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Quarterly Newsletter | Fall 2024

HealthMatters



NOVEMBER IS
DIABETES
AWARENESS MONTH



As we transition into the fall season, I'm excited to introduce the latest edition of our newsletter – and to take this opportunity to raise awareness about important health issues that impact many of us. We would like to remind you that **October is Breast Cancer Awareness Month**. Breast cancer continues to be a leading health concern for women, but early detection through screenings can greatly improve survival rates. I strongly urge all our members to have a conversation with their healthcare providers about the importance of regular screenings, mammograms, and self-examinations. We are committed to supporting your health journey, and breast cancer awareness is a vital part of that effort.



October is also **Health Literacy** month. We have an insightful piece on Health Literacy—the ability to understand and use health information to make informed decisions about your care. We believe that improving health literacy is essential to ensuring better health outcomes for everyone. By empowering yourself with knowledge, you can play an active role in your health and well-being.

November then marks **Diabetes Awareness Month**, and in this issue, we help shed light on this disease affecting over 38 million – almost 1 in 10 – Americans. We share information on the types of diabetes—Type 1, Type 2, and pre-diabetes—and provide practical steps our members can take to identify the symptoms, prevent the disease, and successfully manage their condition. With approximately 1.2 million Americans diagnosed with diabetes each year, it is important to recognize the impact early detection can make on outcomes through regular screenings. We encourage you to speak with your healthcare provider about any concerns or questions you may have.

In this issue, we also focus on managing high blood pressure. Often referred to as the “silent killer,” high blood pressure is a common but serious condition that increases the risk of heart disease and stroke. Our article will provide you with helpful tips on how to monitor and manage your blood pressure effectively without medication.

Thank you for being a valued member of Community Care Health. We are committed to your health and wellness, and I hope this newsletter serves as a valuable resource in your healthcare journey.

Aldo De La Torre
President, CEO
Community Care Health

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HealthMatters is a quarterly newsletter brought to you from Community Care Health. Designed to keep members abreast of the latest information impacting their health, we hope you find this a valuable resource.

Understanding Diabetes: Prevention, Types, and the Role of Pre-Diabetes



Did you know that almost 85% of adults with pre-diabetes in the U.S. are not aware that they have it? And 8.5 million Americans are living with diabetes? This silent epidemic is a major public health concern, with millions of people at risk of developing serious complications. Early diagnosis and proper management of diabetes are essential for preventing long-term health issues such as heart disease, kidney failure, and nerve damage.

When diabetes is caught early and managed effectively, individuals can live healthier, more fulfilling lives. Proper management involves regular monitoring, lifestyle changes, and medical treatments that help control blood sugar levels, significantly reducing the risk of life-threatening complications. By understanding the importance of diagnosis and taking proactive steps, patients can improve their overall well-being and reduce the burden of diabetes on their lives and the healthcare system.

Type 1 Diabetes & Prevention

Type 1 diabetes is an autoimmune condition where the body's immune system mistakenly attacks and destroys the insulin-producing beta cells in the pancreas. As a result, the body produces little or no insulin, requiring individuals to take insulin daily to manage their blood glucose levels. Type 1 diabetes is typically diagnosed in children and young adults, though it can occur at any age.

Currently, there is no known way to prevent Type 1 diabetes. It is not linked to lifestyle factors and is believed to be triggered by genetic and environmental influences.

Type 2 Diabetes & Prevention

Type 2 diabetes is the most common form of diabetes, often associated with lifestyle factors such as obesity, physical inactivity, and poor diet. In Type 2 diabetes, the body becomes resistant to insulin, or the pancreas does not produce enough insulin to meet the body's needs.

Diabetes Symptoms: What to Watch For

Recognizing the signs of diabetes is crucial for early diagnosis and effective management. Here's a breakdown of common symptoms, followed by specific symptoms unique to Type 1, Type 2, and pre-diabetes.

Shared Symptoms:

- Excessive thirst
- Frequent urination
- Unexplained weight loss
- Fatigue or feeling tired
- Blurred vision
- Slow healing of wounds or cuts
- Increased hunger

Type 1 Diabetes Symptoms:

- Rapid onset of symptoms (over weeks)
- Fruity-smelling breath (due to high ketone levels)
- Nausea or vomiting (from diabetic ketoacidosis)
- Unintended extreme weight loss

Type 2 Diabetes Symptoms:

- Gradual onset of symptoms (may go unnoticed for years)
- Tingling or numbness in hands or feet (neuropathy)
- Frequent infections (skin, gums, urinary tract)

Pre-Diabetes Symptoms:

- Often, no clear symptoms
- Darkened skin on neck, armpits, or groin

If you're experiencing any of these symptoms, it's important to consult with a healthcare provider for screening and diagnosis. Early detection can make a significant difference in managing or preventing diabetes.

Unlike Type 1 diabetes, Type 2 diabetes can often be prevented or delayed with lifestyle changes:

- **Maintain a Healthy Weight:** Losing even a small amount of weight can significantly reduce the risk of developing Type 2 diabetes.
- **Eat a Balanced Diet:** Focus on whole grains, fruits, vegetables, lean proteins, and healthy fats.
- **Exercise Regularly:** Aim for at least 30 minutes of moderate physical activity most days of the week.
- **Stay Hydrated:** Drinking water instead of sugary drinks can help control blood sugar levels and reduce the risk of diabetes.
- **Avoid Smoking and Limit Alcohol Consumption:** Both smoking and excessive alcohol consumption can increase the risk of Type 2 diabetes.
- **Regular Health Check-Ups:** Regular monitoring of blood sugar levels, especially if you are at high risk, can help in early detection and management of pre-diabetes or diabetes.

Understanding Pre-Diabetes & Prevention

Pre-diabetes is a condition where blood sugar levels are higher than normal, but not yet high enough to be diagnosed as Type 2 diabetes. It serves as an important warning sign that diabetes could be developing. However, the progression to Type 2 diabetes is not inevitable, and with timely intervention and lifestyle changes, pre-diabetes can often be reversed.

The good news is that pre-diabetes can often be reversed with lifestyle changes:

- **Weight Management:** Losing even a small amount of weight can significantly reduce the risk.
- **Healthy Eating:** Focus on a balanced diet and reduce sugar and refined carbohydrates.
- **Regular Physical Activity:** Aim for at least 150 minutes of moderate exercise per week.

- **Regular Monitoring:** Regular blood sugar checks are important for tracking progress.
- **Medication:** In some cases, healthcare providers may prescribe medications to help manage blood sugar levels.

Understanding the differences between Type 1 and Type 2 diabetes, as well as the role of pre-diabetes, is crucial for effective management and prevention. Early intervention, particularly in the case of pre-diabetes, can help prevent the progression to full-blown diabetes, allowing individuals to lead healthier lives and avoid the complications associated with this chronic condition.

Did You Know?

11.3% & 38%

Population living with diabetes and pre-diabetes, respectively, in the United States

8.5 Million

Americans living with undiagnosed diabetes

244,000

Children and adolescents in the US diagnosed with diabetes

15.3%

Adults with pre-diabetes aware of their condition

Sources: American Diabetes Association, Centers for Disease Control and the International Diabetes Federation

CCH Partners with Weight Watcher’s (WW) to Offer Members a Special Plan to Help Manage Diabetes

This offer combines the proven WW approach with confidential, unlimited, one-to-one email and phone support from a Certified Diabetes Educator (CDE).

What’s included as a WW member:

- Personalized food plan and unlimited coaching from a dedicated CDE/RD.
- Tailored materials to address weight loss & maintain healthy blood sugar levels.
- Unlimited access to in-person WW Workshops and Digital tools, including the WW app.
- Weekly CDE emails to tailor Workshop room topics to members with Type 2 Diabetes.



Join WeightWatchers through Community Care Health for discounted pricing on select plans. Visit www.weightwatchers.com/us/cch to sign up.

10 Ways to Manage High Blood Pressure without Medication

High blood pressure is a common condition that can increase your risk of heart disease. While medication can be effective, making certain lifestyle changes can play a crucial role in controlling blood pressure and may even reduce or delay the need for medication. Here are 10 proven lifestyle adjustments that can help manage high blood pressure:

1 Lose Weight and Monitor Your Waistline

Excess weight is closely linked to high blood pressure. Even modest weight loss can lead to significant reductions in blood pressure. For every kilogram (about 2.2 pounds) lost, blood pressure might drop by around 1 mm Hg (millimeters of mercury). Additionally, carrying excess weight around your waist can further increase your risk.

- **Men:** At risk if waist circumference exceeds 40 inches (102 cm).
- **Women:** At risk if waist circumference exceeds 35 inches (89 cm).

2 Exercise Regularly

Engaging in regular aerobic exercise can lower blood pressure by approximately 5 to 8 mm Hg. Aim for at least 30 minutes of moderate activity most days of the week. Activities like walking, jogging, cycling, and swimming are excellent. Incorporating high-intensity interval training and strength training twice a week can also be beneficial.

3 Adopt a Healthy Diet

A diet rich in whole grains, fruits, vegetables, and low-fat dairy products can help reduce blood pressure. Following dietary plans such as the DASH (Dietary Approaches to Stop Hypertension) diet or the Mediterranean diet can be effective. Additionally, increasing potassium intake (3,500 to 5,000 mg daily) can counteract the effects of sodium and help lower blood pressure.

4 Reduce Sodium Intake

Cutting back on sodium can improve heart health and lower blood pressure. Limit sodium intake to 2,300 mg per day, or ideally 1,500 mg for most adults. To reduce sodium:

- Read food labels for low-sodium options.
- Minimize processed foods. Only a small amount of sodium is naturally in foods. But processed foods often have a lot more sodium.
- Avoid adding table salt to meals. Spices and herbs are a good substitute to enhance flavor.
- Opt for cooking at home to control sodium content.

5 Limit Alcohol Consumption

Reducing alcohol intake can lower blood pressure by around 4 mm Hg. For women, limit alcohol to one drink per day; for men, two drinks per day. One drink is equivalent to 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of 80-proof liquor.

6 Quit Smoking

Smoking raises blood pressure and quitting can help lower it. Additionally, quitting smoking reduces the risk of heart disease and improves overall health.

7 Ensure Adequate Sleep

Consistently getting less than seven hours of sleep per night can contribute to high blood pressure. Aim for 7 to 9 hours of quality sleep each night. Establish a regular sleep schedule, create a restful environment, and avoid stimulants like caffeine and nicotine before bedtime.

8 Manage Stress

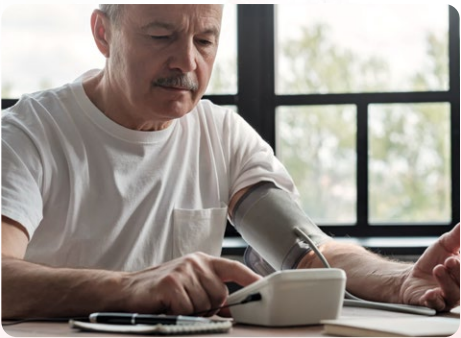
Managing stress may benefit your overall health. Strategies include:

- Prioritizing and organizing tasks.

- Addressing stressors proactively.
- Avoiding stress triggers when possible.
- Practicing relaxation techniques and hobbies.
- Cultivating a sense of gratitude.

9 Monitor Your Blood Pressure at Home

Using a home blood pressure monitor can help track the effectiveness of your lifestyle changes and medications. Consult with a healthcare provider to ensure proper usage and frequency of monitoring.



10 Manage Cholesterol and Blood Sugar Levels

High cholesterol and elevated blood sugar levels can increase heart disease risk. Adopt the same healthy habits that benefit blood pressure: eat well, exercise, lose weight, and avoid smoking. Follow your healthcare provider’s recommendations for managing these conditions.

Adopting these lifestyle changes can be challenging, but support from family, friends, or a support group can be invaluable. They can offer encouragement, join you in activities, or provide practical advice. Remember, making these changes is a long-term commitment that can lead to significant improvements in your health and quality of life.

New Providers Join Expanding Network

Community Care Health continues to grow its provider network helping to give members more choice and access. We know choosing primary care providers and specialists is a personal decision and we want you to learn more about our providers to make the best selection for you.



Shabnam Dhillon, M.D.
Diabetes & Endocrinology

Sierra Endocrine Associates
A member of Community Health Partners
7230 North Millbrook Avenue
Fresno, California 93720
Office: (559) 431-6197

Fellowship: SUNY Upstate
Residency: UPMC Pinnacle
Medical School: Sri Guru Ram Das Institute of Medical Sciences & Research, India



Sheri Hyatt, MS, PA-C
Primary Care

Copeland Medical Healthcare Partners
A member of Community Health Partners
245 West Herndon Avenue
Clovis, California 93612
Office: (559) 299-1178

Medical School: Western University, California



Junik Quintana, M.D.
General Surgery

Valley Surgical Specialists
A member of Community Health Partners
782 Medical Center Drive East, Suite 101
Clovis, California 93611
Office: (559) 256-4111

Medical School: St. George's University
Residency: Morristown Medical Center

URGENT CARE

Community Health Partners Urgent Care Locations

When it comes to accessing timely medical care, having a reliable list of urgent care locations is essential. Whether it's for a minor injury, sudden illness, or routine medical needs, knowing where to go can save you valuable time and ensure you receive the right care.

Community Health Partners in-network urgent care facilities are not only conveniently located, but also equipped to handle a wide range of medical issues. Each of these facilities is part of your health insurance network, making it easier for you to get the care you need without unexpected out-of-pocket expenses.



- COMMUNITY URGENT CARE**
1570 E Herndon Ave
Fresno, CA 93720
Phone: (559) 603-7240
Fax: (559) 603-7261
Mon-Fri: 9am - 6pm
- DIZON MAPLE URGENT CARE**
7035 North Maple Ave
Suite 102A
Fresno, CA 93720
Phone: (559) 299-2997
Fax: (559) 472-3472
Mon-Fri: 9am - 7pm;
Sat-Sun: 9am - 2pm
- DIZON PEDIATRIC URGENT CARE COPPER**
2066 East Copper Ave
Suite 102
Fresno, CA 93730
Phone: (559) 299-2997
Fax: (559) 701-2357
Mon-Fri: 9am - 7pm;
Sat-Sun: 9am - 2pm
- DIZON URGENT CARE COPPER**
2066 E Copper Ave
Suite 105
Fresno, CA 93730
Phone: (559) 299-2997
Fax: (559) 701-2357
Mon-Fri: 9am - 7pm;
Sat-Sun: 9am - 2pm

COMMUNITY AWARENESS

Breast Cancer Awareness Month: A Vital Reminder

October is Breast Cancer Awareness Month, a time dedicated to increasing awareness and encouraging early detection. Breast cancer is the most common cancer among women in the United States, aside from skin cancers, and it remains the second leading cause of cancer deaths in women, following lung cancer.

Did you know that about half of all breast cancers occur in women with no known risk factors other than age and gender? Additionally, only 5-10% of breast cancers are hereditary, highlighting the importance of regular screenings for everyone.

Symptoms of breast cancer can vary widely, and in some cases, there may be no symptoms at all. However, it's important to be aware of potential signs, such as unusual lumps, unexplained fevers, night sweats, or unintentional weight loss.

Remember, your health is your most important asset. Let's stand together in the fight against breast cancer by staying informed and getting screened.



Take Action:

Talk to your doctor about the appropriate screenings for you, such as mammograms, which can be crucial in detecting breast cancer early when it's most treatable. Early detection saves lives, so don't wait—schedule your screening today.

The Gift of Life: Blood Center and Mobile Donation Dates & Locations

Blood donation is a simple act of generosity that has the power to save lives. With every donation, you contribute to a critical supply that hospitals rely on for surgeries, emergencies, and ongoing treatments. As we move into October, there's an increased need for donors to step forward and make a difference. By donating at one of these locations, you can help ensure that our local healthcare providers have the resources they need to care for patients in urgent need.



WHERE ARE THE CENTRAL CALIFORNIA BLOOD CENTERS LOCATED?
The CCBC currently has five donation centers located in Northwest Fresno, Central Fresno, North Fresno, Clovis, and Visalia. Along with mobile collection units that can travel to work sites, schools, etc. throughout the Central Valley.

OKAY, WHERE CAN I DONATE?



To learn more, including finding a convenient Blood Donation Center near you, please visit www.donateblood.org



Mental Health Coverage: No Referral Needed from Your PCP

Accessing mental health services is crucial for maintaining overall well-being, and knowing how to navigate the healthcare system is an essential part of this process. **Community Care Health has simplified this by allowing members to seek mental health care without a referral from their Primary Care Physician (PCP).**

While a referral may not be required, it's important to note that certain treatments or services may still require prior authorization. This means that before proceeding with specific mental health services, your provider must obtain approval from the health plan to ensure the treatment is covered and medically necessary.

For more detailed information, including our partnership with SimpleBehavioral (previously Halcyon), please visit www.communitycarehealth.org/mental-health-coverage or call SimpleBehavioral at (855) 424-4457.

Understanding the Need and Process for Prior Authorization

Prior authorization is a key process that helps ensure that the medical treatments you receive are necessary and covered by your health plan. Before you proceed with certain medical services, such as surgeries or specialized treatments, your healthcare provider must submit a request to your insurance for approval. This step helps confirm that the service is medically necessary and aligns with your plan's coverage guidelines, preventing unexpected costs.

For more details on how to navigate this process, visit www.communitycarehealth.org/obtaining-prior-authorization.



Confidential Communications: Understanding Your Rights

You have the right to receive communications in a confidential manner.

California law requires that we communicate with you in a confidential manner if you request it. This means that we will direct any communications about your health care to the address, phone number, or email you provide to us, and not the address, phone number, or email we have on file for your household. This includes statements regarding services you received, letters approving a service that requires prior authorization, or phone calls from our case management nurses — and more. You do not need to tell us why you are requesting confidential communications, and we will never ask. If you would like to receive communications from us at a different address, phone number, or email than the one we have on file for your household, or if you have any questions, please call Customer Service during normal business: M-F 8am-5pm at **(855) 343-2247**.



Closing the Health Equity Gap



At Community Care Health, we are committed to providing equitable healthcare to all our members. To help us better understand and address the needs of our diverse community, all members will soon receive a Race & Ethnicity Survey. Participation is completely voluntary and all responses are held in the strictest confidence.

Be on the lookout in your mail or visit www.communitycarehealth.org/equity to complete the survey today. It takes no more than a minute!

Notice of Privacy Practices

The Community Care Health Notice of Privacy Practices describes how medical information about you may be used and disclosed, and how you can get access to this information. Simply visit www.communitycarehealth.org/notice-of-privacy-practices and learn more about our policies as they relate to:

- Understanding Your Health Information
- How We Protect the Privacy of Your Health Information
- Use and Sharing of Your Health Information
- Disclosure of Your Health Information with Your Written Authorization
- Your Individual Privacy Right

Please review these practices carefully and contact Community Care Health's Customer Service with any questions or concerns by phone at (855) 343-2247, by email at customerservice@communitycarehealth.org or by mail at: Community Care Health, Attention: Privacy Officer, P.O. Box 45026, Fresno, CA 93718.



Health literacy is more than just understanding medical jargon—it’s about being able to make informed decisions about your health. Whether you’re discussing symptoms with your doctor, reading a prescription label, or deciding on a treatment plan, improving your health literacy can lead to better health outcomes.

1. Ask Questions: Never hesitate to ask your healthcare provider questions. If something isn’t clear, ask for an explanation in simpler terms.



2. Bring a Friend or Family Member: Having someone with you during appointments can help ensure you don’t miss important information. They can take notes, ask questions you might not think of, and provide emotional support.

3. Use Reliable Resources: When researching health information online, stick to reputable sources like the Centers for Disease Control and Prevention (CDC), Mayo Clinic, or WebMD.

4. Repeat Information Back: After receiving instructions or explanations, repeat the information back to your provider in your own words to help confirm that you understand what’s being discussed.

5. Understand Your Medications: Know what medications you’re taking, why you’re taking them, how they should be taken, and what side effects to watch for. Ask your pharmacist or doctor if you’re unsure.

Medication Reconciliation: A Crucial Safety Step

One critical aspect of health literacy is understanding your medications through a process called medication reconciliation. This is the process of creating an accurate list of all the medications you are taking—including prescription drugs, over-the-counter medications, herbal supplements, and vitamins. This list should include the dosage, frequency, and the reason for each medication.

Medication reconciliation is critical in that it helps prevent errors, avoids harmful interactions and facilitates better, more-coordinated care.

How to Reconcile Your Medications

1. Keep an Updated List: Always carry an updated list of your medications. Update this list whenever your medications change, and bring it to every medical appointment.

2. Review Your Medications Regularly: At each doctor’s visit, ask if you still need to take all your medications or if any changes are recommended. This is especially important when seeing multiple healthcare providers.

3. Communicate Changes: Inform all your healthcare providers about any new medications or supplements you start taking. Don’t assume that one provider has communicated this information to another.

4. Use a Single Pharmacy: If possible, use the same pharmacy for all your prescriptions. Pharmacists can help manage your medication list and alert you to potential issues.



By improving your health literacy and being proactive with medication reconciliation, you can take charge of your health and work collaboratively with your healthcare team to achieve better outcomes. Remember, understanding your health is the first step towards a healthier life.

What’s Happening

... around town and at Community Medical Centers



Two Cities Marathon - November 3, 2024

Get ready for the annual **Fresno/Clovis Two Cities Marathon and Half** on November 3, 2024! Whether you’re running the full marathon, half marathon, or 10K, this exciting event offers something for everyone. Enjoy a scenic course through Fresno and Clovis, and celebrate your achievement at the lively post-race party.

Register today at www.runsignup.com

THE CLOVIS VETERANS MEMORIAL DISTRICT PRESENTS

HALLOWEEN SPOOKTACULAR!

TRICK OR TREATING! • GHOSTLY GAMES!
CREEPY CRAFTS! • PHANTASTIC PRIZES!

October 26 • 11AM - 2PM

FAMILY FRIENDLY OUTDOOR SPOOKY FUN!
FREE EVENT FOR THE COMMUNITY

CANNED FOOD DONATIONS ARE WELCOMED
AND WILL BENEFIT THE SALVATION ARMY

FREE TICKETS AVAILABLE ON EVENT/BRITE
TO PRE-REGISTER USE QR CODE
OR VISIT <https://qrco.de/bodyQRA>

CLOVIS VETERANS MEMORIAL DISTRICT

559-299-0471 | WWW.CVMIDISTRICT.CA.GOV
808 4TH STREET, CLOVIS, CA 93612

Community Medical Career Fair



Don't miss the opportunity to be apart of the Community Family. For more information, visit <https://jobs.communitymedical.org/events>

RIVER PARK FARMERS MARKET



Celebrate the bounty of our Valley and the hard-working farmers who grow what we eat at this weekly, year-round farmers market in River Park.

The Shops at River Park | 7753 N. Via Del Rio
Tuesdays: 5:00 pm-9:00 pm | **Saturdays:** 10:00 am-2:00 pm
For more information, visit <https://www.cffma.com/river-park-farmers-market>



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Committed to Providing
Quality Healthcare Services
for the Central Valley

A group of children in Halloween costumes are shown in a close-up shot. One child in the center is wearing a red cape and a blue mask, holding a yellow jack-o'-lantern. Another child to the right is wearing a black shirt with a white skeleton design. A child on the far right is sticking out their tongue. The background is a blurred green field.

Available When You Need Us

CCH Customer Service: Monday – Friday, 8am-5pm, 1 (855) 343-2247
For more information, visit www.communitycarehealth.org

Pharmacy Questions: Call MedImpact 1 (844) 348-8510 or
visit www.medimpactdirect.com

SimpleBehavioral: 1 (888) 425-4800

SimpleMSK: 1 (877) 519-8839

Your Voice
Matters

Have a story to share, questions or comments?

Please contact customer service at 1 (855) 343-2247 or
email: CustomerService@communitycarehealth.org