is six months or older should get a flu shot every year. A flu shot is especially important for babies, young children, and pregnant women. It's also important for people who are 65 or older, and those who have health problems.

Is a flu shot dangerous?

Flu shots are safe. In fact, you are more likely to be struck by lightning than have a serious problem with a flu shot. The most common side effects are feeling tired, a light fever, soreness, or a runny nose.

Where do I get a flu shot?

Flu shots are available at most local pharmacies. That includes places like Walmart, Target, CVS, and Walgreens. Find a location close to you at www.flu.gov.

It is also important to get a COVID booster

New bivalent COVID booster shots are now available. They protect against the original strain of COVID and the new strains. You can find the nearest vaccine location at www.vaccines.gov. They are available for adults and children as young as six months.

Can you get a flu shot and a COVID booster at the same time?

Great news! Many pharmacies make it easy to get a flu shot and a COVID booster during the same visit!

Sources:

intermountainhealthcare.org/health-wellness-promotion/vaccines/flu/

intermountainhealthcare.org/ckr-ext/Dcmnt?ncid=520652641
www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/overview-COVID-19-vaccines.html





Suicide prevention is just a phone call away

Suicide is on the rise. In fact, it is the leading cause of death in the United States. The good news is help is available. And sometimes, the difference between life and death is a phone call.

The National Suicide Prevention Lifeline is now called **988 Suicide and Crisis Lifeline**.

It is there to help anyone who needs crisis support for suicide, mental health, or substance use. People can also use the service if they are worried about a loved one who may need crisis support.

All you need to do is **dial 988** on your phone (English or Spanish). You can also **text 988** (English only). You will be connected to a trained crisis counselor who can help. It is free to everyone, whether they have insurance or not. The crisis line is available 24 hours a day, seven days per week.

Sources:

www.cdc.gov/suicide/

www.samhsa.gov/find-help/988/faqs



DIAL OR TEXT 988

Attention Medicaid members: You could lose your coverage!



Don't forget to reapply!

As a Medicaid member, you need to reapply for coverage every 12 months at your annual renewal. If you don't reapply, you could lose your coverage!

To reapply, call the Department of Workforce Services (DWS) at **1-866-435-7414**.



Have you moved?

During the COVID-19 pandemic, you may have moved. If we can't contact you when the public health emergency (PHE) ends, you may lose your benefits.

We need your current address, phone number, and email. Please update your contact information by calling **1-866-608-9422**.

You will keep your Medicaid coverage through the end of the PHE. When the PHE ends, the Department of Workforce Services (DWS) will contact you. DWS will tell you if you are still eligible for Medicaid.

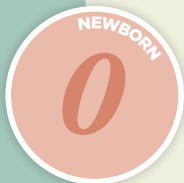




How often do kids need wellness checks?

Regular well-child visits are important to keep your kids healthy. During these checks, your provider can help with exams, nutrition, vision and hearing screenings, immunizations, and more.

VACCINE SCHEDULE



Hepatitis B



Hepatitis B

DTaP (Diphtheria, Tetanus, acellular Pertussis)

Hib (*Haemophilus influenzae* type b)

Polio

Pneumococcal

Rotavirus*



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Hepatitis B

DTaP (Diphtheria, Tetanus, acellular Pertussis)

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Influenza



DTaP (Diphtheria, Tetanus, acellular Pertussis)

Hib (*Haemophilus influenzae* type b)

MMR (Measles, Mumps, Rubella)

Varicella** (chicken pox)

Pneumococcal

Hepatitis A



Hepatitis A

Your child should have a wellness check at these times:

- > Within 1-2 days after leaving the hospital at birth
- > 2 weeks
- > 2 months
- > 4 months
- > 6 months
- > 9 months
- > 12 months
- > 15 months
- > 18 months
- > 24 months
- > Annually between the ages of 3 and 18 years





Behavioral health resources for medicaid members

Mental health is an important part of overall health and well-being.

DID YOU KNOW: If you have Medicaid, you can receive mental health care. If you are not on an integrated plan you can get care from the Prepaid Mental Health and Substance Use Disorder Plan that you were assigned to. If you are on an integrated plan you can find a provider in SelectHealth's provider network.

Mental Health Providers can help with anxiety, ADD/ADHD, depression, stress, substance abuse, and more.

If you are on an Integrated Plan and need help making an appointment with mental health providers, call the SelectHealth Member Advocates at **800-515-2220**. If you are not part of our Integrated Plan, you will need to contact your Prepaid Mental Health Plan. You can find more information [here](#) under the Prepaid Mental Health and Substance Use Disorder Plan section.

Virtual appointments are also available for Integrated Plan's members through Connect Care. You can schedule a Connect Care appointment through your MyHealth+ account. MyHealth+ is available online at www.myhealthplus.intermountainhealthcare.org. You can also download the free app to your phone.

Source:
intermountainhealthcare.org/accessing-care/telehealth/connect-care/behavioral-health



Insurance for mixed families

Sometimes children qualify for Medicaid but parents don't — because of legal status or other reasons. If you don't qualify for Medicaid, you can still sign up for an individual plan with SelectHealth. Just give us a call! **1-800-538-5038**.

