

SPRING 2023

Community Caring

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Continuous Enrollment is Ending

Over the next 12 months, the Department of Workforce Services (DWS) will be reviewing all Medicaid cases. You can find your review date at jobs.utah.gov/mycase.

You (or your family member) will have Medicaid coverage until the DWS is done going over your case. You can use your benefits until then.

Please wait to act until you get the results of your review. DWS will decide if you qualify for the same program or if you need to change to a new program.

What do you need to do?

1. KEEP YOUR CONTACT INFORMATION UP TO DATE:

If you moved or changed your phone number or email, please call your health plan, DWS (**1-866-435-7414** or jobs.utah.gov/mycase), or a Health Plan Representative (**1-866-608-9422**).

2. WATCH FOR DWS LETTERS:

Keep an eye out for mail from DWS. Fill out your review forms and return them to DWS as soon as you can so you can stay covered.

3. COMPLETE YOUR REVIEW:

All medical programs are reviewed each year. During your review month, DWS will go through your case and send you a notice when it is done. If DWS does not have enough information, you will be asked to do your review. This can be done through your myCase account or by mailing the review form sent to you.

PLEASE NOTE: You still need to fill out review paperwork even if you don't think you qualify for Medicaid. If Medicaid says you are no longer eligible, you will then be able to seek other health coverage, such as Individual Marketplace plans from SelectHealth.

Because DWS must review all medical cases, you may have longer call wait times to speak to a DWS eligibility worker. If you have questions about these coming changes, please visit medicaid.utah.gov/unwinding/. SelectHealth may send you text messages and email reminders to fill out your redetermination forms.

Need Help with Medicaid Paperwork? Take Care Utah Can Help.

Take Care Utah is a free program that guides people in Utah through the healthcare system and helps them find health insurance.

They can also help you fill out your Medicaid enrollment forms. If you don't qualify for Medicaid, they can help you find other insurance. To schedule an appointment, call **801-433-2299** or visit takecareutah.org/bookings.





Member Rights and Responsibilities

As a SelectHealth member, you have rights and responsibilities.

You have the right to:

- > Have information presented to you in a way that you will understand, including help with language needs, visual needs, and hearing needs
- > Be treated fairly and with respect
- > Have your health information kept private
- > Receive information on all treatment options
- > Make decisions about your healthcare, including agreeing to treatment
- > Take part in decisions about your medical care, including refusing service
- > Ask for and receive a copy of your medical record
- > Have your medical record corrected, if needed
- > Receive medical care regardless of race, color, national origin, sex, sexual orientation, gender identity, religion, age, or disability
- > Obtain information about grievances, appeals, and hearing requests
- > Ask for more information about our plan structure and operations
- > Get emergency and urgent care 24 hours a day, seven days a week
- > Not feel controlled or forced into making medical decisions



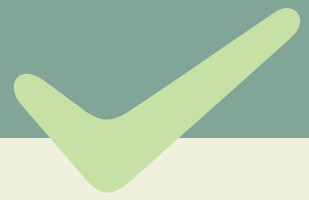
- > Know how we pay providers and request information on physician incentive plans
- > Create an advance directive that tells doctors what kind of treatment you do and do not want in case you become too sick to make your own decisions
- > Be free from any form of restraint or seclusion used as a means of force, discipline, convenience or retaliation. This means you cannot be held against your will. You cannot be forced to do something you do not want to do
- > Use your rights at any time and not be treated badly if you do
- > To be given healthcare services that are the right kind of services based on your needs
- > To get covered services that are easy to get to and are available to all members. All members include those who may not speak English very well, or have physical or mental disabilities.
- > To get a second opinion at no charge
- > To get the same services offered under the fee for service Medicaid program
- > To get covered services out-of-network if we cannot provide them

Your responsibilities are to:

- > Follow the rules of this integrated care plan
- > Read this Member Handbook
- > Show your Medicaid Member Card each time you get services
- > Cancel doctor appointments 24 hours ahead of time if needed
- > Respect the staff and property at your provider's office
- > Use providers (doctors, hospitals, etc.) in the SelectHealth Community Care network
- > Pay your copayments (copays)

You can view these rights and responsibilities in your Member Handbook. View it online at selecthealth.org/plans/medicaid/community-resources.





Reducing Your Risk of Prostate Cancer

Prostate cancer is one of most common types of cancer in men. It occurs in the prostate, a small gland in the lower abdomen.

Many prostate cancers grow slowly. If they stay inside the prostate gland, they may not cause serious harm. However, other types are aggressive and can spread quickly.

Here are a few ways to reduce your risk of prostate cancer:

- 1. MAINTAIN A HEALTHY WEIGHT:** Obese men have an increased risk of prostate cancer. If you are overweight, talk to your doctor about your options.
- 2. FOCUS ON A HEALTHY DIET:** Try to avoid foods that are high in fat such as, meat, nuts, milk, and cheese. Instead, eat more fruits and vegetables.
- 3. EXERCISE REGULARLY:** If you're just starting to exercise, begin slowly. Over time, you will want to exercise 30 minutes a day, most days of the week.
- 4. STOP SMOKING AND DRINK LESS:** Quitting smoking reduces risk of many types of cancer. If you drink, moderate the amount.
- 5. TALK TO YOUR DOCTOR:** If you think you have a high risk of prostate cancer, discuss it with your doctor. There may be other options for reducing risk, such as medications.

Early detection of cancer can improve chances for successful treatment. Talk to your doctor about your cancer risk.

Sources:

<https://www.mayoclinic.org/diseases-conditions/prostate-cancer/in-depth/prostate-cancer-prevention/art-20045641>

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/prostate-cancer/prostate-cancer-prevention>

<https://www.cancer.org/cancer/prostate-cancer/causes-risks-prevention/prevention.html>

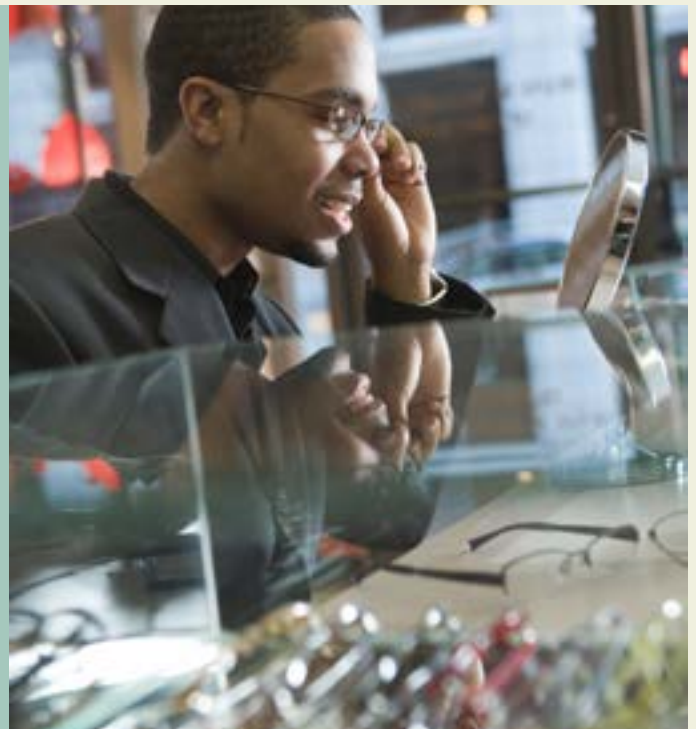
Time to Get Your Eyes Checked

Your health plan has vision coverage.

Eye exams are covered once per year with an in-network doctor. Children under age 21 may be able to have more exams, if needed.

Glasses and contact lenses are only covered for children and pregnant women every 12 months. Vision aids and other standard eyeglasses need preapproval.

For help finding an in-network eye doctor, call SelectHealth Member Advocates at **801-538-5038**.





Make the Most of Spring Weather

With longer days and warmer temperatures, it's the perfect time to get outside and enjoy all that spring has to offer.

Here are some tips for making the most of the season.

- 1. SPEND TIME OUTSIDE:** Go for a walk or hike, have a picnic with friends or family, or just sit outside and enjoy the sunshine. Being outside in the fresh air can do great things for your mood and overall well-being.
- 2. STOP AND SMELL THE ROSES:** Spring is a great time to appreciate the beauty of nature. Take time to enjoy the flowers and the trees. Visit a botanical garden or walk through the neighborhood to enjoy the new plants and changing colors.
- 3. TRY SOMETHING NEW:** Spring is the perfect season for running, biking, or team sports. It's also a great time for gardening which can help lower blood pressure and improve Vitamin D levels.

No matter what you do this spring, make sure to take care of yourself. If you have trouble with allergies, reach out to your doctor for help. Remember to drink plenty of water and don't forget the sunscreen.

Spring is a time of renewal and growth. By taking the time to appreciate it, you can make the most of the season.

Let's Connect Online!

For healthy living tips and information about our plans, visit selecthealth.org/blog.

