



CenCal Health serves Santa Barbara and San Luis Obispo counties providing health coverage for Health Initiative, Healthy Families, Healthy Kids, Prenatal Plus 2, and In-Home Supportive Services programs.

Help Your Child with Asthma Stay Active This Summer

For some children, exercise can trigger asthma symptoms. Here are some asthma-friendly activities to try:

- **Swimming.** This is great exercise, but avoid pools with a lot of chlorine, as this could cause an asthma attack.
- **Baseball and football.** These sports call for short bursts of energy. They are less likely to trigger asthma symptoms.
- **Walking, hiking, and riding a bike.** Asthma symptoms are less likely to happen with these sports.

On days with ozone alerts or high pollen counts, your child should exercise inside. Avoiding freshly cut or sprayed playing fields may help, too.



Medication Is Important, Too!

Asthma medicine that is used every day helps control asthma. Asthma can be prevented by using an inhaler before exercise. Talk with your child's doctor about sports activities and when to use asthma medication. If you are not sure how to use the inhaler, your doctor or

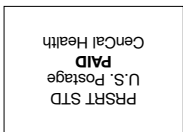
pharmacist can show you. The most important thing is to get the prescription filled and use asthma medicine correctly. ●

For more information on how to control asthma, call our Health Education line at 1-800-421-2560, extension 3126.

in this ISSUE

- page **2** Benefits for Low-Income, Disabled Members
- page **3** Preventive Health Guidelines for Children
- page **4** Preventive Health Guidelines for Adults

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Questions & Answers



Q: What are interpreter services?

A: An interpreter can help you talk with a doctor who does not speak your language. Interpreter services can be provided on the telephone or in person. Some doctors have a nurse or other medical person who will be your interpreter.

You do not need to provide your own interpreter or use a family member to interpret, unless you want to. Young children should never be asked to interpret. CenCal Health will provide interpreter services for FREE. If you need an interpreter for a medical appointment, please call our Member Services Department at **1-877-814-1861**. Please make your request at least 2 days before your appointment.

Benefits Available for Low-Income, Disabled Members

You may be eligible for cash benefits through the Supplemental Security Income (SSI) program! This program is for low-income, disabled people. If you or a member of your family is disabled, you may be eligible to receive cash benefits through SSI. CenCal Health has partnered with Social Service Coordinators (SSC) to provide free eligibility screening and assistance in applying for this benefit.

You or your children may qualify for SSI if you have a severe health condition that will last for a year. Many different conditions qualify. CenCal Health is proud to be able to offer free assistance from one of the nation's best disability advocacy companies.



As a CenCal Health member you are eligible to a free screening of your potential disability case. If you appear to qualify, SSC will help you apply for this program.

Qualifying for disability benefits can be difficult. Now more than ever you need a qualified professional to help you with the application process. CenCal Health has selected SSC for their expertise and commitment to providing superior services.

Call SSC today at 1-866-728-5803 to see if you qualify for the SSI program. There is no cost to you and no obligation.

A Program for Seniors

Do you know someone who is having difficulty staying in their home, due to age and disabilities? Our Multi-Purpose Senior Services Program (MSSP) can help prevent placement in a nursing home. MSSP assists both the senior and caregiver to receive the support and home services they need to remain at home. The program is for seniors, age 65 and older, receiving Medi-Cal and living in Santa Barbara County. For more information about who qualifies, call **1-800-421-2560, extension 1637**.

Preventive Health Guidelines for Your Child

It is important for your children to have regular checkups with the doctor and to get immunizations. Immunizations—shots—help protect your child against serious diseases. This chart will help you know when your child needs exams and immunizations. If your child has missed an immunization, talk with your doctor so your child can get caught up.

Age	Exams and Tests	Immunizations
Infants		
At Birth	In Hospital	Hepatitis B #1
1 Month	Exam	Hepatitis B #2 (1 to 2 mos.)
2 Months	Exam	DTaP #1 + PCV #1 + HiB #1 + Polio #1 + Rotavirus #1
4 Months	Exam	DTaP #2 + PCV #2 + HiB #2 + Polio #2 + Rotavirus #2
6 Months	Exam	DTaP #3 + PCV #3 + HiB #3 + Hepatitis B #3 (6 to 18 mos.) + Polio #3 (6 to 18 mos.) + Rotavirus #3 + Flu shot—each year from 6 mos. to 18 years
9 Months	Exam	
12 Months	Exam Blood Lead Test First Dental Visit	MMR #1 (12 to 15 mos.) + HiB #4* (12 to 15 mos.) PCV #4 (12 to 15 months) + Varicella #1 (12 to 15 mos.) Hepatitis A—2 doses, 6 mos. apart (12 to 23 mos.)
15 Months	Exam	DTaP #4 (15 to 18 mos.)
18 Months	Exam	
Children		
2 Years	Exam, Blood Lead Test	Flu shot each year
30 months	Exam	
3 Years	Exam	Flu shot each year
4 to 6 Years	Exam Each Year	DTaP #5 + MMR #2 + Polio #4 + Varicella #2 + flu shot each year
8 to 10 Years	Exam Each Year	Flu shot each year
Teens		
11 to 12 Years	Exam Each Year	MCV4 + Tdap + HPV—3-dose series for girls + flu shot each year
13 to 20 Years	Exam Each Year	Flu shot each year



* The HiB booster (dose #4) may be postponed due to a vaccine shortage.

CenCal Health—Child Preventive Guidelines—May 2009

These guidelines are based on the Recommendations for Preventive Pediatric Health Care of the California Department of Health Services and the American Academy of Pediatrics at www.aap.org. The Current Immunization Schedule is posted at www.aap.org/healthtopics/immunizations.cfm.



Preventive Health Guidelines for Adults

Getting regular checkups can help you stay healthy and prevent disease.

The following tests and immunizations are recommended for most adults. Talk with your doctor about which of the tests you need, when you should have them, and how often.

Exams and Tests	Women	Men
Routine Physical and Health Risk Assessment	Every 1 to 3 years	Every 1 to 3 years
Blood Pressure	At least every 2 years	At least every 2 years
Body Mass Index (BMI)	At regular checkups	At regular checkups
Cholesterol Test	Every 5 years between ages 45 and 65, or after age 65 for those at risk	Every 5 years between ages 35 and 65, or after age 65 for those at risk
Colonoscopy	Regular testing at age 50 and older	Regular testing at age 50 and older
Pap Smear	At least every 3 years from ages 18 to 65	
Chlamydia Test	If age 25 or younger and sexually active, or at-risk women ages 25 to 50	
Mammography	Every 1 to 2 years beginning at age 40	
Osteoporosis Test	Beginning at age 65	



Adult Immunizations	How Often?
Tetanus-Diphtheria (Td)	Every 10 years; substitute a one-time Tdap (Tetanus/diphtheria/pertussis) for adults ages 19 to 64
Influenza (Flu Shot)	Every year starting at age 50 or younger if you have a chronic health condition
Pneumococcal	One time after age 65
Shingles (Zoster)	One dose for age 60 and older
Measles, Mumps, Rubella (MMR)	One dose for adults with no history of immunity
Varicella (Chickenpox)	Two doses for adults with no history of immunity

CenCal Health—Adult Preventive Guidelines—May 2009

These guidelines are based on the Clinical Preventive Services for Normal-Risk Adults recommended by the U.S. Preventive Services Task Force and the California Department of Health Care Services. The Current Immunization Schedule can be found at www.cdc.gov/vaccines/recs/schedules/adult-schedule.htm.



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Information in YOUR 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.

To report FRAUD call 1-800-421-2560, extension 3012.

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