

family health



Summer • 2018

LiNK up with KFHC!

DOWNLOAD YOUR FREE
MOBILE APP TODAY!



LiNK is Kern Family Health Care's (KFHC) mobile app, where you can access your Member Portal account in a single touch from your cellphone, tablet or mobile device. Use the helpful self-service tools or get health plan information online anytime and while you're on the go!

You can...

■ Check your eligibility with KFHC and find out who your doctor is.

- View and print your KFHC member ID card.
- Change your doctor.
- Check your health status.
- Sign up for free health education classes.

...and much more! You can download KFHC LiNK for free

through the Apple App Store or through Android Apps on Google Play.

Creating your own KFHC Member Portal account is easy!

Just download KFHC LiNK or visit **kernfamilyhealthcare.com** and click on the "Member Login" button.

Don't wait! LiNK up with KFHC today!

» **FREE GIFT!** We will mail you a free \$10 Maya Cinemas gift card when you create a KFHC Member Portal account.

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specialist by video chat at your PCP's office.

Telemedicine is a growing trend. Kern Family Health Care is working to bring more of these services to you. Ask your PCP if telemedicine is an option for you.

Member experience. "The doctor takes the time to listen and is friendly," says Betty, a KFHC member. Betty recently used telemedicine as part of her medical care. She says, "I loved the experience." Betty liked that the provider, who was on the screen, took the time to listen and understand her symptoms. In addition to the provider, there was a medical assistant in the room to help guide Betty through this visit. Betty's visit with a specialist through telemedicine was sooner than an in-person visit and it was at her PCP's office.

You text your friends. Maybe you video chat with family. And now, you might do the same with your health care team. It's called telemedicine. It means using computers, phones and mobile

devices to deliver health care. It doesn't work for every health care situation. But it can be useful in many ways. For example: Is it hard for you to travel far to see a specialist? Instead, "visit" your



What is an endocrinologist?

Growth spurts. Pregnancy. Hunger. What do they have in common?

All are normal and controlled by hormones. But if something goes awry in one of those systems? Time to see an endocrinologist.

These doctors work with the endocrine system. That's the numerous glands and organs that produce hormones.

AREAS OF EXPERTISE. Diabetes is a common problem endocrinologists treat. They can also help with:

- Bone diseases.
- Trouble getting pregnant.

- Menopause.
- Metabolic disorders.
- Ovarian, breast or adrenal cancers.
- Thyroid conditions.

WORKING AS A TEAM. Most of these conditions can be treated by your primary care provider (PCP). But sometimes they can be hard to treat. This is where an endocrinologist can help. Keep your PCP in the loop. Both doctors working together means the best care for you.

Sources: American College of Physicians; American Diabetes Association; Endocrine Society





Summer physical activity games and exercises

Summertime exercise games are a great way to make your family and friends laugh, stay active and limit screen time. These activities can be done indoors or outside. They are simple ways to make physical activity fun.

Check off the games or activities you would like to try with your family or friends this summer:

- Roll the dice fitness.** Each side or number on the die stands for an exercise or activity.
- Headstands.** This is a good activity for core muscles.
- Jump rope.** How long can you last?
- Obstacle course.** Have fun

making an obstacle course at home or at the park.

- Animal races.** Crawl like a crab or bear. Hop like a bunny or frog.
- Dance party.** Turn up the volume and show off your favorite dance moves.
- Hopscotch.** Use chalk to make hopscotch stencils outside on the driveway or sidewalk.
- Frisbee golf.** Make up targets at the park and try to hit them all.
- Look for the farthest parking spot from store entrances.**
- Write down a game or activity not listed here:** _____



Screen time vs. lean time

Time in front of a screen is time kids could be active.

Children spend about five to seven hours a day in front of a screen using entertainment media. Nearly three to five of these hours are spent watching television.

Instead they could:

- Play basketball.
- Walk the dog.
- Dance to their favorite songs.
- Jump rope.
- Ride their bike.

HOW CAN PARENTS HELP?

1. Make sure kids have one hour of physical activity each day.
2. Limit kids' total screen time to no more than one to two hours per day.
3. Remove TV sets from your child's bedroom.
4. Encourage other types of fun that include both physical and social activities, like joining a sports team or club.

For more information, visit makinghealthasier.org.



KFHC'S HEALTHY EATING AND ACTIVE LIFESTYLE WORKSHOPS

Did you know?

Kern Family Health Care (KFHC) has updated the Healthy Eating and Active Lifestyle Workshops to better serve you and your family. Each month we will offer FREE workshops focusing on one single topic at all of our various locations. If you miss a workshop, attend the same

workshop on a different day, time and location during the same month.

Our health educators are ready to answer your nutrition and asthma questions in our workshops. Don't forget about our FREE raffle prizes and giveaways at every workshop.

Calendar for 2018

Month	September	October	July November	August December
Workshop	"Funxersize"	"Rethink Your Drink"	"Learning how to plant, grow and eat from the garden"	"Cooking demo"
Theme	Yoga and Zumba	New ways to drink water	Intro to gardening	Healthy snacks and meals

*Calendar is subject to change at any time.

Call today! To schedule your workshop, call **800-391-2000** and ask for the Health Education Department.

KFHC office address: 5701 Truxtun Ave., No. 201, Bakersfield, CA 93309



Beat the heat and the sun

Heat-related illness happens when the body's temperature control system is overloaded. Infants and children up to 4 years of age are at greatest risk. Everyone should limit hard exercise during hot weather. For heat-related illness, the best defense is prevention.

- **Never leave infants, children or pets in a parked car**, even if the windows are cracked open.
- Dress infants and children in loose, lightweight, light-colored clothing.
- Schedule outdoor activities for morning and evening hours.
- Stay cool with cool showers or baths.
- Call your doctor right away if your child has symptoms of heat-related illness.
- **Cover up.** Clothing that covers your and your child's skin helps protect against UV rays.
- **Use sunscreen** with at least SPF (sun protection factor) 15 and UVA (ultraviolet A) and UVB (ultraviolet B) protection every time you and your child go outside.

Just a few serious sunburns can increase your and your child's risk of skin cancer. Protect your skin from the sun's harmful ultraviolet (UV) rays when you're outdoors.

Source: cdc.gov/family/kids/summer/index.htm



Back to school, back to the doctor



Back-to-school checklist

- Yearly physical
- Up-to-date immunization
- Flu shot
- Eye exam
- Dental checkup
- Asthma action plan (students with asthma)
- Asthma spacer (students with asthma)
- Insulin (students with diabetes)
- School medication authorization form
- Hand sanitizer
- Sunscreen
- Safe route home
- Lunch pail
- Healthy snacks for lunch
- Reusable water bottle

Where did the summer go? It's coming to an end, which means it's time for your child to head back to school. Chances are you're buying school supplies and clothes. And before you know it, you'll be filling out field trip slips.

But your to-do list isn't done unless you've scheduled a back-to-school doctor visit for your child. This might be a well-child visit. Or—if your child is an athlete—it might be a sports physical.

In either case, **it's the only visit many kids and teens have with their doctor each year.** That's why it's so important. The doctor can give your child a physical exam and check for any hidden health problems.

These visits are also a chance: ■ To be sure your child's vaccines are up-to-date. Childhood vaccines help keep your child safe from 14 different diseases, some life-threatening. And kids don't outgrow their need for them. Even preteens and teens need vaccines.

■ For you to bring up any concern you have about your child's health and development. *What's a healthy weight for your child? How can you help your child eat better or exercise more? What's the best way to discourage your child from smoking or help them cope with peer pressure?* Any question you have is an important one. When you speak up, your child's doctor will guide you.

Sources: American Academy of Pediatrics; Centers for Disease Control and Prevention

Kern Family Health Care complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call **800-391-2000**.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **800-391-2000**.

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **800-391-2000**。

Keep your Medi-Cal active

The way Medi-Cal renewals are processed has changed. The Kern County Department of Human Services (DHS) will try to verify your information electronically at your renewal. If they are able to complete your renewal electronically, the renewal will be considered complete, and your Medi-Cal benefits will be renewed with no action needed by you. You will receive a notice of action only if there is a change in your Medi-Cal benefits.

If they are unable to complete your renewal electronically, you may receive paperwork in the mail. Please fill out and return the forms with paper copies of the information that's being requested. There are four ways you can give DHS the renewal information they need:

1. By mail. Please use the postage-paid envelope DHS provides to return the forms to:

Human Services
PO Box 511
Bakersfield, CA 93302

2. By phone. You can give DHS this information by phone. Call their Customer Assistance TeleCenter at **877-410-8812**. If



proof of income is needed, it must be written verification.

3. In person. You can give DHS this information at any local office. Or you can visit the main DHS office in Bakersfield:

100 E. California Ave.
Bakersfield, CA 93307

4. By fax. Please fax verifications to **661-633-7498**.

Remember: Changes in your home, including income or mailing address, need to be reported to DHS within 10 days. You can report a change by mail, by telephone, in person or by fax.

Do you qualify for Medi-Cal benefits? To see if you qualify based on income, look at the chart

below. Income numbers are based on your annual—or yearly—earnings.

Family size	138% poverty level
1	\$16,395
2	\$22,108
2 adults	\$22,108
3	\$27,821
4	\$33,534
5	\$39,248
6	\$44,961
7	\$50,688
8	\$56,429
9	\$62,169
10	\$67,910
11	\$73,651
12	\$79,392
Each additional person	Add \$5,741

Source: California Department of Health Care Services

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FAMILY HEALTH is published as a community service for the friends and patrons of KERN FAMILY HEALTH CARE, 9700 Stockdale Highway, Bakersfield, CA 93311, telephone 800-391-2000.

Information in FAMILY HEALTH comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider. Models may be used in photos and illustrations.

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