

Louisiana Coordinated System of Care

CSoC Member Newsletter

Planning ahead

Hurricane season started on June 1 and ends on November 30. Your family should plan for them. Practice the plan with your family. You may hear about a hurricane watch or warning. A watch means that a hurricane is likely for your area. A warning is more serious. It means powerful winds may come your way.



We depend on cell phones for phone numbers. Electric power often goes out during a bad storm. You should have a list of phone numbers written down. You should have that list ready in case the electricity goes out and stays out for a long time.

You should get a list of shelters close to your house. Write down the street addresses of the shelters.

Your Wraparound Agency will check on you before the storm and after the storm.

Prepare a kit to take with you in case there is a hurricane watch for your area. Here is a list of things to put in your kit:

- bottled water
- snack foods and canned foods
- a manual can opener and spoons
- flashlight with extra batteries
- first aid kit
- cell phone charger
- baby wipes
- medicine
- soap
- radio that is not electric

Do you have pets? Think about what you need to take care of the pets in case you have to leave your home.

- pet food and treats
- small bowls for food and water
- leash and harness
- brush
- waste bags
- kennel

Now let's talk Summertime fun



There are many safe and fun things to do during the summer. Here is a list of fun things to plan to do.

- Go on bicycle rides. Remember to use sunscreen and wear a helmet.
- Meet your friends at a park or playground to have a picnic.
- Put together puzzles or play board games.
- Go to the local farmer's market for fresh food.
- Plant flowers in a container, water them daily and watch them grow.
- Visit a splash pad or make your own using a hose and sprinkler.
- Visit your local library and check out books to read or movies to watch. They often have crafts and other activities for each age group.
- Watch or listen to fun programs on TV. Here are links to free programs:
 - <https://www.lpb.org>
 - <https://www.pbskids.org>
 - <https://unicefkidpower.org>



Attention, parents and guardians!

Did you get a pink letter?

Pink letters were mailed to every Medicaid household in early May. If you do not get your pink letter by the end of May, Louisiana Medicaid has the incorrect mailing address for you. You need to update your contact information as soon as possible.

You can update your information in the way that is easiest for you:

- Log on to: MyMedicaid.la.gov
- Email: MyMedicaid@la.gov
- Call your health plan at:
 - Aetna Better Health: 1-855-242-0802
 - AmeriHealth Caritas: 1-888-756-0004
 - Healthy Blue: 1-844-521-6941
 - Louisiana Healthcare Connections: 1-866-595-8133
 - UnitedHealthcare: 1-866-675-1607
- Call Medicaid customer service at 1-888-342-6207, between the hours of 8:00 a.m. and 4:30 p.m.

If you got your pink letter, great news! Medicaid has your correct mailing address.

Medicaid sends letters to members when it is time to renew or they need more information. If you get a letter in the mail, follow the instructions in the letter and respond immediately. Members who elected to receive communications electronically should watch their email for a notification to check their online account. If Louisiana Medicaid does not have your current information, you could miss important letters about your health insurance coverage and risk losing your health coverage even if you are eligible.



For Primary Health Concerns, contact your Healthy Louisiana Plan

| Healthy Louisiana Plans | Customer Service | Website |
|----------------------------------|------------------|--|
| Aetna Better Health | 1-855-242-0802 | aetnabetterhealth.com/Louisiana |
| AmeriHealth Caritas | 1-888-756-0004 | amerihealthcaritasla.com |
| Healthy Blue | 1-844-521-6941 | myhealthybluela.com/la |
| Louisiana Healthcare Connections | 1-866-595-8133 | louisianahealthconnect.com |
| United Healthcare | 1-866-675-1607 | uhcommunityplan.com/la.html |

****For life threatening situations, always call 9-1-1****

There are community events that take place in an area near you! For a detailed list, please visit www.MagellanoLouisiana.com and follow these steps:

- Click on the 'For Members' tab
- Click on the 'Community & Online Resources' tab
- Select 'Community Events'



MY LIFE Virtual Youth Fest

- ✓ Join us from the comfort of your home for *Stay Home for MY LIFE.*
- ✓ This is a free event.

These events happen every 4th Thursday of the month at 5:00 pm Central time. You can register at <http://bit.ly/mylife2021>.