

Louisiana Coordinated System of Care

# CSoC Member Newsletter

## Learning and Practicing Healthy Habits

Fall is here. That means that winter is right around the corner. It is very important to know the basics of eating healthy and staying well. You spend a lot of time at school. Schools help students learn health and safety habits that you will need to do now and when you are older. Schools serve meals that have vitamins that you need to stay well.

A healthy student does better in school. They are not sick much. They do not miss a lot of school. School is also a great place to learn how to exercise, play sports, and make friends.



## Keeping Your Hands Clean

Most of the time you can see when your hands are dirty. You can feel that your hands are grimy or sticky. But you cannot always tell when your hands need to be washed. Germs do not make your hands look or feel dirty but can make you sick. It does not matter if your hands feel clean. Always wash your hands before you fix your food and eat. You should wash your hands after using the restroom. You need to wash your hands after sneezing, coughing, or blowing your nose.

Wash your hands the right way. Use clean water to wet your hands. Put soap on your hands and rub your hands together for at least 20 seconds. Hum or sing Happy Birthday twice. This will help you to know when 20 seconds have passed. Rinse the soap off with clean water. Dry your hands with a clean paper towel or hand towel or let your hands drip dry.

*[View the Member Handbook and Newsletter at MagellanofLouisiana.com](http://MagellanofLouisiana.com)*

# Flu Shot

It is that time of the year to get your flu shot. It is important that you get a flu shot every year. It may keep you from getting the flu. It will also keep you from spreading the flu to other people.



## Dates to Remember

### November:

- National Diabetes Month
- Transgender Awareness Week (November 13 – 19)
- International Survivors of Suicide Loss Day (November 18)

### December:

- International Day of Persons with Disabilities (December 3)
- National Influenza Vaccination Week (December 3 – 9)
- National Handwashing Awareness Week (December 5 – 11)

### January:

- Mental Wellness Month

### February:

- Heart Health Month
- World Cancer Day Feb 4
- Founding of Mental Health America Anniversary (February 19)
- Eating Disorders Awareness and Screening Week (February 20 – 26)

## MEDICAID MEMBERS DON'T RISK LOSING YOUR HEALTH COVERAGE.

Keep your contact information up to date, including your address, phone number, cell number and email.

Choose the way that's easiest for you:



Online at [mymedicaid.la.gov](https://mymedicaid.la.gov)



By email at [mymedicaid@la.gov](mailto:mymedicaid@la.gov)



By calling Louisiana Medicaid toll-free at 1-888-342-6207, or by calling your health plan  
*(your plan's number is on your insurance card)*

Don't miss important updates about your health insurance. Medicaid will start mailing renewal letters in May 2023. If you do get a letter in the mail, follow the instructions and respond to Medicaid.



*Scan here for more info*



# Helpful Contact Information

## Magellan of Louisiana

1-800-424-4489 – Call for help any day, any time.

If you are deaf or hard of hearing, call 711 to use the Louisiana Relay Service.

You can email us at [LACSoCInfo@MagellanHealth.com](mailto:LACSoCInfo@MagellanHealth.com).

You can send a FAX to us at 1-888-656-5704.

# Transportation

## Magellan of Louisiana

If you need to schedule non-emergency transportation for your appointment, please call your Healthy Louisiana Plan as follows:

Aetna Better Health	1-877-917-4150
AmeriHealth Caritas	1-888-913-0364
Healthy Blue	1-866-430-110
Humana Healthy Horizons in Louisiana	1-844-613-1638
Louisiana Healthcare Connections	1-855-369-3723
United Health Care Community Plan	1-866-726-1472

# Emergency

**Call 911 or go to the closest hospital. You can use any hospital for emergency care, even if you are in another city or state.**



**For primary health concerns, contact your Healthy Louisiana Plan at  
1-855-229-6848**

**More information is on Magellan's website,  
[www.MagellanofLouisiana.com](http://www.MagellanofLouisiana.com)**

**Magellan**  
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