

# GET healthy



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nh healthy families.

2 Executive Park Drive  
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**NHhealthyfamilies.com**

**1-866-769-3085**

**TDD/TTY: 1-855-742-0123**

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## Do you have Diabetes? NH Healthy Families is here to help.

## ¿Tiene diabetes? NH Healthy Families está aquí para ayudar.

Hispanic adults are more likely to have diabetes than non-Hispanic adults. NH Healthy Families has Care Management and Health Coaching programs for diabetes care and education. You can earn up to **\$80\*** by completing your annual Health Risk Assessment (HRA) and diabetes care activities. Spanish speaking and translation services are available, call today **1-866-769-3085**.

\*Some restrictions and limitations apply. Each member can earn up to \$250 in cash and non-cash goods and services through June 30 each year.

Los adultos hispanos tienen más probabilidades de tener diabetes que los adultos no hispanos. NH Healthy Families cuenta con programas de administración de la atención y asesoramiento en materia de salud para el cuidado y la educación sobre la diabetes. Usted puede ganar hasta **\$80\*** por completar su Evaluación de riesgos de salud (HRA, por sus siglas en inglés) anual y las actividades de cuidado de la diabetes. Hay servicios de traducción y de habla hispana disponibles; llame hoy mismo al **1-866-769-3085**.

\*Se aplican algunas restricciones y limitaciones. Cada miembro puede ganar hasta \$250 en efectivo y en bienes y servicios no monetarios hasta el 30 de junio de cada año.



## Important Reminder

Be sure to schedule your Primary Care Provider (PCP) or specialist visit for 2023 soon. If you have changes to your PCP or are having trouble scheduling your annual PCP visit, call us at **1-866-769-3085**.



Keep yourself and those close to you healthy! Join the millions of people who get their yearly flu shot.



## Get Your Flu Shot

### No one likes getting sick.

And the flu virus changes every year. So, getting a yearly shot helps protect yourself and those around you. Plus, it's available at no cost to you. And getting your flu shot may actually earn you rewards.

The flu shot is a good idea for just about everyone. But these people are at an even higher risk of health problems from the flu:

- Pregnant moms
- Children and families
- People with a chronic condition or caregivers
- Seniors or those who care for them

For more information and to find a doctor or pharmacy\* near you to get your flu shot visit:

**[NHhealthyfamilies.com/flu](https://www.nhhealthyfamilies.com/flu)**

### Did you know?

NH Healthy Families members ages 6 months and up can **earn \$20\*\*** in My Health Pays® rewards just for getting the flu vaccine!

For more information on COVID-19 and vaccine:

**[NHhealthyfamilies.com/members/medicaid/member-coronavirus-information.html](https://www.nhhealthyfamilies.com/members/medicaid/member-coronavirus-information.html)**

To find a COVID-19 Vaccine Clinic including Mobile sites visit: **[www.vaccines.nh.gov](https://www.vaccines.nh.gov)**

\*Only members age 18 or older can receive the flu vaccine at a pharmacy.

\*\*Some restrictions and limitations apply. Each member can earn up to \$250 in cash and non-cash goods and services through June 30 each year.

## Got 20 Minutes to Make 45 Bucks?\*

Taking charge of your health benefits is not only smart – it pays you back!

It's simple.

1. Verify Your Medicaid Eligibility at **[nheasy.nh.gov](https://nheasy.nh.gov)**
2. Complete your Health Risk Assessment at **[pursuant.me/5oN9qY8q](https://pursuant.me/5oN9qY8q)** (have your Member ID number ready)
3. Earn \$45\* through NH Healthy Families My Health Pays® program



Verifying your Medicaid Eligibility is critical to continuing your Medicaid Health Benefits.



Taking 10 minutes to complete your Health Risk Assessment (HRA) is the key to unlocking the right medical services. Take the simple step today – Complete Your HRA!



**Take charge of your health benefits. And earn money for it!**

\*Some restrictions and limitations apply. Each member can earn up to \$250 in cash and non-cash goods and services through June 30 each year.

This My Health Pays Visa® Prepaid Card is issued by The Bancorp Bank pursuant to a license from Visa U.S.A. Inc. The Bancorp Bank; Member FDIC. Card cannot be used everywhere Visa debit cards are accepted.

The My Health Pays Visa® Prepaid Card may not be used to buy alcohol, tobacco or firearms products.

## Tobacco Cessation Resources

NH Healthy Families has resources to help you quit smoking, vaping or smokeless tobacco products. You can also earn \$20\* in My Health Pays® rewards for completing a tobacco cessation program! Visit our website at **[NHhealthyfamilies.com](https://www.nhhealthyfamilies.com)** and in the search field, type "Smoking". Another great resource is the State of New Hampshire's QuitNow-NH program at **[quitnownh.org](https://www.quitnownh.org)**.

\*Some restrictions and limitations apply. Each member can earn up to \$250 in cash and non-cash goods and services through June 30 each year.

# Early Prenatal Care is Important

Below are some steps to take for a healthy pregnancy and baby:

- Go before you show! Go to the doctor as soon as you think you are pregnant. It is important for you and your baby to see a doctor as early as possible. It will keep both of you healthy. It will also help your baby get off to a good start. It is even better to see a doctor before you are pregnant. This is so you can get your body ready for pregnancy.
- Maintain healthy lifestyle habits. This includes exercising, eating balanced and healthy meals, and resting for 8-10 hours every night.
- Do not use tobacco, alcohol or drugs now or while you're pregnant.
- Let us know about your pregnancy. You can earn a \$100\* reward if you complete our notification of pregnancy form in the first three months of your pregnancy. Go to the member portal to sign in and complete the form at **NHhealthyfamilies.com**.
- Our Start Smart for Baby Program can help you. You will receive support designed to customize the resources and care you need for a healthy pregnancy and baby. It is already part of your health plan benefit and does not cost extra.

Visit **NHhealthyfamilies.com** for more information or call **1-866-769-3085 (TDD/TTY 1-866-742-0123)**.

\*Some restrictions and limitations apply. Each member can earn up to \$250 in cash and non-cash goods and services through June 30 each year.

# Pelvic Floor Complications



Delivering a baby can be one of the happiest times for women. However, some women may experience pelvic floor complications such as urinary incontinence, lower back pain, or pelvic pressure due to pregnancy and vaginal delivery. If you are having any of these symptoms, contact the NH Healthy Families' Care Management department at **1-866-769-3085** for help and options to manage pelvic floor complications.

For an online FAQ on Pelvic Support problems visit: **[www.acog.org/womens-health/faqs/pelvic-support-problems](http://www.acog.org/womens-health/faqs/pelvic-support-problems)**



## Your Community Connector Tool

Are you looking for supportive resources in your community? The NH Healthy Families Community Connector tool can be accessed 24/7 at no cost to you.

**Find the resources you need 24/7.  
Get connected today!**

**[NHhealthyfamilies.findhelp.com](http://NHhealthyfamilies.findhelp.com)**



FOOD



HOUSING



GOODS



TRANSIT



HEALTH



LEGAL



MONEY



CARE



EDUCATION



WORK

# How to Get Information

You are always welcome to call Member Services with any questions you have. Did you know there is also information on **NHhealthyfamilies.com** that can answer many of your questions?

## *On the website you can find:*

- ▶ Your Member Handbook
- ▶ Your member benefits
- ▶ How to access emergency care and other medical services
- ▶ Your rights and responsibilities
- ▶ How to find a doctor
- ▶ How to file an appeal

More questions? Want a hard copy of your Member Handbook or other materials? You also have the right to receive a Provider Directory. All of these materials are available at no cost to you.

## **Call Member Services,**

- **Monday through Wednesday – 8 a.m. to 8 p.m.**
  - **Thursday and Friday – 8 a.m. to 5 p.m.**
- at 1-866-769-3085 TTY/TDD 1-855-742-0123.**

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**Facebook.com/NHhealthyfamilies**

**ATTENTION:** If you do not speak English, language assistance services are available to you at no cost. Call 1 866-769-3085 (TTY 1 855-742-0123).

**ATENCIÓN:** si no habla inglés, hay servicios de asistencia en diferentes idiomas disponibles para usted sin costo. Llame al 1 866-769-3085 (TTY 1 855-742-0123).

**ATTENTION :** si vous ne parlez pas anglais, des services d'aide linguistique sont mis à votre disposition sans paiement de votre part. Composez le 1 866-769-3085 (TTY 1 855-742-0123).

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