



## Enrollee Newsletter

October 2019

Volume 4, Issue 5

*October 7<sup>th</sup> to 11<sup>th</sup> is National Primary Care Week*

### Community Care Plan, 'the health plan with a heart'

#### What is Primary Care?

Primary Care includes the treatment of wellness, common sicknesses, and sickness prevention services. A primary care provider (PCP) is a doctor that gives you advice about a wide range of health needs. A PCP is usually your doctor for a long time. They may also coordinate your care with other specialist doctors (i.e. cardiologist). You should see a PCP every year.

#### A PCP can be one of the following:

- Family Medicine Doctor
- Internal Medicine Doctor
- Pediatrician

#### Why is having a PCP important?

Having a PCP can help you manage your chronic conditions, help prevent disease, and detect and treat any health issues early.

#### Some of the care a PCP can give you include:

- Flu shots
- Blood Pressure Screenings
- Cancer Screenings

The PCPs may have Physician Assistants or Nurse Practitioners that you can also see for care in the office.

At CCP, you can change you or your child's PCP at any time. **Not sure who is your PCP?**

**Call Member Services at 1-866-899-4828.**

Sources: • [www.healthcare.gov/glossary/primary-care](http://www.healthcare.gov/glossary/primary-care)  
• [www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-health/interventions-resources/access-to-primary](http://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-health/interventions-resources/access-to-primary)

#### Hepatitis A

Due to new Hepatitis A cases in Florida, CCP has added the Hepatitis A vaccine to our expanded benefits. For more information on getting the vaccine, please contact your PCP.

#### Flu Shots

Everyone six months or older should get a flu shot every year. Before the age of two, children need two doses of the flu shot. It takes about two weeks after getting the flu shot for your body to build up antibodies to protect you against the flu. The CDC recommends that by the end of October everyone should have their flu shot.

Talk to your child's doctor about getting the flu shot this October at no cost. Adult CCP members can visit CVS pharmacy to receive their flu shot at no cost.

Source: [www.cdc.gov/flu/prevent/vaccinations.htm](http://www.cdc.gov/flu/prevent/vaccinations.htm)

*Always consult your physician before making changes to your lifestyle or healthcare routine. This information is available for free in other languages. Please contact our customer service number at 1-866-899-4828 /TTY/TDD, 1-855-655-5303, Monday through Friday from 8:00 a.m. to 7:00 p.m. ET. Esta información está disponible gratis en otras lenguas. Por favor, contacte a nuestro departamento de servicio al cliente al 1-866-899-4828 TTY/TDD 1-855-655-5303 de Lunes a Viernes desde las 8:00 a.m. a 7:00 p.m. Si ou vie resevwa enfomeseyon sa en Kreyol rele nimewo telefon sa 1-866-899-4828 TTY/TDD 1-855-655-5303 Lendi jiska Vandredi de 8:00am a 7:00pm EST.*

# Pregnancy and the Flu

Women who are pregnant and up to two weeks postpartum are more likely to get a severe illness from the flu. The flu can also harm the development of a baby. Getting the flu shot can help both mom and baby during pregnancy. When mom is given a flu shot, she passes the antibodies to the baby during pregnancy.

Flu Symptoms include:

- Cough
- Fever
- Sore throat
- Stuffy Nose
- Runny Nose
- Headache
- Body chills
- Fatigue
- Body aches
- Vomiting
- Diarrhea

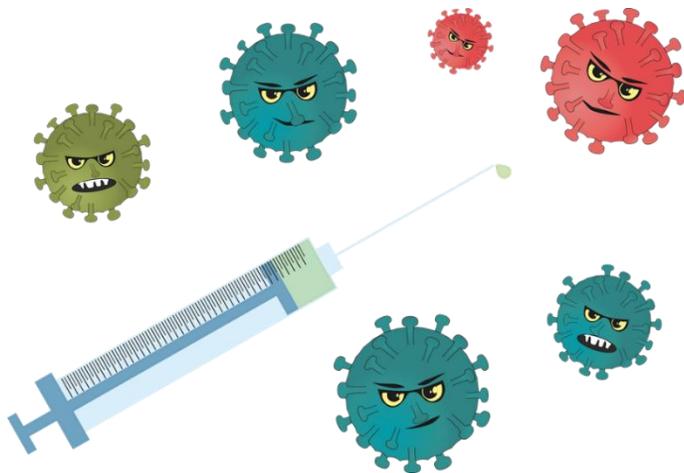


If you are pregnant and feeling any of these symptoms, please call your doctor.

## Flu treatment

The earlier flu treatment starts the better. The flu medicine works best when started within 48 hours of symptoms. Flu medicine can make you feel fewer symptoms and make you feel better faster. They can also help prevent health problems that the flu can cause. Some of these health problems may be serious. Your doctor can give you a prescription for flu treatment medicine.

In an emergency, please remember to call 911.



Source: [www.cdc.gov/flu/highrisk/pregnant.html](http://www.cdc.gov/flu/highrisk/pregnant.html)

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