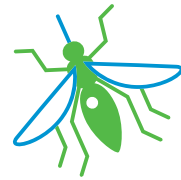


# Spring into summer — get free over-the-counter medications with a prescription!

During the spring and summer, everyone tends to spend more time outside enjoying the weather. Did you know that Amerigroup covers over-the-counter (OTC) medications to protect you while you're outside?

### Some of these items include:

- CeraVe sunscreen lotion
- Antihistamines
- Calamine lotion
- Insect repellent



To get these OTC medications at no out-of-pocket cost, get an electronic or paper prescription from your primary care provider (PCP) and have it filled at your network pharmacy of choice.

For more information, contact your **Georgia Families 360<sup>SM</sup> care coordinator** or the **Georgia Families 360<sup>SM</sup> Member Intake Line** at 1-855-661-2021 (TTY 711).



To learn more about upcoming events, email [GA360trng@amerigroup.com](mailto:GA360trng@amerigroup.com).

### Still have questions?

If you have questions about how to find or change your PCP or other important member information, call **Georgia Families 360<sup>SM</sup> Member Intake Line** at 1-855-661-2021 (TTY 711), 24 hours a day, 7 days a week.



### Let's keep in touch



**Like us on Facebook**  
[www.facebook.com/AmerigroupCorporation](http://www.facebook.com/AmerigroupCorporation)



**Follow us on Twitter: @Amerigroup**  
[www.twitter.com/Amerigroup](http://www.twitter.com/Amerigroup)



**Follow our YouTube channel: AmerigroupCorp**  
[www.youtube.com/user/AmerigroupCorp](http://www.youtube.com/user/AmerigroupCorp)

Summer 2019



Georgia Families 360<sup>SM</sup>

# Newsletter



## Feeling fine?

You should still check in with your primary care provider regularly!

**Young adults age 18 and up:** You still need to see your doctor — also known as your primary care provider (PCP)— for routine checkups, even if you don't feel sick!

**During your visit, your doctor may do important health screenings, including:**

- Blood pressure
- Cholesterol levels
- Diabetes screenings
- Dental exams
- Eye exams
- Immunizations (e.g., flu shots, HPV)
- Physical exams
- Breast exams

**Remember,** making your wellness a priority now will set you up with healthy habits for the rest of your life!



**If you need help finding or changing your PCP or primary care dentist (PCD),** contact our Georgia Families 360<sup>SM</sup> Member Intake Line at 1-855-661-2021 (TTY 711).

**It's always a good idea to talk to your PCP**

about how to stay healthy. There are so many factors that can play into your overall health.

**If you don't know where to start, try asking your PCP about how to:**

Maintain a healthy weight with diet and exercise



Take better care of your teeth



Quit smoking or using tobacco products



Manage stress



Find balance between your work, school and social life





## Getting to know you!

Your Amerigroup care coordinator is here to help you!

As a **Georgia Families 360°<sup>SM</sup>** member, you're assigned an Amerigroup care coordinator to assist with your medical needs, health care benefits and plug you into even more resources, like:



Locating or changing your PCP



A free smartphone for members age 18 and older



Managing your medications



Free over-the-counter (OTC) medications



Our \$25 Wellness Cards program



And more!

Contact your Amerigroup care coordinator if you have questions. If you don't know your care coordinator, contact the Member Intake Line at 1-855-661-2021 (TTY 711), and we'll get you connected!

## Amerigroup launches IT Apprenticeship Program



**Amerigroup Community Care** launched the **Information Technology (IT) Apprenticeship Program** in partnership with Year Up, J.W. Fanning Institute for Leadership Development through the University of Georgia and Multi-Agency Alliance for Children (MAAC). This program provides IT career opportunities for young Amerigroup members aging out of the **Georgia Families 360°<sup>SM</sup>** foster care program.

Through the **Amerigroup IT Apprenticeship Program**, participants get hands-on experience in a variety of technical career paths. They apply technological skills to solve complex business problems, and work closely with their peers and senior managers while participating in additional training and boot camps.

If you know a foster care young adult between the ages of 18 and 24 with a high school diploma or GED who's interested in IT, email Tanya A. Chambers at [Tanya.Chambers@amerigroup.com](mailto:Tanya.Chambers@amerigroup.com).

The next IT Apprenticeship cohort will begin in September 2019.

## All smiles all the time — don't skip out on your dental care!

Scheduling routine dental appointments reduces your risk of cavities, gum disease, gingivitis and teeth extractions.

### When should you see the dentist?

Schedule a routine cleaning every six months.

Schedule X-rays every six months (under age 21).

Schedule X-rays once a year (over age 21).



Fillings, extractions and other dental services are covered when they're medically necessary. If you need a PCD, call 1-800-895-2218 or visit [www.dentaquest.com](http://www.dentaquest.com).

## Smoking, e-cigs and vaping, oh my!

Breaking the habit is hard, but we're here for you!

It's no secret how addictive the drug, nicotine, found in cigarettes can be. With the rising popularity of e-cigarettes and vaping, young adults are picking up a smoking habit and nicotine addiction easier than ever.

**Take a look at some of these facts and myths:**

### Myth: E-cigarettes are safer than cigarettes.

No matter how you use it, tobacco negatively impacts your health by increasing your chance of developing heart disease, lung cancer, chronic obstructive pulmonary disease (COPD) and even diabetes.

### Myth: Vaping isn't addictive.

Many believe that vaping is safer than cigarette smoking. But, the nicotine found in e-cigs has just as many harmful and addictive properties as cigarettes. It is possible to become addicted to vaping!

### Fact: Young adults are at risk to smoking addiction.

According to the Surgeon General's Report, 9 out of 10 smokers start before they turn 18, and nearly all smokers started before the age of 26. Starting this habit young can lead to big health problems and even shorten your expected lifespan.

## Ready to call it quits?



If you're ready to quit using tobacco in any form, be prepared for withdrawal symptoms that might make living smoke-free hard:

- Feeling angry or anxious
- Feeling hungrier than normal
- Experiencing nicotine cravings
- Having a difficult time focusing

Don't worry — there's support to help you on your journey to a tobacco-free life. If you're ready to take the first step:

- Call the Georgia Tobacco Quit Line at 1-877-270-7867.
- Get a prescription for nicotine replacement therapy from your PCP.

**Need help?** Call the Member Intake Line at 1-855-661-2021 (TTY 711) or contact your assigned Amerigroup care coordinator.

