

Louisiana Coordinated System of Care

CSoC Member Newsletter

What is self-care?

Self-care is very important. It is about meeting your basic needs so that you can be physically and mentally well. Our exercise, the foods that we eat, and the amount of sleep that we get are all very important parts of self-care. They play a big part in mental health. Exercise will benefit you in decreasing the risk of getting sick, it helps you to think clearly, increases your confidence, and triggers a calm nature. Exercise can be fun. Dancing, playing sports, riding a bike, or even taking a walk are all forms of exercise.

Our brains need a lot of energy. Nutrition is its main fuel. Eating good food is a crucial piece of maintaining good mental health. It helps you to grow new brain cells and plays a big role in keeping your brain cells healthy. You should do your best to eat fruits and vegetables and not eat a lot of foods that have a lot of fat, salt, and sugar.

Sleep is important for your mental health. 8 to 10 hours of sleep per night is needed for you to grow and rest, heal and fix injuries, and to fight off sickness. Sleep allows you to build the energy you need to learn and take on the next day. It also allows your brain to make new cells.



View the Member Handbook and Newsletter at MagellanofLouisiana.com

Prepare for severe weather

HURRICANE SEASON

Summer is on its way, and it is a great time to spend with family and friends. It can also bring very severe weather. Hurricane season starts on June 1 and ends on November 30. You and your family should make and practice a safety plan before the storm hits your area.

You might hear about a hurricane watch or warning. A watch means a hurricane could happen in your area. A warning is more serious—it means winds of 74 miles per hour or more are expected.

Since we rely on cell phones for contact, keep a list of important phone numbers written down. This list is very important if the power goes out for a long time. You should also find nearby shelters and write down their street addresses.

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:

- Snack foods and canned foods
- A manual can opener and spoons
- Cell phone charger
- Flashlight with extra batteries
- Bottled water
- Pen and notepad
- Baby wipes
- Medications
- First aid kit
- Soap and shampoo
- Radio that is not electric



Do you have pets?

Think about what you need to bring to take care of the pets if you have to leave your home.

The following websites have valuable information to help you prepare for bad weather events and how to get support and services when needed after the event:

<https://getagameplan.org/>

<https://www.ready.gov>

View the Member Handbook and Newsletter at MagellanofLouisiana.com

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.

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

Questions about your Louisiana Medicaid eligibility?

Please call Louisiana Medicaid customer service at **1-888-342-6207, Monday through Friday, 8 a.m. to 4:30 p.m.** You can also take action on your Medicaid eligibility at any time at MyMedicaid.la.gov.

A promotional banner for Louisiana Medicaid. It features a gold background at the top and bottom. The central part has a teal background with a dotted pattern. On the left, there is a circular logo with the text 'LOUISIANA MEDICAID' at the top, 'KEEP YOUR COVERAGE' in the center, and 'STAY ENROLLED' at the bottom. To the right of the logo, the text 'Medicaid. Stay Covered.' is written in large, bold, white letters. Below this, a dark blue arrow points to the right, containing the text 'ACT NOW!' in white. To the right of the arrow, the text 'Visit healthy.la.gov' is written in black.

Attention Medicaid Members

 **Medicaid. Stay Covered.**

ACT NOW! Visit healthy.la.gov

View the Member Handbook and Newsletter at MagellanofLouisiana.com

Important Phone Numbers



Healthy Louisiana Health Plan phone numbers:

Aetna Better Health.....	1-855-242-0802
AmeriHealth Caritas	1-888-756-0004
Healthy Blue	1-844-521-6941
Humana Healthy Horizons in Louisiana	1-800-448-3810
Louisiana Health Care Connections	1-866-595-8133
United Health Care Community Plan	1-866-675-1607

Rides to your appointments:

Call your Healthy Louisiana Plan when you need a ride to your non-emergency scheduled appointment.

Aetna Better Health.....	1-877-917-4150
AmeriHealth Caritas	1-888-913-0364
Healthy Blue	1-866-430-1101
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

You can also contact the **NurseLine at your Healthy Louisiana Plan**. The NurseLine is available 24 hours a day, 7 days a week. The phone number for your health plan's NurseLine:

Aetna Better Health.....	1-855-242-0802
AmeriHealth Caritas	1-888-632-0009
Healthy Blue	1-866-864-2544
Humana Healthy Horizons in Louisiana	1-800-448-3810
Louisiana Health Care Connections	1-866-595-8133
United Health Care Community Plan	1-877-440-9409

**For Primary Health Concerns, contact your
Healthy Louisiana Plan at the number above or call 1-855-229-6848.**

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