



delaware  
first health

# WHOLE you

2024 | Q1 BULLETIN



## Calendar of Events

**Keep up to date with all Delaware First Health Events.**

You can find all of our events and register online or by calling our Member Services team:

**1-877-236-1341.**

### Upcoming Events:

- Community Baby showers
- Member advisory councils
- New Member orientations
- Resource Fairs
- And more!

For help with transportation, call Member Services.

**[Visit the Events Page](#)**

## Welcome!

*As we begin this new year, I'm excited to bring you a new edition of Whole You — a newsletter from Delaware First Health.*

I am Renee Fortune, Manager of Community Connections and Resources here at Delaware First Health. I hope your year is starting off well. What are your goals for this year? This issue has some tips for setting goals and reaching them. My goal to keep you informed on all the great services, events, and partnerships we offer.

One of these services is a great platform we use, [delawarefirsthealth.findhelp.com](https://delawarefirsthealth.findhelp.com). On there, you can find resources for food, transportation, utility assistance, substance use, and mental health treatment. The site is free for everyone and easy to navigate. You just enter your zip code and find the services closest to you.

I also want to pass along information on our two new insurance options for Delaware residents. We offer WellCare for members that qualify for Medicare and Ambetter Health of Delaware has affordable marketplace health insurance. Learn more on the next page "Important: Keep Your Coverage."

Be sure to look at the events calendar on the left so you can keep up on all things happening in your area, like our Member Advisory Council meetings. This is a way for your voice to be heard by the Delaware First Health team.

If you have any questions or you would like to attend an event, please contact Member Services at 1-877-236-1341.

I hope you enjoy this year's first newsletter and that it helps you take care of the whole you.





# Important: Keep your coverage!

## Annual Medicaid renewal:

It's happening now. And for Medicaid members, that means redetermination — in other words, the process you need to go through to confirm your eligibility. These steps are different in different states, but no matter where you live, once a year, your state will need to make sure that you're still eligible for coverage.



## Here are three important things to know for Delaware:

- 1 You may get a letter from Delaware Division of Social Services or Delaware Division of Medicaid and Medical Services before your Medicaid anniversary. Look for the DHSS logo on the envelope.

This letter will explain how to verify that you are still eligible. Or, if you have been auto-renewed, it may tell you that no action is needed.

- 2 If you are eligible for Medicaid, you can keep your Delaware First Health coverage or choose another plan. If you are no longer eligible for Medicaid, you can check out our Medicare and Marketplace choices by visiting:

[WellCare.com/Delaware](https://www.wellcare.com/delaware) for Medicare or

[AmbetterHealthofDelaware.com](https://www.ambetterhealthofdelaware.com) for Marketplace.

- 3 If you don't get a letter or you don't know your anniversary date, you can confirm your eligibility by logging onto your **Delaware ASSIST account**.

Go to [assist.dhss.delaware.gov](https://assist.dhss.delaware.gov).

You can also call the Change Report Center at [\(302\) 571-4900](tel:3025714900), Option 2.

# January is Cervical Cancer Health Awareness Month



Cervical cancer is a health concern for women everywhere. Cervical cancer usually starts slow, with small changes that can take a long time to turn into cancer. Cervical cancer is most often caused by an infection from HPV or the human papillomavirus, which can be passed on during sex. Luckily, cervical cancer can be caught and treated early by getting regular cervical cancer screenings with your Primary Care Provider (PCP) or Obstetrician or Gynecologist (OB/GYN).

Did you know that you may also be eligible for a **\$15 reward** through the My Health Pays program for getting your cervical cancer screening?

#### **WHEN TO GET SCREENED:**

Members who are 21 years of age or older should begin getting screened for cervical cancer with a Pap test and get follow-up screenings every three years, as long as your results are normal.

Members who are 30 to 65 years of age can get a Pap test, HPV only testing, or an HPV test along with a Pap test. Talk to your PCP or OB/GYN to find the best option for you.

#### **Need assistance finding a provider?**

Visit our Find a Provider page on [DelawareFirstHealth.com](https://www.delawarefirsthealth.com). Or you can call Member Services at 1-877-236-1341 (TTY: 711) and we can help.

# Got goals?

## *For many of us, the start of a new year is a time to set new goals.*

What are yours? Here are some tips to help you set and keep objectives for the new year.

- **Start with your “why.”** Is your goal to lose weight? Eat healthier? Exercise more? Whatever goal you set, think about why it matters to you. Maybe it’s to have more energy, be there for your kids and grandkids, or just feel better. Keep that reason in your mind as you work toward your goal.
- **Keep it real.** It’s great to dream big. But big changes can take time. So if you have a big goal, break it up into smaller mini-goals. This will help you stay on track and not give up.
- **Celebrate success.** Think about healthy ways to celebrate your progress. Maybe you treat yourself to a stroll through your local library, download a new workout playlist, take a selfie to track your progress or arrange a winter walk with friends.
- **Keep things positive.** If your goal is to lose weight and you have the willpower to stop eating sweets completely, good for you. For many of us, that’s hard. So instead of no sweets at all, try giving yourself one bite of dessert then switching to fruit.
- **Remember the water.** Water is an important part of many health goals. Try drinking a 12-ounce glass of water before and after every meal. You’ll feel fuller longer — and it’s good for your brain and kidneys too.



- **Stay open to change.** Life isn’t perfect. We’ll always have things that get in the way of our goals. Don’t give up or be upset if you need to change things up. Making progress however you can is a win.
- **Speak up and team up.** Share your goals with people who care about you. Or team up with friends or a group who shares the same goals. Having other people who know what you’re working toward will help you stay motivated.

## Have you noticed?

Hearts are everywhere. Sure, it may be all about Valentine's Day, but February is also American Heart Month. Either way, it's a great time to think about taking care of your heart. Here are 5 ways to take care of that most important organ that faithfully keeps you going day after day.

### 1. Eat for your heart.

For breakfast, cook plain oatmeal — not the instant packets — and add strawberries and bananas as toppings. For lunch, try a salad made from kidney beans, chickpeas and black beans — and enjoy some avocado on the side. For dinner, choose salmon, trout or tuna. And if you want a snack, opt for berries, walnuts, almonds or pistachios.

### 2. Work it out.

Exercise for 20 to 30 minutes every day. It can be an exercise class or a simple brisk walk or home exercise routine. Add to this by keeping your body moving whenever you can. That can mean housework, like mopping or scrubbing, or an active game of tag or catch with pets, kids or grandkids.

### 3. Take a stand.

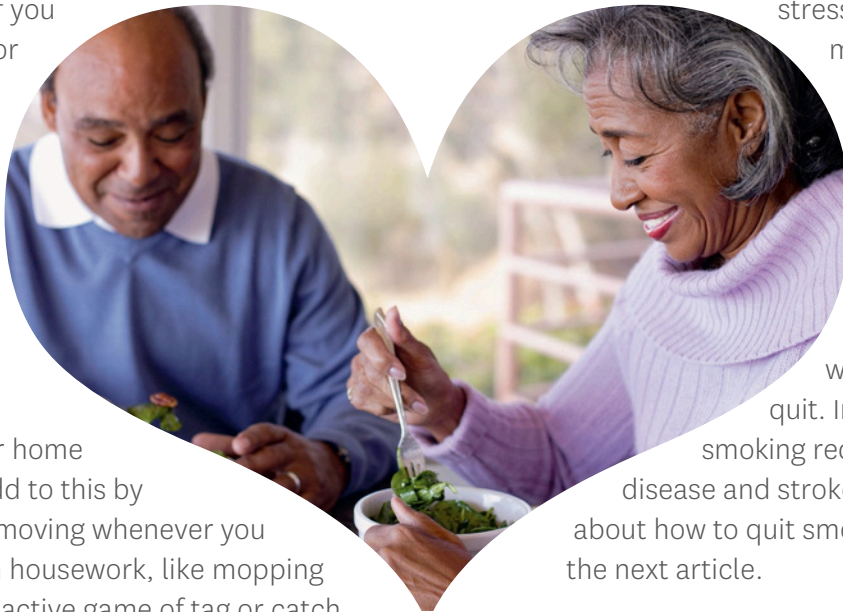
Our lifestyles involve a lot of sitting. Too much sitting. But when you move, it gets your blood flowing and helps your heart. So even if your workday involves a chair and desk, get up and move for a few minutes every hour. Schedule time throughout the day for short "walk breaks."

### 4. Breathe. Chill. Repeat.

None of us like stress. Your heart doesn't either. Stress raises cholesterol and blood pressure, and both of these things are bad for your heart. Sometimes, we cope with stress with fatty foods or other unhealthy habits. For a better option to reduce stress, try making a list, exercising, meditation or yoga. Find healthy ways to stay calm and protect your heart.

### 5. Stop smoking.

Smoking reduces your blood flow and causes high blood pressure, making your heart work harder. It's never too late to quit. In fact, just one year of not smoking reduces your chance of heart disease and stroke by half. You'll learn more about how to quit smoking and protect your heart in the next article.



**MAKE A MENTAL NOTE** — every time you see those decorative hearts this season, let them remind you to take care of your very own precious heart.



# Dental and Eye Health

Did you know that annual vision and dental checkups are key to staying healthy? Annual eye and dental check-ups can help your healthcare provider find and treat diseases early.

## DENTAL BENEFITS

### Benefits for Members Under the Age of 21

Dental services are available to Delaware Medicaid members under the age of 21 through the Delaware Medicaid FFS program. These services are not provided by Delaware First Health.

### Benefits for Members Ages 21 and Over

Dental services are available to Delaware Medicaid members ages 21 and older. This includes \$1,000 of coverage per year for dental services, such as cleanings, X-rays, cavity fillings, and more. Each visit has a \$3 copay.

### Earn Dollar Rewards with My Health Pays®:

Members ages 21 and older are eligible for a \$20 reward for completing an annual dental visit.



## VISION BENEFITS

### Benefits for Members Under the Age of 21

Eyecare benefits are available for members under the age of 21 as a standard benefit. Vision Benefits for those under 21 include:

- Routine eye exam, once every year.
- One pair of eyeglasses or medically necessary contact lenses, once every year.
- Eyeglasses repairs or replacement if broken or damaged.

### Benefits for Members Ages 21 and Over

Eyecare benefits are a **value-added benefit** Delaware First Health offers to our members ages 21 and older. This is not available under standard benefits. Call Member Services at 1-877-236-1341 (TTY: 711) for more details.

**Value-added** vision benefits for 21 and over include:

- Routine eye exam with refraction, once every two years.
- Eyeglasses or contact lenses, covered every two years up to \$160

To find an eye doctor or dentist near you, go to [DelawareFirstHealth.com](https://www.DelawareFirstHealth.com) and use our “Find a Provider” tool. Or call Member Services at 1-877-236-1341 (TTY: 711), Monday through Friday, from 8 a.m. to 7 p.m.



# K-12 Tutoring and GED Services

*Let us help you reach your educational goals...*



Here at DFH we want to help you and your children achieve educational success. We have an Education Specialist on our team who can help you search and enroll in one of our two academic value added benefits.

Our first academic value-added benefit offers up to \$200 a year for members in grades K-12 who are at risk of falling behind in one or more core subject areas. Each child must be a DFH member between the ages of 5 - 18. You may need to give proof of failing grades.

The second academic value-added benefit we offer is the GED testing and tutoring vouchers. If you are enrolled in a GED program, we can help pay your testing fees. GED vouchers are given to qualifying members beginning at age 16.

We want to hear from you, let us help you reach your goals.

**Call our Member Services team at 1-877-236-1341 to learn more about these education benefits.**