

Member Newsletter



**Community
Care Plan**

The Health Plan with a Heart

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](http://CCPcares.org/Members/Medicaid)

Watch your mail for your
Medicaid renewal. Make
sure your MyAccess
account address is up to
date.

[www.myflorida.com/
accessflorida/](http://www.myflorida.com/accessflorida/)

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March was National Nutrition month, and the theme was “Fuel for the Future”, eating healthier while being good to the planet. It’s a great way to honor April’s Earth Day. Here are some great tips to get you started:

1. Buy fruits and veggies that are in season. Find a local farmer’s market. These markets help you and our community. You and your family can try fruits and vegetables that you may not have tried before. Try one new fruit or vegetable every week. This is a really good way to help kids find their next favorite healthy snack or food. Many of these markets will even double your SNAP benefits. For more information, and to find a Farmer’s Market near you visit: [Fresh Foods at Local Farmers Markets - HEART Community Resource Center \(ourheart.org\)](http://Fresh Foods at Local Farmers Markets - HEART Community Resource Center (ourheart.org))



2. Reduce food waste. Eating at home or in a restaurant, Americans throw out a lot of unspoiled food. Don’t like to eat boring leftovers? There are lots of ways to make new meals from leftovers and keep them healthy. Put leftover meats, grains, and vegetables over a salad or wrap them in a whole grain tortilla. You can take them for lunch the next day or freeze them for later. This is good for the planet and your wallet.



3. Do you know about Meatless Mondays? Try to make a plant-based meal every Monday or one day a week. This means that you use a plant-based protein like beans, nuts, or mushrooms the center of your meal.



These are just a few ideas. Get more tips on ways to build healthy meals on our [Health Library](#). We have videos and articles on eating healthy. Visit: [Healthy Eating](#)



Healthy Rewards

There are times in your life when you need a little help with your weight. Did you know that Community Care Plan has an Obesity Management Program that help you with your weight? Members who qualify can earn \$50 and get healthier. Learn more here about the gift cards you can earn at: [Community Care Plan - Healthy Rewards](#)



CCP & Virta Health

If you are living with Type 2 Diabetes and want to lose weight and reduce your medications, CCP can help. We work with Virta Health to help our members with Type 2 Diabetes feel and live better. Learn more here and see if you qualify: [CCP & Virta Health](#)

Learn about the benefits and services that Community Care Plan has by visiting our Medicaid Benefits page at ccpcares.org/Plans/Medicaid.

Watch your mail for your Medicaid renewal. Make sure your MyAccess account address is up to date.

www.myflorida.com/accessflorida/

