

Understanding how your health plan works is important. We give you Plan Documents to help explain your plan details. Each year, we mail you updated copies of these important documents. Below is an overview of three key documents.

Summary of Benefits & Coverage – An easy to read summary of commonly used services and costs – including examples for typical health care situations, like a broken bone or pregnancy.

USpregnancy



E-cigarettes, or "vaping products," are electronic smoking systems. They have units filled with a liquid that contains nicotine and flavorings, and can contain tetrahydrocannabinol (THC) and cannabinoid (CBD) oils. The liquid is heated into a vapor, which the person breathes in. That's why using e-cigarettes is called "vaping." There have been over 800 lung injury cases reported in the US so far this year, and 12 confirmed deaths, all attributed to using vaping products.

Because vaping is new, we don't yet know how it

5 Steps to Wash Your Hands the RIGHT Way

WET your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

LATHER your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.

SCRUB your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

RINSE your hands well under clean, running water.



Take Care of Your Teeth ~~They'd~~ Take Care of You

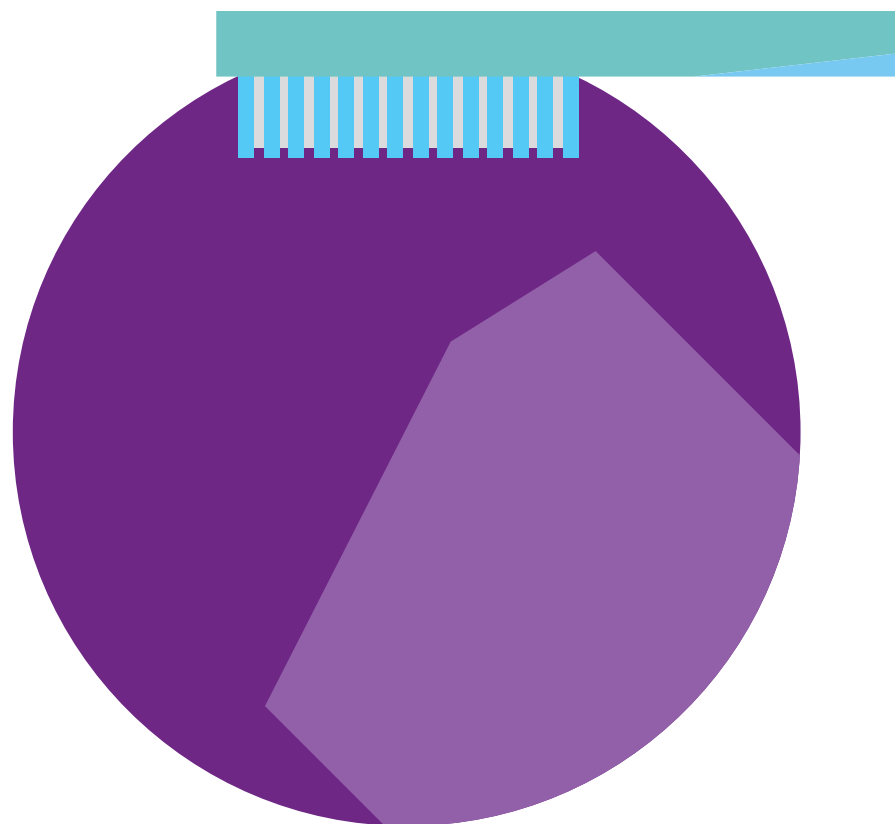
Daily brushing and flossing isn't just about fresh breath and a good looking smile. The mouth is the first stop to a healthy body. That's why routine exams and cleanings are very important. Take a look at these 14 disease and health conditions you can help prevent by caring for your teeth.

Possibly Affected By:

Gum Disease (Gingivitis)

Tooth Abscesses

1. **Heart Disease:** Includes conditions such as coronary heart disease, congenital heart disease, heart attack, and congestive heart failure.
2. **Clogged Arteries:** A buildup of plaque on the inner walls of the arteries. Arterial plaque reduces blood flow or can block altogether.
3. **Stroke:** A stoppage of blood flow to the brain, causing brain tissue to die.
4. **Tooth Loss:** The loss of teeth due to gum disease and tooth decay.
5. **Respiratory Disease:** Includes disorders affecting



The Time is Now – Know the Facts. Get Tested.

Being tested for certain diseases is an important part of your health care. Learn about Hepatitis C and HIV, to find out if you should be tested.

4 MILLION

Contracted through blood products

Marketplace plans cover both screenings as a preventive service, which means no cost to you!

1. HIV screening once a year for age 15-65 and anyone at a higher risk; and
2. Hep C screening once a year if you are at high risk for infection as well as one-time screening for Hep C infection to adults born between 1945 and 1965.

Don't let COPD Slow You Down

Chronic obstructive pulmonary disease (COPD) is a long-term lung disease that makes it hard to breathe. The disease is becoming more common, affecting millions of Americans. It is the third leading cause of disease-related death in the U.S.

The good news is COPD is treatable. Work with your PCP to make a plan that is right for you. With a plan, you will know how and when to take your medications, when to call your PCP and when to get emergency care. A management plan will help you track how you are doing, any concerns you may have, and any changes in your health that are important to discuss with your PCP.

If you have diabetes, you are likely to also have neuropathy or nerve damage. This can happen to any part of your body, but the nerves in your feet are most often affected. If you have nerve damage, your symptoms might include numbness, tingling or pain, or you might show no symptoms at all. You may also find that your ability to feel pain, heat, or cold is lower than before.

You can keep your feet healthy by checking them every day. If you notice any changes in the shape or color of your feet, or how they feel (for example, if they become numb or hurt) you should let your PCP know.

Make sure your PCP checks your feet at least once a year. Because people with diabetes are more prone to foot problems, a foot care specialist (Podiatrist) may be on your health care team. CareSource may also cover a pair of diabetic shoes - talk to your PCP.

If you would like to learn about proper foot care, please call us at 1-844-438-9498 (TTY: 711).

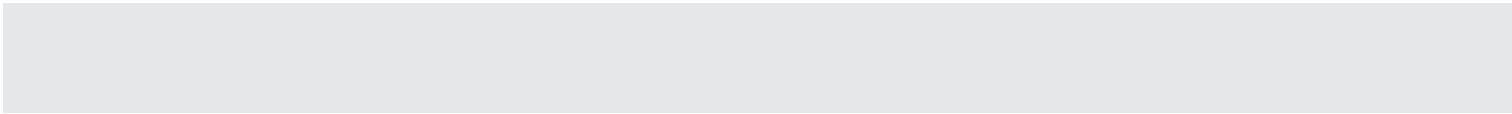
Source: CDC (Centers for Disease Control and Prevention)

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Dental Checkups, Eye Exams and More...BINGO!

Taking care of yourself is more than just health care. Do one activity from each category every day. When you get a BINGO, treat yourself by having a picnic in





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