



Broward County Government Newsletter

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Community Care Plan, “the health plan with a heart”

Now is the time to take care of you!

How do you get started? The Centers for Medicare & Medicaid Services created a “roadmap” to help. Here are some steps you can take for a healthier you:

1. **Put your health first!** Staying healthy is important for everyone in your family. To be healthy you must create healthy habits at work and at home. One of the most important habits is going for regular health check-ups. If you have a chronic disease like diabetes or high blood pressure, you need more frequent visits.
2. **Understand your health coverage.** Do you have questions about what services CCP covers? Which doctors and hospitals you can go to? Or maybe, where a local pharmacy or dentist is on our plan? You can call the member services number below to find out.
3. **Know where to go for care.** The emergency department is for life-threatening situations. Primary care is to be seen by a doctor, get a prescription, or get a referral to another doctor. Did you know you have a primary care doctor assigned to take care of you? Their name and phone number are on your membership card.
4. **Make an appointment.** When you call to make an appointment, let them know you are a new patient. Give them the information on your insurance card to make sure they work with CCP. Tell them which doctor you would like to see and why you need an appointment. Ask for a day and time that works with your schedule.
5. **Be prepared for your visit.** Bring your insurance card with you. Make a list of medications and vitamins that you take. Know your family’s medical history. Bring a list of questions with you. Bring someone to the appointment if you need help.

At your visit, your doctor can:

- Review your medical history
- Check vital signs
- EKG (heart test)
- Take your height, weight, BMI
- Perform a head-to-toe assessment
- Provide lifestyle counseling (quit smoking, lose weight, eat healthy, and reduce alcohol use)
- Prescribe needed medications
- Order blood and lab tests
- Perform basic hearing and vision tests
- Perform cancer screenings, including mammograms and colonoscopies
- Screen for Sexually transmitted diseases (STDs)
- Identify & treat depression
- Care for healthy pregnancies
- Give vaccinations, including flu, pneumonia, measles, polio, meningitis & other diseases

BCG Open Enrollment is here and CCP is offering several plans.

Please Choose CCP.

Call us at 866-224-5701 about our benefits!



Always consult your physician before making changes to your lifestyle or healthcare routine. This information is available for free in other languages. Please call Member Services at 1-866-24-5701 Monday – Friday 8:00am – 7:00 pm EST. For hearing impaired assistance call: TTY/TDD 1-855-655-5303. Si usted necesita esta información en Español llame al 1-866-24-5701 TTY/TDD 1-855-655-5303 de Lunes a Viernes desde las 8:00am a 7:00pm EST. Si ou vie resevwa enfomeseyon sa en Kreyol rele nimewo telefon sa 1-866-224-5701 TTY/TDD 1-855-655-5303 Lendi jiska Vandredi de 8:00am a 7:00pm EST.