



**L.A. Care
Covered™**

For All of L.A.



Welcome to L.A. Care Covered™!

Winter Newsletter 2016

We are excited to have you as an L.A. Care Covered™ member. Your health is our priority. We are going to make sure you get the right care at the right time and at the right place.

As an L.A. Care Covered™ member, you have access to an extensive network of doctors, specialists, hospitals, pharmacies and preventive care services that are located close to your home, work or school.

All of the L.A. Care Covered™ affordable health plans cover doctor visits, hospitalizations, maternity care, emergency room care, and prescriptions.

Also, one of your benefits as a member of L.A. Care Covered™ is that preventive care is covered at no cost to you. Some of the preventive services available to help keep you and your family healthy are vaccines, mammograms, Pap smears, diet counseling, prenatal and well-child visits, annual

pediatric eye exams, and screenings for blood pressure, cholesterol, depression, colorectal cancer and Type 2 diabetes. Screenings and counseling for sexually transmitted infections and tobacco and alcohol use are available as well.

L.A. Care Covered™ offers additional free services. You can call our Nurse Advice Line to speak with a nurse and get answers to your health questions. With our *Health In Motion™* program, you can attend free health workshops in your own neighborhood, or you can talk to a health coach or registered dietitian over the phone. At our Family Resource Centers, you can attend member orientation sessions and take health education and exercise classes.

If you need more information about L.A. Care Covered™, call us at 1.855.270.2327 (TTY/TDD 711) or visit lacare.org. We can answer all your questions!



| lacare.org | 1.855.270.2327

Got L.A. Care Covered™? Go see your doctor.

As a new member, you should see your assigned Primary Care Physician (PCP) as soon as possible, even if you are not sick. This first checkup is called a “well visit” or “physical exam.” During your checkup, you and your PCP will get to know each other. Your doctor may order tests or screenings to check your health. This checkup helps the doctor know what preventive and other health care services you might need. Call your doctor today to schedule your first checkup. The doctor’s name and phone number are on your member ID card.

If you would like to change your PCP, call Member Services at 1.855.270.2327 (TTY/TDD 711) or log in to your L.A. Care *Connect*™ member account at lacare.org and request a PCP change.

Remember that it is important to have good communication with your doctor. If you need help speaking with your doctor in your language, we can help. Interpreting services in your language, including American Sign Language, are available to you at no

cost. An interpreter is a person who helps you talk to a doctor in your language. Call Member Services to request assistance.



Be on the lookout for IRS Form 1095-A

Soon you will be receiving the Health Insurance Marketplace Statement (IRS Form 1095-A) from Covered California™. You will need to have it on hand if you prepare your own taxes, or you’ll need to provide it to the tax professional who helps prepare and file your taxes.

The purpose of this form is to allow individuals who enrolled in a qualified health plan through Covered California™ to:

- Claim the premium tax credit (PTC)
- Report any PTC received in advance (also known as Advance Premium Tax Credit)
- Prove they were enrolled in a minimum essential coverage health plan
- Complete the IRS Form 8962: Premium Tax Credit

If you have questions about Form 1095-A, contact Covered California™ at 1.800.300.1506.

Metal Levels

L.A. Care *Covered*™ health plans are classified into four metal levels: Platinum, Gold, Silver and Bronze.

Premiums are higher at the Platinum level and lowest at the Bronze level. However, out-of-pocket costs (like co-payments) are highest at the Bronze level and lowest at the Platinum level. You can choose to pay a higher monthly cost so that when you need medical care, you pay less. Or, you can choose to pay a lower monthly cost so that when you need medical care, you pay more.

All metal levels cover the same Essential Health Benefits.

Platinum Plan

Plan pays 90% of expenses
You pay 10%

Silver Plan

Plan pays 70% of expenses
You pay 30%

Gold Plan

Plan pays 80% of expenses
You pay 20%

Bronze Plan

Plan pays 60% of expenses
You pay 40%

If you are under 30 years old, can prove you are experiencing a financial hardship, or cannot find affordable coverage options, you may be able to buy a health insurance option called minimum coverage. These plans (also called catastrophic plans) usually have low premiums and high deductibles.

If you have any questions or need more information, call us at 1.855.270.2327.

Exercise After the Holidays

The holiday season usually means spending quality time with family and friends, attending multiple festivities and enjoying lots of food. The honey baked ham, mashed potatoes, green bean casseroles and pumpkin pie are just too tempting to pass up. With all these celebrations, we may have skipped our regular exercise routine and gained a few extra pounds.

Now it's time to get healthy again! Regular physical activity is one of the most important things we can do for our health. It can help control our weight, strengthen our bones and muscles, lower our risk of heart disease, type 2 diabetes and some types of cancer. It can also help improve our mental health and increase our chances of living longer.

Here are some tips to help get you started:

- Reduce sedentary time and increase active time. For example, you can take a walk after dinner instead of watching TV.
- Schedule specific times for physical activity. Make it part of your daily or weekly routine.
- Do things that you enjoy. Some people might like running in their neighborhood in the mornings; others might prefer an exercise class at a health club after work.
- Enlist your friends or family members to help you with motivation and support.
- Start slowly and work your way up to more physically challenging activities. For many people, walking is a good activity to start with.

Keep in mind that our Family Resource Centers offer **free** health education and exercise classes. You can attend Aerobics, Dance, Tai Chi, Yoga and Zumba® classes. For more information or to enroll in classes, call 1.877.287.6290 (TTY/TDD 711) or visit lacare.org and click on "Events." Exercise and get healthy!

Sources: U.S. National Library of Medicine /Centers for Disease Control and Prevention



Keep Your Plan Working Create Your Member Account on L.A. Care Connect™

Once you create a member account on L.A. Care Connect™, you will be able to pay your monthly premium online, view eligibility and benefits, request a new member ID card and print a temporary one, request to change your doctor, view claims and ask questions about your benefits, and chat with a nurse 24 hours a day for non-urgent situations.

Simply follow these steps:

1. Visit lacare.org
2. Click the "Member Sign In" icon at the top of the page
3. Select "Create an Account" and follow the instructions.



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Introducing “Ask the Doctor”

Do you have questions about your health? Starting with our next issue, we will share a new section with our members: Ask the Doctor. It will feature questions and answers to many common health concerns and topics. We'll give you accurate, straightforward, easy-to-understand information.

About L.A. Care Health Plan

L.A. Care Health Plan (Local Initiative Health Authority of Los Angeles County) is a public entity and community-accountable health plan serving residents of Los Angeles County since 1997 through a variety of health coverage programs including L.A. Care Covered™, Medi-Cal, L.A. Care Cal MediConnect Plan, L.A. Care’s Healthy Kids and PASC-SEIU Homecare Workers Health Care Plan.

L.A. Care is a leader in developing new programs through innovative partnerships designed to provide health coverage to vulnerable populations and to support the safety net. With more than 1.8 million members, L.A. Care is the nation’s largest publicly operated health plan.

L.A. Care Health Plan is proud to be a partner of Covered California.™

