

Member Newsletter

Wishing You a Happy, Healthy, and Safe Holiday Season

Community Care Plan wishes you and your family a happy, healthy, and safe holiday season. We want you to enjoy this time with family and friends. With the new year coming, you may be thinking about your New Year's resolutions. Make 2022 the year that you take care of you and your family's health.



For More Information
Go To CCPcares.org

Call Us At
1-866-899-4828

Community Care Plan values your care. If you have any concerns with your children's Physical, Occupational or Speech Therapy Services, please call Yvie Noel at 954-622-3272 or email ynoel@CCPcares.org.

For more information, visit CCPcares.org/Members/Medicaid

[Click Here to View Our Past Newsletters](#)



The First Item on Your List?

If you haven't seen your primary care provider lately, call to set up a visit now. Both adults and children of any age should have a checkup every year.

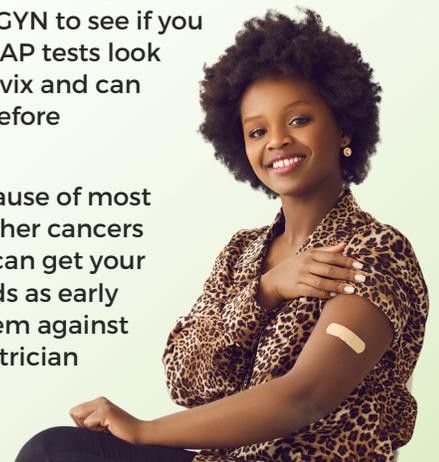
This well visit includes checking your weight, blood pressure, blood sugar, cholesterol (even for kids), and is important to keep you healthy.



Are You Female or a Parent?

January is National Cervical Cancer Awareness month. Cervical cancer death rates have dropped over the past few decades. There are two (2) reasons for this. The PAP test and the HPV vaccine.

- **PAP tests** - Women over the age of 21 should get routine PAP smears. Talk with your Primary Care Provider (PCP) or OB/GYN to see if you are due for this test. PAP tests look for changes in the cervix and can catch it early. Often before changes even start.
- **HPV vaccine** - HPV is a common virus and the cause of most cervical cancers. It is also linked to throat and other cancers in men and women. The good news is that you can get your child the HPV vaccine, which can be given to kids as early as nine (9) years old. The vaccine can protect them against this virus for a lifetime. Talk to your child's pediatrician at their next well visit.





See Clearly in 2022?

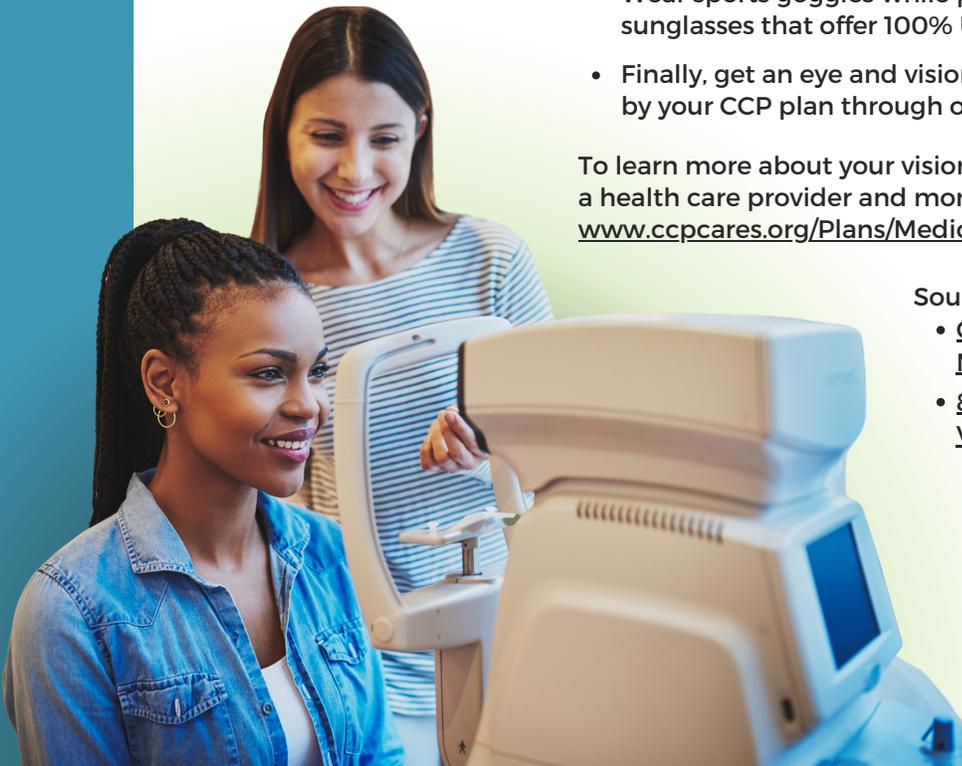
January is a busy month. It is also low-vision month. We want to share some things that you can do to protect your and your family's eyes and vision.

- Eat a healthy diet. Fill your plate with different fruits and vegetables. This will ensure that you and your family get a lot of vitamins and minerals.
- Get fresh air every day. Cut down "screen time". Take a break from the computer, TV, or cell phone to rest your eyes. This also goes for things like reading, puzzles, and crafts. Anything that makes us focus our eyes for long periods of time.
- Wear sports goggles while playing sport activities or sunglasses that offer 100% UV protection when outside.
- Finally, get an eye and vision exam yearly. This is covered by your CCP plan through our partner 20/20 iCare.

To learn more about your vision or well care visit benefits, find a health care provider and more, visit our website any time at www.ccpcare.org/Plans/Medicaid

Sources:

- [Cervical Health Awareness Month \(cancer.org\)](http://cancer.org)
- [8 Tips to Protect Your Child's Vision \(Optometrists.org\)](http://Optometrists.org)





Pregnant Moms and Their Caregivers

On the first page, we talked about January and ways to take care of your health in 2022. If you are pregnant or the parent of a baby, here are some ways that you can mark cervical cancer awareness and low-vision month. And of course, have a healthy family all year long.

Well-Care Visits

While you are pregnant, you should visit your midwife or OB/GYN regularly. They will let you know how often you should be seen. They will also know if you need a PAP smear. If you do, it is safe to do while pregnant. It is key to catching cancer or pre-cancer early. Within seven (7) to 84 days after the baby is born, the post-partum visit is an important part of your care. This is true whether this is your first baby or not. At that visit, your provider can talk to you about ways to prevent another pregnancy until you are ready.

After that visit, it is a good idea to set up a visit to your Primary Care Provider (PCP). Get back on track with your yearly well visits too. Your provider will know whether you are due for your routine PAP smear too.



Eye Care

When pregnant, women may see changes in their eyes and sight. You may also have dry eyes. Here are some things that may help you:

- Vision changes: You can get a yearly eye exam while you are pregnant. But unless your vision changes a lot, it is a good idea to wait to buy new glasses. After the pregnancy, your eyesight may go back to normal.
- Dry eyes: Take regular screen breaks. Drink lots of water. Try using a humidifier. Buy over the counter lubricating eye drops (without any added chemicals or medications).

Warning: If you have double vision, VERY blurry vision, see flashing lights, or have puffy eyes, you should ALWAYS call your OB immediately. Do not call your eyecare provider. These could be a sign of pre-eclampsia, a serious condition in pregnancy, after, AND up to six (6) weeks after delivery.





Welcoming Your Baby

- **Well-Care visits**

Your new baby should see the doctor often. Seven (7) times in the first 15 months and then every year starting at age two (2).

- **Baby's eyesight**

There are many things that you can do to help your baby's eyesight. In the first few months, try switching sides when feeding them. Change the crib position or baby's position in the crib. Talk to baby while walking around the room. As your baby gets older, hang a mobile above the crib or crib "gym". Hang things they can reach for and try to kick or grab. Play an old-fashioned game of peek-a-boo. And of course, it is never too early to start reading to your baby.

For help finding an OB/GYN, pediatrician, eye care provider, or to talk with one of our OB nurses, visit us at www.ccpcares.org/Plans/Medicaid

Sources:

- [Infant Vision: Birth to 24 Months of Age \(aoa.org\)](http://Infant Vision: Birth to 24 Months of Age (aoa.org))
- [The Effects of Pregnancy on the Eyes \(EyeCare.org\)](http://The Effects of Pregnancy on the Eyes (EyeCare.org))

