

FirstChoice
by Select Health of South Carolina
Your Hometown Health Plan

Healthy Connections 

 *Celebrating*
25 YEARS

Healthy NOW

SUMMER 2020

www.selecthealthofsc.com

**Get ready
for a healthy
school year**

**Take steps to
help prevent
illness**

**Cook more,
spend less!**
See page 7

 @firstchoicebyselecthealth

 @firstchoicebyselecthealth

 First Choice by Select Health

Keeping your Healthy Connections (Medicaid) benefits

The annual eligibility review process is suspended until the end of the COVID-19 public health emergency. Healthy Connections will update members before resuming annual reviews. Please call First Choice at 1-888-276-2020 if you have any questions.

Every year you may need to verify your Healthy Connections (Medicaid) eligibility. This process means filling out the Annual Review Form from Healthy Connections and returning it within 30 calendar days from the date on the form. We want to keep YOU as a member!

Be sure to fill out your form completely and call us if you need assistance. We are here for you and want you to continue to receive the additional benefits you enjoy from First Choice. If you have questions or need help with the form:

- Go to the South Carolina Department of Health and Human Services at www.scdhhs.gov.
- Call the South Carolina Healthy Connections Member Service Center at **1-888-549-0820**.
- Call First Choice Member Services at **1-888-276-2020**.

Return the Annual Review Form to:

SCDHHS — Central Mail
P.O. Box 100101
Columbia, SC 29202-3101

Or email it to 8888201204@fax.scdhhs.gov.

If you have questions or need a form sent to you, call South Carolina Healthy Connections Member Service Center at **1-888-549-0820** or First Choice Member Services at **1-888-276-2020**. Or download the form at www.scdhhs.gov/sites/default/files/WKR002.pdf.



First Choice is rated higher by network providers than all other Medicaid plans in South Carolina.*

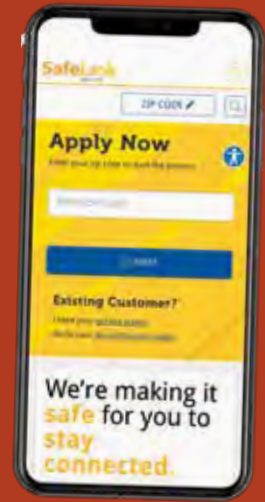
96% would recommend First Choice to their patients.
98% would recommend First Choice to fellow providers.

*According to an independent provider satisfaction survey conducted by SPH Analytics, a National Committee for Quality Assurance-certified vendor, November 2019.

SafeLink Wireless Lifeline Program

First Choice by Select Health of South Carolina is working with SafeLink Wireless to offer the Lifeline program at no cost to you! With the program, you get the following:

- A smartphone, 3GB of data, and 350 monthly minutes.*
- Unlimited text messages with health tips and reminders.
- Calls to First Choice Member Services that do not count toward your 350 minutes.



If you already own a phone, choose the Keep Your Own Smartphone** program to get a SIM card at no cost. To enroll in the First Choice SafeLink phone program, apply at www.safelink.com. Or you can call SafeLink at **1-877-631-2550**. Use promo code: **amerihealth**.

You must make at least 1 phone call or send a text message each month in order to keep your Lifeline benefits.

*Unused minutes and data will not carry over from month to month. A month equals 30 days.

**To keep your own smartphone, you must have a compatible Global System for Mobile Communication (GSM) phone, which includes T-Mobile and AT&T compatible phones. Your phone must also be unlocked. Other carriers also use GSM networks. To confirm yours is included, call your carrier.

Learn more about your benefits and services

On our website, through your member portal, or by mail

The First Choice website described below, www.selecthealthofsc.com, is home to important resources and information about your health benefits and services.

The member portal. Here you can see your medical and drug benefits, and health information. You have access to recent medical care history while you have been a First Choice member. You can also:

- Request a new ID card.
- Change your primary care provider (PCP).
- See a list of your medicines.
- Enroll in a care management program.
- Complete a Health Risk Assessment.

To register, go to the Members section under Member tools. Click on the “Member portal” link and enter your personal information.

The most current Member Handbook. This has information about:

- Benefits and services that are and are not covered.
- How to get language services. These services are provided at no cost.
- How to choose a PCP and find providers in our network.
- How quickly you should be seen in emergency, urgent, and routine situations.
- How to get care in case of an emergency or when you are out of town.

- What to do if you need to be admitted to the hospital.
- How to get care after normal business hours.
- How to get a second opinion.
- How to get specialty care and mental health services.
- Member Rights and Responsibilities and the Notice of Privacy Practices.
- Grievances and Appeals and how to report suspected fraud and abuse.
- How First Choice makes decisions about your care when there are advances in medicine and new treatments become available.
- Other benefits and services to help you be successful in your health decisions.

Network hospitals, doctors, and behavioral health providers. Using the online provider directory, you can search for a First Choice health care provider, behavioral health provider, or hospital by name, ZIP code, or county. You can see their specialty, languages spoken, gender, office hours, and wheelchair accessibility.

Copayment amounts for adults. See the Copayment Reference Guide.

Medicine updates. You can find preferred drug list updates (under Member Tools), information and limits about pharmacy benefits (under Benefits, then Prescription Benefits), and drug recall information (under Information for You section).

Member Rights and Responsibilities and the Notice of Privacy Practices. It is important for you to know what your health care rights are and what information you can control.

Instructions for how to report fraud or make a complaint.

You can find out about Medicaid State Fair Hearings and how to:

- Report suspected fraud or abuse.
- Make grievances (complaints).
- Ask for an appeal if a service you feel you need is denied.

Frequently asked questions. You can find out about many things like what to do if you get a bill, the policy on prior approvals, who to call if you have trouble getting medicine filled, and how to change your PCP.

Upcoming events. You can find our online calendar of community events at the bottom of our Community web page.

Call Member Services at **1-888-276-2020** (TTY **1-888-765-9586**) if you want a Provider Directory, Member Handbook, list of Member Rights and Responsibilities, or other information sent to you by mail.

Prepare your kids for a healthy school year

Whether kids continue their education from home or go back to schools in their communities, it is important to make time for these health-related tasks.

See the doc

Make sure a yearly checkup with your kids' primary care provider (PCP) is on the calendar. Some PCPs offer a virtual visit by phone or computer. (Read more about telemedicine on page 5.) This well-child visit helps your PCP watch and address any concerns about your child's overall health and development. For kids who will play sports, this

yearly visit covers everything in a sports physical and more. It is also a good time to get release forms for sports signed.

Get shots

At a well-child visit, your PCP should check that your child is up-to-date on all required immunizations (shots). If your child missed any, it is important to catch up to help avoid illness.

What shots your child needs depends on many things, such as age and where you live. In South Carolina, the shots kids enrolled in child care or grades K to 12 need include:

- Hepatitis B.
- MMR (measles, mumps, rubella).
- Polio.

For a full list of required shots, visit www.scdhec.gov/health/vaccinations/childcare-school-vaccine-requirements.

The shots needed may change from year to year. In 2020, children born on or after January 1, 2019, and going into child care or preschool (4K and younger) need 2 hepatitis A shots.

For older students, check the college or university immunization policy well before they head off to campus.

You can have 2!

If your child needs to keep medicine on file with the school nurse, First Choice will cover the cost of those items. This includes albuterol inhalers, EpiPens, and supplies for diabetes, such as insulin. Limitations apply. Call Member Services for more information.

Medicine update

Effective May 1, 2020, Spiriva Respimat was removed from the preferred drug list. Please talk with your PCP about other medicine options. Visit www.selecthealthofsc.com for up-to-date pharmacy information.



Screenings for older children

Ages 7 through 12 years

During this time, your child could be at risk for health problems that are often thought of as adult issues. Kids at this age can show early signs of diabetes (high blood sugar). They can also have high blood pressure and high cholesterol. Screening tests can help alert you to these risks. Teaching kids how to develop healthy habits can help prevent or stop these problems in the future. Immunizations (shots) are also important. They help prevent some very serious diseases. **Kids should have a flu shot each year and their preteen immunizations, such as human papillomavirus (HPV), before age 13.**



We turn 25 in 2020!

First Choice by Select Health
celebrates its 25-year anniversary
in 2020!



Helping people get care,
stay well, and build healthy
communities since 1995.

Ages 13 through 19 years

The teen years can be a hard time for both you and your child. Your child will be in new situations that can put his or her health at risk. Drugs, alcohol, sex, and depression can all impact overall health. The PCP will screen for these risks. When your child is 16, the PCP should start doing universal screenings for infections that may not have symptoms. The PCP should also check your child's general health. **Teens need a flu shot each year.**



First Choice members can now access telemedicine services

At the time this issue of *Healthy Now* was published, many providers were offering telemedicine appointments to replace certain in-person visits, due to COVID-19.

Telemedicine means you can connect with a provider outside of the office. Ask your provider if you can:

- Video chat with your provider through a computer, tablet, or smartphone.
- Text with your provider through a secure web portal.
- Talk with your provider by phone.

Some providers may not offer these services and only certain services provided by telemedicine are covered by Select Health. If you can't get in contact with your provider, we can help connect you to another one.

For questions about telemedicine or help finding a provider, call Member Services at **1-888-276-2020** (TTY **1-888-765-9586**). For medical questions, call the 24/7 Nurse Call Line at **1-800-304-5436**.



Coverage of certain benefits and services is temporary during the COVID-19 state of emergency. Updates about COVID-19 temporary benefit changes can be found at www.selecthealthofsc.com/covid-19.

Take these steps to help prevent illness

These simple steps can help protect you and your family from COVID-19, as well as colds and flu:

To learn more about COVID-19, visit www.cdc.gov/coronavirus.

WASH YOUR HANDS OFTEN.

Use soap. Rub hands together for at least 20 seconds. (About how long it takes to sing the "Happy Birthday" song 2 times!)



USE AN ALCOHOL-BASED HAND SANITIZER WHEN SOAP AND WATER ARE NOT AVAILABLE.

Check the label to make sure it is made of at least 60% alcohol.



AVOID TOUCHING YOUR EYES, NOSE, AND MOUTH.

WEAR A CLOTH FACE MASK IN PUBLIC PLACES.

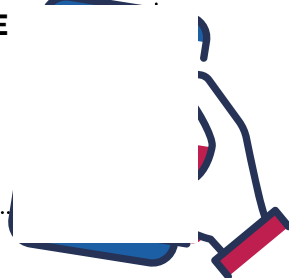
Wash your hands after taking it off.



DO NOT HAVE CLOSE CONTACT WITH PEOPLE WHO ARE SICK.

CLEAN AND DISINFECT SURFACES THAT ARE TOUCHED OFTEN.

This includes doorknobs, handrails, and phones.



Remember, everyone 6 months and older needs a **flu shot** each year. Try to get them before the end of October.

Need an interpreter?

First Choice wants you to get the best care. If your primary language is not English, we have phone interpreters to help you with health care services anywhere, anytime. These interpreters are available for more than 200 languages. You can also use our interpreters when you are at your provider's office. This is offered at no cost to you or your provider. Call Member Services at **1-888-276-2020**. You can also call the First Choice Nurse Call Line at **1-800-304-5436** for health advice, 24 hours a day. They can also connect you to an interpreter.

Cook more, spend less

Cooking at home is a good way to save money and stay healthy.

Money Management International reports that meals can cost 3 to 4 times more in a restaurant than to make yourself. You may also eat less sodium at home. The American Heart Association notes that restaurant, prepackaged, and processed foods account for more than 70% of the sodium we eat.

Try these easy swaps to help cut the cost of making meals:

- **Use leftovers.** You will not have to buy as many ingredients. For instance, cut up last night's chicken and veggies to put on a quesadilla.
- **Replace meat with veggies.** Skip the chicken or shrimp in your quesadilla. Use beans to get protein, as well as fiber, iron, and folate.

- **Buy frozen or canned vegetables.** Pick low-sodium products to replace some fresh produce. Many are precut, saving you time. Try peppers, onions, mushrooms, and broccoli.
- **Try something new.** Hummus or low-fat refried beans on sale? Use it to replace cream cheese on your quesadilla.

Colorful quesadillas



Ingredients

8 ounces fat-free cream cheese
 ¼ teaspoon garlic powder
 8 small whole wheat tortillas
 1 cup chopped red or green pepper
 1 cup chopped onion
 1 cup shredded low-fat cheese
 2 cup fresh spinach leaves or
 9 ounces frozen (thawed, extra
 water removed)
 Salsa (optional)
 Low-fat sour cream (optional)

Directions

In a small bowl, mix the cream cheese and garlic powder. Spread about 2 tablespoons of the cream cheese mixture on each tortilla. Sprinkle about 2 tablespoons of pepper, onion, and shredded cheese on half of each tortilla. Next, add ¼ cup of fresh spinach (or 2 tablespoons frozen). Fold tortillas in half.

Heat a large skillet over medium heat until hot. Put 2 folded tortillas in skillet. Cook for 1 to 2 minutes on each side, or until golden brown. Remove quesadillas from skillet and place on platter. Cover the platter with foil to keep them warm. Cook remaining quesadillas.

Cut each quesadilla into 4 wedges. Serve warm with salsa and/or low-fat sour cream.

Per serving

Serves 8. Each serving provides about 160 calories, 3.5 g fat, 21 g carbohydrate, 420 mg sodium, 20 g protein.

SOURCE: Brooke A. Brittain, M.S., R.D., L.D., C.H.E.S., C.L.C., SNAP-Ed Program coordinator, S.C. Department of Health and Environmental Control.



Watch this and more fast and fun cooking demos on the **First Choice by Select Health YouTube channel!**
www.youtube.com/firstchoicebysselecthealth

Keep your baby safe and sound

Bringing home a new baby comes with a lot of joy, and a brand new to-do list. Here are 4 ways the American Academy of Pediatrics says you can help your little one stay safe from day 1:

1 Use a safe car seat. Only buy or borrow a used car seat if you know its history. Car seats should be used only if they have not been in a crash. Infants and toddlers should stay in a rear-facing seat until they reach the weight or height limit.

2 Help avoid heat rash. Hot, humid weather can lead to small red bumps on moist skin. Wipe away sweat and drool with cool water. Then dry the area.

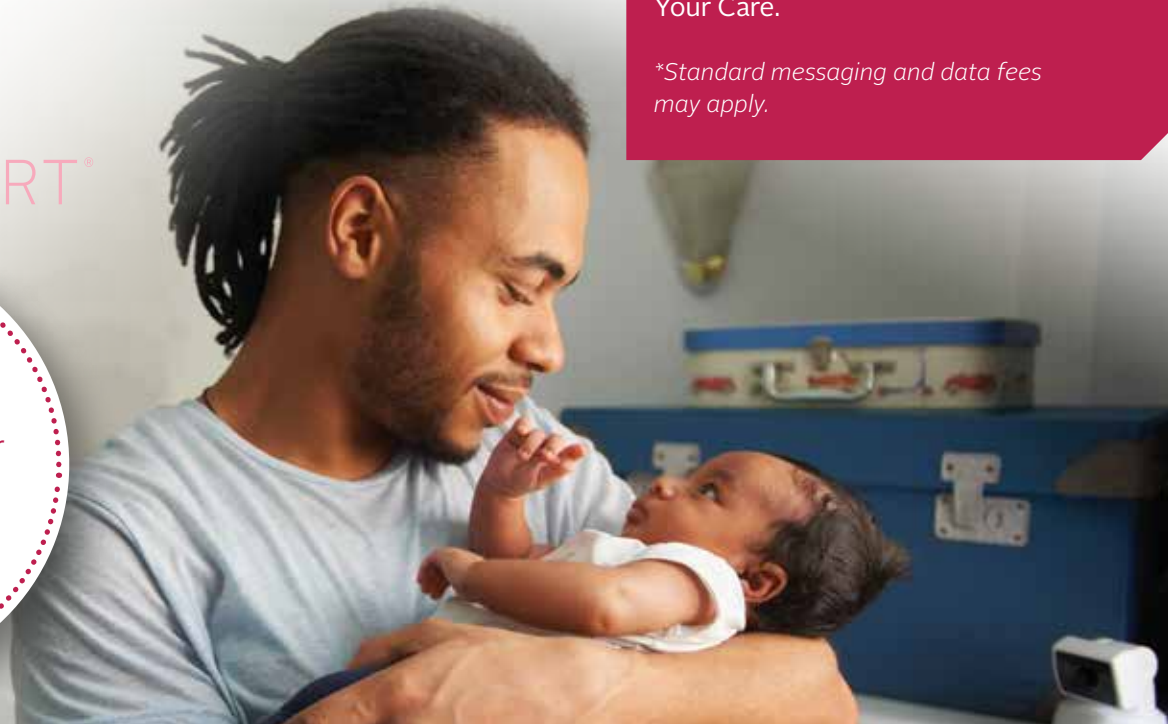
3 Make safe sleep habits. This means putting your baby to sleep in his or her own crib or bassinet. It should have a firm mattress and only a fitted sheet. Do not use blankets, toys, or pillows. Place your baby on his or her back to sleep.

4 Take care of gums and teeth. If baby teeth get cavities and fall out too early, it can cause problems for the adult teeth that will come in later. Gently wipe your baby's gums with a clean washcloth. Start using a soft baby toothbrush and tiny bit of fluoride toothpaste once a first tooth comes in. Never put your baby to bed with a bottle.



BRIGHTSTART®

If you smoke, you may be putting your baby at risk. Talk with your health care provider or First Choice Member Services about no-cost resources to help you quit.



Keys to Your Care

New Keys to Your Care program for pregnant members

Keys to Your Care is a special texting and outreach program for First Choice by Select Health members who are pregnant. The program is brought to you by Bright Start, the First Choice prenatal program.

Keys to Your Care will send you text messages* every week during your pregnancy with appointment reminders, information, and resources. The goal of this program is to encourage good prenatal and postpartum care for our members. This care may help you have a safe, full-term pregnancy and healthy baby.

Text **FCMOM** to **85886** to join the Keys to Your Care program. Or call us at **1-888-276-2020** and ask Bright Start to enroll you in Keys to Your Care.

**Standard messaging and data fees may apply.*

Why and how to drink more water

Staying hydrated helps your body work as it should. This includes getting rid of waste and making it easier for your heart to pump blood. There is no set number for how much water you need to stay hydrated. The American Heart Association (AHA) notes that it can vary each day based on the weather, how active you are, and more.

If you feel thirsty, your liquid levels are likely too low already. To help make sure you drink enough throughout the day, the AHA suggests checking the color of your urine. If it is pale or clear, you are in a good zone. If it is dark yellow, it means you need to up your intake.

Drinking water is a good way to stay hydrated, says the AHA. Try these tips:

- Drink a whole glass when you take a pill.
- Drop in slices of lemon or lime to add flavor.
- Have a glass before you exercise or go outside on a hot day.
- Drink a glass before eating when you feel hungry.
- Carry and sip from a reusable bottle.

Many other foods and drinks are smart sources of fluids, too. These include watermelon, tomatoes, and fat-free or low-fat milk. Talk with your health care provider about how much fluid you need each day and what foods and drinks are best for you.



Did you know cardiac rehab is a covered benefit?

If you have had certain heart problems, such as a heart attack, cardiac rehab might help. Please ask your health care provider for more information.

Cardiac rehab can help more than your heart

The Centers for Disease Control and Prevention stresses that cardiac rehabilitation (rehab) is an important part of healing for people who have had a heart attack. These programs can help you live longer, prevent future heart problems, and much more. For example, they can help:

- Ease depression and anxiety.
- Improve your ability to exercise.
- Return you to your daily activities.



However, these programs are not only for people who have had a heart attack. Cardiac rehab may also help those with heart failure, chronic stable angina, or those who have had bypass surgery or angioplasty.

Hurricane season lasts through November

Act now to be prepared in the months ahead. A natural disaster or other emergency could keep you away from home for a long time. Create a to-go box of your family's key information so you can take copies of important papers with you. This should include:

- Driver's licenses and passports.
- Birth, marriage, and death certificates.
- Insurance, bank account, and credit card information.

You will also want to take medical items with you, such as:

- A 2-week supply of your prescribed medicines. Keep them in the original containers.
- An insulated bag to keep your medicines in.
- A list of all your medicines, including over-the-counter drugs and supplements.
- Supplies needed for managing diabetes or other health conditions.
- Medical records and written care plans, including dietary needs.
- General items, such as aspirin, cough medicine, rubbing alcohol, and antibacterial gel for your hands.



How to manage COPD

Chronic obstructive pulmonary disease (COPD) develops slowly and gets worse little by little, according to the National Heart, Lung, and Blood Institute. It can be easy to lose sight of the difference your self-care efforts are making. But keeping up with your treatment plan and making healthy habits really can help you feel better and stay more active.

Here are 5 key ways to help manage stable COPD:

- 1. See your primary care provider (PCP) on a regular basis.** Do this even when you are feeling fine. Take your medicines and a list of any questions with you.
- 2. Follow treatment advice.** Be sure to take your medicines as they are prescribed. Get refills before they run out.
- 3. Do not smoke.** If you smoke, quit. This is the best way to prevent more lung damage.
- 4. Avoid things that can irritate your lungs.** Steer clear of dust, chemical fumes, secondhand smoke, and air pollution.
- 5. Get a flu shot every year.** You should also wash your hands often to protect yourself from germs.

COVID-19 and COPD

According to the American Lung Association, people with chronic lung disease are more likely to have severe complications if they contract COVID-19. To help protect yourself, practice social distancing, wash your hands often, and wear a face mask around other people.

Reminder: Your First Choice benefits include medicine to reduce or quit smoking at no cost to you. Call Member Services at **1-888-276-2020** or the National Cancer Institute's Quitline at **1-800-QUIT-NOW (1-800-784-8669)** to learn more.



Notice of Non-Discrimination

First Choice by Select Health of South Carolina complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. First Choice does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

First Choice provides free aids and services to people with disabilities, such as qualified sign language interpreters and written information in other formats (large print, Braille, audio, accessible electronic formats, other formats). We provide free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages.

If you need these services, contact First Choice at **1-888-276-2020** (TTY **1-888-765-9586**). We are available Monday – Friday (8 a.m. – 9 p.m.) and Saturday – Sunday (8 a.m. – 6 p.m.).

If you believe that First Choice has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

- Grievance Supervisor First Choice Member Services
P.O. Box 40849, Charleston, SC 29423-0849
1-888-276-2020 (TDD/TTY **1-888-765-9586**)
Fax: **1-800-575-0419**
- You can file a grievance by mail, fax, or phone. If you need help filing a grievance, First Choice Member Services is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf> or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
1-800-368-1019 (TDD: **1-800-537-7697**)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

Language services

English: If your primary language is not English, language assistance services are available to you, free of charge. Call: **1-888-276-2020** (TTY: **1-888-765-9586**).

Spanish: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-888-276-2020** (TTY: **1-888-765-9586**).

Arabic:

إذا كنت تتحدث اللغة العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم **1-888-276-2020** (رقم هاتف الصم والبكم: **1-888-765-9586**).

Portuguese: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para **1-888-276-2020** (TTY: **1-888-765-9586**).

Russian: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните **1-888-276-2020** (TTY: **1-888-765-9586**).

Vietnamese: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số **1-888-276-2020** (TTY: **1-888-765-9586**).

Brazilian Portuguese: Se você fala português do Brasil, os serviços de assistência em sua língua estão disponíveis para você de forma gratuita. Chame **1-888-276-2020** (TTY : **1-888-765-9586**).

Chinese: 如果您說中文，您可以免費獲得語言援助服務。請致電 **1-888-276-2020** (TTY: **1-888-765-9586**)。

Falam: Falam tawng thiam tu na si le tawng let nak asi mi **1-888-276-2020** (TTY: **1-888-765-9586**) ah tang ka pek tul lo in na ko thei.

Hindi: यदि आप हिंदी बोलते हैं, तो आपके लिए मुफ्त भाषा सहायता सेवाएँ उपलब्ध हैं। काल करें: **1-888-276-2020** (TTY: **1-888-765-9586**)।

Korean: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. **1-888-276-2020** (TTY: **1-888-765-9586**)번으로 전화해 주십시오.

Chin: Hakha holh a hmanmi na si ahcun man lo in holh leh piaknak lei bawmchanh khawh na si. Auh khawhnak: **1-888-276-2020** (TTY: **1-888-765-9586**).

French: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le **1-888-276-2020** (ATS : **1-888-765-9586**).

Karen:

နမ့်ကတိ ကညိ ကျိာ်အလိ, နမန့် ကျိာ်အတိမစါလါ တလါာ်ဘျုာ်လါာ်စု နီတမံ ဘျုာ်သုန့လိ. ကိ: **1-888-276-2020** (TTY: **1-888-765-9586**).

Amharic: ማስታወሻ: የሚናገሩት ቋንቋ አማርኛ ከሆነ የትርጉም አርዳታ ድርጅቶች: በነጻ ሊያግዝዎት ተዘጋጅተዋል: ወደ ሚክተሎ ቁጥር ይደውሉ **1-888-276-2020** (መስማት ለተሳናቸው: **1-888-765-9586**)።

Burmese: အကယ်၍ သင်သည်မြန်မာစကား ကို ပြောပါက၊ ဘာသာစကား အကူအညီ၊ အခမဲ့၊ သင့် ငွဲ့အတွက် စီစဉ်ဆောင်ရွက်ပေးပါမည်။ ဖုန်းနံပါတ် **1-888-276-2020** (TTY: **1-888-765-9586**) သို့ ခေါ်ဆိုပါ။

First Choice is here for you! This newsletter and other materials are translated into Spanish and can be found on our website at www.selecthealthofsc.com. If you need help with translations of other documents, or in other languages, please call Member Services at **1-888-276-2020**.

Disponibilidad de traducción

¡First Choice está aquí para usted! Este boletín informativo y otros materiales están traducidos al español, y se pueden encontrar en nuestro sitio de Internet en www.selecthealthofsc.com. Si necesita ayuda con traducciones de otros documentos, o en otros idiomas, llame a Servicios al Miembro al **1-888-276-2020**.

www.selecthealthofsc.com

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No-cost programs to help with your education

Strong reading skills can help people better understand and act on important health information from their primary care providers (PCPs), as well as from their children's PCPs. This helps families stay well. Good health makes it easier to meet all our goals in life.

First Choice offers 2 programs to help our members with their educational goals. Both programs have no cost to members if they qualify.

1 Reading Assistance Services help improve your reading and writing skills. These services link you with community-based adult literacy/limited English proficiency (LEP) programs.

2 Mission GED (general educational development) helps cover the cost of the GED exam and any retakes, if needed.

You are eligible to participate in either program if:

- You are a First Choice member at the time of enrollment into the program.
- You are age 19 or older.
- You do not currently have a high school diploma or GED.

To sign up, fill out the application online at www.selecthealthofsc.com. Or you can print the online form or ask Member Services to send you a form. Call Member Services at **1-888-276-2020** (TTY **1-888-765-9586**).

Once you have filled out the form, mail it to:
Select Health of South Carolina
Attention: GED Program/
Reading Assistance Services
P.O. Box 40849
Charleston, SC 29423
Or email the form to ged@selecthealthofsc.com or read@selecthealthofsc.com.

To find out more or get help with the application:

- Call **1-888-276-2020** (TTY **1-888-765-9586**).
- Email ged@selecthealthofsc.com or read@selecthealthofsc.com.



First Choice Member Services
P.O. Box 40849
Charleston, SC 29423



Member Services:
1-888-276-2020
TTY for the hearing impaired:
1-888-765-9586



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