

Louisiana Coordinated System of Care

CSoC Member Newsletter

Self-care

In our last newsletter, we learned about self-care and how key it is. We learned how food, sleep, and exercise are a big part of good physical and mental health. We will continue this theme and explore more ways of good self-care.

In this newsletter, we will learn about being mindful. We will also learn about the importance of having annual checkups.

Mindfulness is when you pay full attention to what you are doing or feeling. It involves noticing how you hear, feel, think, and what you see without having worries about the past or the future. Here are a few ways of practicing mindfulness:

Breathing exercises can be a fun way to practice mindfulness. Take slow and deep breaths. Imagine that you are blowing up a balloon or blowing out a candle. This exercise can help you relax, and it can help you focus on what you are doing at any moment.

Pay close attention when you are listening to music. Listen to the different melodies and try to identify the instruments being played.

Mindfulness helps you develop better focus. Mindfulness can teach you ways to manage your emotions in a healthy way. It can also help you learn to lower your stress.



View the Member Handbook and Newsletter at MagellanofLouisiana.com

Fall and winter are times filled with special days. People celebrate for many reasons, but one thing is the same. It is a time for family and friends to enjoy what the seasons bring. Fall is also known as autumn and begins on September 22. The leaves turn colors from green to red, yellow, orange, or brown. They fall from the trees. The season is named after the falling leaves. This is a great time to spend outdoors. It is not summer anymore, and the weather is starting to get cooler. You will also notice that the days are getting shorter. The sun rises later and sets earlier.

Winter is the coldest season of the year. It begins on December 21. During winter, days are short and nights are long. In Louisiana, it rarely snows, and when it does, it is only a little bit. Most days are sunny and warm enough for a trip to the park or a nice brisk walk.

2025 Fall and Winter Celebrations

Columbus Day — Monday, October 13

Veterans Day — Tuesday, November 11

Thanksgiving Day — Thursday, November 27

Christmas Day — Thursday, December 25

New Year's Day — Thursday, January 1

Martin Luther King Jr. Day — Monday, January 19

Presidents Day — Monday, February 16



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.



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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****