

Summer 2024

# HealthyTogether

1-800-562-4620 • WWW.OHPCC.ORG

## Health Related Social Needs Program

**Acentra offers the Health Related Social Needs (HRSN) program at no cost to Oregon Health Plan qualified members with Medicaid who are not enrolled with a coordinated care organization.**

Through our care coordination and case management services, we support all eligible members in meeting their health-related social and economic needs. When these needs are met, members improve or maintain their overall health and well-being.

### Who Can Benefit From the HRSN Program?

Some of the members who may use the program are:

- Adults and youth who are houseless or at risk of becoming houseless
- Adults and youth leaving (discharged from) residential and acute care mental health and substance use programs

- Adults who are changing from Medicaid-only to dual Medicaid and Medicare coverage
- Adults and youth released from incarceration
- Youth who are part of the child welfare system
- Young adults ages 19 to 26 with special health care needs (coming in 2025)

### What Is Covered?

Depending on eligibility, the HRSN program offers the following types of support:

- **Climate.** This provides air conditioners, heaters, air cleaning (filtration) devices, portable power supplies and refrigerators to members who need them for health reasons (medically necessary).

- **Resource access (outreach and engagement).** This helps members access HRSN services, as well as other Medicaid and non-Medicaid benefits.

In the future, the HRSN program will also offer support to help with:

- **Housing.** Starting November 2024, these services will include help with change (transition), process (navigation), home updates (modifications) to meet specific access needs, rental (tenancy) support services, short-term (temporary) housing, utilities and more.
- **Food (nutrition).** Starting January 2025, some of these covered services may include education, meals and access to a food pantry.

For more information, contact us:

- Online: <https://ohpcc.kepro.com/hrsn>
- By email: [ORHRSN@acentra.com](mailto:ORHRSN@acentra.com)
- By phone: 1-888-834-4304



# Cannabis: A Secondhand Smoke Danger for Kids

**Around the country, tobacco smoking rates are going down.** That is a breath of fresh air, especially for children with asthma. However, children may face a new threat: secondhand smoke from cannabis (marijuana).

As Oregon and other states make marijuana legal, more kids may be breathing in the harmful chemicals and toxins from smoking and vaping. A new study finds that in states where marijuana is legal for recreational use, there have been more asthma cases (diagnoses) in preteens and teens.

## Catch Asthma Early

As parents and caregivers, you can watch for symptoms of asthma in your children. These can include:

- Coughing, especially in the early morning or at night
- Wheezing
- Chest tightness
- Shortness of breath

If you notice these symptoms, call your child's primary care provider (PCP). Be sure to tell the PCP if symptoms come and go or are triggered by infections or exercise.

## Keep Kids Safe

It is also a problem when children and teens use marijuana. Their brains are still developing. Also, firsthand smoking and vaping can increase coughing and wheezing. Using marijuana may cause asthma flare-ups and the need for more medicine.

To keep your kids safe, talk about the dangers of drug use early and often. Talk with them about how being near friends or other people who light up can make their asthma worse. And help them learn to say no if friends pressure them. For instance, they can say, "I don't smoke. I have asthma."

Find tips on how to talk with kids at [www.drugfree.org](http://www.drugfree.org) or [www.samhsa.gov](http://www.samhsa.gov). You can also ask your child's provider or school for help.

## We are here to help

any day, any time.

24/7 NURSE ADVICE LINE

1-800-562-4620

Call ANY TIME you  
want to talk to a nurse.



## health briefs

### Slather on Sunscreen

It helps protect your skin from ultraviolet (UV) rays. Choose products that are broad spectrum with an SPF of 30 or higher. Apply a good amount, even on cloudy days. Help children and young adults avoid sunburn, too. (Most sun damage takes place in a person's youth.) Everyone should also wear UV-blocking shades and a wide-brimmed hat to shield their eyes.



### Drink More Water

Your body needs extra fluids in hot weather. When temperatures rise, so should your fluid intake. This helps make sure that your body gets enough (stays hydrated). Key times are when you exercise or work in the heat. Water is a great choice. For flavor, add slices of lime, melon or strawberry. Avoid drinks that contain alcohol or caffeine.



### Shoo Away Bugs

Our state is known for its nature and outdoor activities, which put us in close contact with all sorts of insects. At best, bug bites make you itchy. At worst, mosquitoes and ticks can carry diseases. To reduce the risk, put insect repellent on clothing and bare skin. (Follow product directions.) Wash it off when you come inside. You still need to check your skin, clothing and gear for ticks.



# Make Time for Well Visits

Well visits are provided at no cost to you with the Oregon Health Plan!

**Children of all ages benefit from regular checkups, called well visits, with their primary care providers (PCPs).**

## When to Go

The American Academy of Pediatrics recommends well visits as follows:

- At 3 to 5 days old
- At months 1, 2, 4, 6, 9, 12, 15, 18, 24 and 30
- Once a year from ages 3 to 21 years

The Early and Periodic Screening, Diagnostic and Treatment (EPSDT) benefit provides well visits at no cost to you for children younger than age 21 who are enrolled in Medicaid.

## What to Expect

Unlike sick visits that focus on treating illness, every well visit covers a wide range of health needs. What the PCP does and asks will depend on your child's age. The visit may include:

- A physical exam
- A screening for autism spectrum disorder
- An emotional health assessment
- Checks of vision, hearing, cholesterol and blood pressure
- Time with older kids to talk about concerns like drinking, smoking, drugs and sexual activity
- Vaccines (shots)

Your child may need some shots before going to day care or school. Learn more about this at [www.oregon.gov/oha/ph/preventionwellness](http://www.oregon.gov/oha/ph/preventionwellness). Click on "Vaccines and Immunization."

Talk with your child's PCP about what shots they need, why they need them and any concerns you have. The Centers for Disease Control and Prevention points out that millions of children safely get vaccines each year.

## Need to find a provider?

Search for a provider based on your ZIP code and other information at [www.acentra.com/ohpcc/member](http://www.acentra.com/ohpcc/member).





Oregon Health Plan Care Coordination  
P.O. Box 2480  
Tualatin, OR 97062

## Ready to quit tobacco?

Call a Quit Coach 24 hours  
a day, 7 days a week,  
in 170+ languages:

1-800-QUIT-NOW (1-800-784-8669)  
1-855-DÉJELO-YA (1-855-335-3569)

Online:

[www.quitnow.net/oregon](http://www.quitnow.net/oregon)

Call **1-800-562-4620** to discuss any of the topics in this newsletter or  
any other health issues. Visit our Website at **[www.OHPCC.org](http://www.OHPCC.org)**.

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# 6 Ways to Take Care of Your Health

**Each June, Men's Health Month reminds us to care for our health and well-being.** Here are a few of the things you should do:

**1 Get screened.** Screening tests can detect diseases early when they are easier to treat. There are screening tests for obesity, high cholesterol, high blood pressure, high blood sugar (diabetes) and many types of cancer. Ask your health care provider what screening tests you need and when having them will benefit you the most.

**2 Maintain a healthy weight.** Excess weight plays a role in many health problems, including heart disease and diabetes. It can also lead to being inactive (sedentary) and play a role in getting injured.

**3 Exercise.** Any amount of movement is better than sitting or lying down for more than an hour at a time while you are awake. You can even exercise in your chair or in your bed. Fancy gear is not needed. For instance, soup cans can double as light weights. If you can, try to get at least 150 minutes (2 hours and 30 minutes) of moderate-intensity aerobic activity every week. Break the 150 minutes into as many smaller sessions as needed. Include muscle-strengthening exercises on at least 2 days of the week.

**4 Eat a healthy diet.** The best way to get all the nutrients the body needs is to eat a wide range of fruits, vegetables, whole grains, fish, lean meats and fat-free or low-fat dairy products. Choose foods that are low in added sugar. Avoid foods that are highly processed.

**5 Do not smoke.** Tobacco damages the entire body. Need help to quit? Visit **[www.quitnow.net/oregon](http://www.quitnow.net/oregon)** or call **1-800-QUIT-NOW (1-800-784-8669)**. This is a free program to support you!

**6 Limit or stop drinking alcohol.** Biological males should have no more than 2 drinks a day. If you are receiving gender affirming care or prescriptions, talk with your provider about alcohol guidelines.

