

**FirstChoice**  
by Select Health of South Carolina  
*Your Hometown Health Plan*

Healthy Connections 

# Healthy NOW

SPRING 2021

[www.selecthealthofsc.com](http://www.selecthealthofsc.com)




Getting routine  
vaccines is as  
crucial as ever

Your benefits  
can help you  
get and stay  
healthy!  
See page 2

Is it a cough  
or asthma?

 @firstchoicebyselecthealth

 @firstchoicebyselecthealth

 First Choice by Select Health

# Your **First Choice**

## Extra benefits can help you get and stay healthy!

First Choice offers all the standard Medicaid benefits plus extra benefits to help keep your family healthy! Here are just a few of the great things we offer at no cost to you:



**First Choice Fit camps** with Marcus Lattimore for qualifying members.



**Swimming lessons** for qualifying members at regional YMCA locations with a First Choice voucher.



**Maternity support program.** We hold regional baby showers with car seats, diaper bags, and more for qualifying members. Get health messages before and after your baby is born with Keys to Your Care texting. Standard messaging and data fees may apply.



**A personal safety emergency kit** available at no cost to you with disposable face coverings, a digital thermometer, and hand sanitizer. (Upon request, limit of 1 kit per member household, per lifetime.)

**We have more!** Learn more about these and all the other extra benefits we have by visiting [www.selecthealthofsc.com](http://www.selecthealthofsc.com). Click on **Learn About Our Benefits** on the home page.



**“First Choice is my first choice. First Choice has done great things for us and is there for us. I definitely encourage other moms to choose First Choice. It is an excellent plan.”**  
— Amber Carter, parent of a First Choice member

## Have you had a good experience with First Choice?

Spread the word. Tell your friends and family to:

- **Choose First Choice** if they are new to Healthy Connections (Medicaid).
- **Make the switch to First Choice** if they or their child are on another Medicaid plan.
- **Stay with First Choice** if they are on our plan and it's time for their annual eligibility review.

# Get help with your GED!

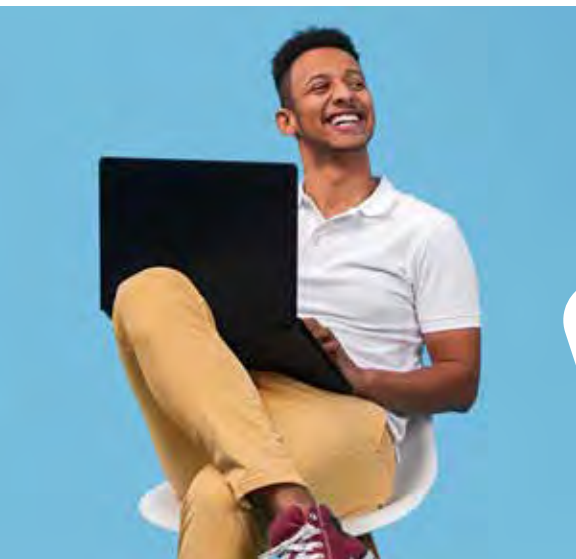
First Choice by Select Health of South Carolina offers a GED program to help our eligible members with their learning goals. There is no cost to members if they qualify.

Mission GED (general educational development) helps cover the cost of the GED exam (up to \$150 in testing fees) and one retake, if needed. **You are eligible to participate if:**

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

**To sign up**, fill out the online application available at [www.selecthealthofsc.com](http://www.selecthealthofsc.com), under the **Community** tab and follow the instructions on the form.

**To find out more or get help** with the application, call Member Services at **1-888-276-2020 (TTY 1-888-765-9586)** or send an email to [ged@selecthealthofsc.com](mailto:ged@selecthealthofsc.com).



## Keeping your First Choice and Healthy Connections 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 questions.**

When it is time to renew your eligibility for Medicaid coverage, you will get a packet from Healthy Connections, the South Carolina Medicaid program. This packet includes your Annual Review Form.

We want to keep YOU as a member! We want you to continue getting the extra benefits you enjoy from First Choice.

Once you have this form, do not wait. Fill the form out completely. Then, return it within 30 calendar days from the date on the form. If you have questions or need help with the form:

- Go to the South Carolina Department of Health and

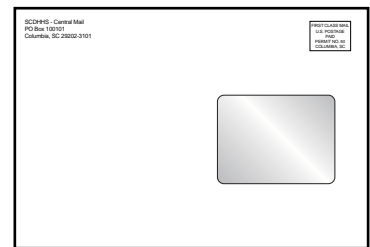
Human Services website at [www.scdhhs.gov](http://www.scdhhs.gov).

- 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 by email to [8888201204@fax.scdhhs.gov](mailto:8888201204@fax.scdhhs.gov).

Or mail it to:  
SCDHHS — Central Mail  
P.O. Box 100101  
Columbia, SC 29202-3101

Have questions? Or need a replacement Annual Review Form? We are here for you. Call us at **1-888-276-2020 (TTY 1-888-765-9586)**. Or you can download the form at [www.scdhhs.gov/sites/default/files/WKR002.pdf](http://www.scdhhs.gov/sites/default/files/WKR002.pdf).



## New address or phone number?

Make sure Healthy Connections and First Choice can reach you with important notifications about your benefits! Call Healthy Connections (Medicaid) at **1-888-549-0820** and First Choice at **1-888-276-2020 (TTY 1-888-765-9586)** to update your contact information.

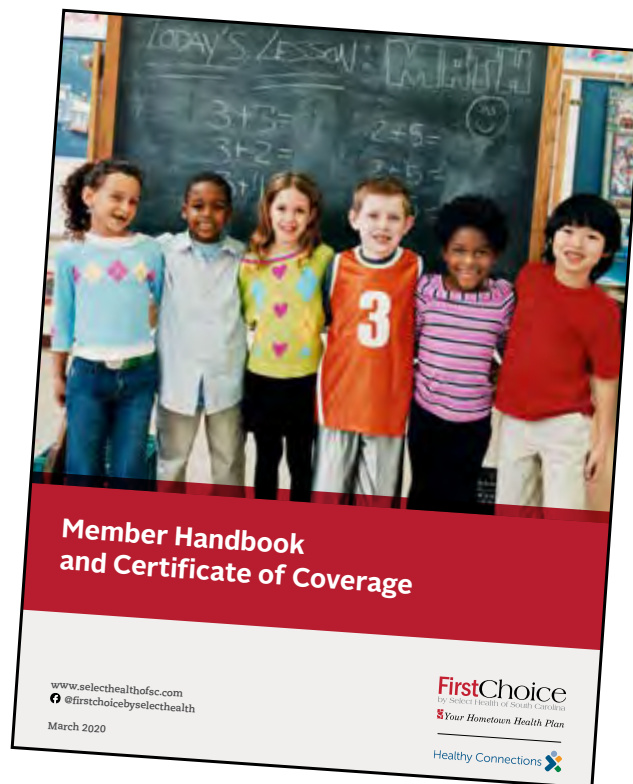
# Online resources for you

Our website has a new look. Go to [www.selecthealthofsc.com](http://www.selecthealthofsc.com) to find resources like the Member Handbook, Copayment Reference Guide, and online Provider Directory for your First Choice plan.

If you need printed copies of these items, call Member Services at **1-888-276-2020 (TTY 1-888-765-9586)**. Also check our website for notices of any temporary benefit changes related to public health emergencies, such as the COVID-19 pandemic, or extreme weather, such as hurricanes.

## We are here to help!

Do you have questions about a pending authorization or denial? We are here to help with utilization management concerns during and after normal business hours. We also have no-cost TTY and language services for members. Please call Member Services at **1-888-276-2020 (TTY 1-888-765-9586)**.



## What is health care fraud and abuse?

There are many types of fraud and abuse. These can include when doctors bill for services you did not get or bill the wrong way on purpose to get paid more. Or when people use member ID cards that are not theirs, or people who are not supposed to get coverage are on a health plan.

### To help, you can:

- Check your Explanation of Benefits (EOB) if you have gotten one, to help make sure all information is right.
- Protect your health plan card and private information at all times.
- Only share your Medicaid ID number or Social Security

number if you have confirmed who you are speaking with and they are acting in an official need related to your health care.

- Count your pills each time you pick up medicine to make sure you get the amount prescribed. If the amount is not correct, tell your pharmacist. If you get too few pills on more than 1 occasion, report it as directed below.

**Report it:** If you think someone is abusing the Medicaid system, you should report it. Your report can be anonymous if you choose. Call any of these numbers:

- Select Health Fraud Tip Hotline: **1-866-833-9718** (to report fraud, waste, or abuse).

- Select Health Compliance Hotline (secure and confidential 24 hours a day, 7 days a week): **1-800-575-0417**.
- South Carolina's Division of Program Integrity Fraud and Abuse Hotline: **1-888-364-3224**.

Email South Carolina's Division of Program Integrity: [fraudres@scdhhs.gov](mailto:fraudres@scdhhs.gov). Or mail a letter to:

- Special Investigations Unit  
200 Stevens Drive, Mail Stop  
13A Philadelphia, PA 19113
- SC Fraud Hotline  
Division of Program Integrity  
P.O. Box 100210  
Columbia, SC 29202-3210

## Help us better help YOU!

We need your help! First Choice sends out a Consumer Assessment of Healthcare Providers and Systems (CAHPS) survey each year to evaluate services important to you. The survey is mailed to a random sample of members. It is designed to tell us how you feel about your health care providers, our plan, and the care you receive. The results of the survey help us make improvements to programs and services used by our members.

The latest CAHPS survey went out in early 2021. If you get or have gotten a survey, please fill it out and mail it back in the prepaid envelope provided. For more information, visit [www.selecthealthofsc.com](http://www.selecthealthofsc.com) or call Member Services toll free at **1-888-276-2020**.



## How to sign up for a no-cost Care Management program

**We have care managers who outreach by phone to help you get and stay healthy.** Our Care Management programs are designed to help with pregnancy, long-term illnesses, injuries, and mental health conditions. We have health programs for asthma, pregnancy, heart problems, and diabetes. There are many ways you can join one of these programs, provided to you at no cost. You can ask your primary care provider (PCP) to enroll you, or you can refer yourself. Just call us at **1-888-276-2020** and select the options for **Rapid Response/Care Management**. You can also contact us by sending a secure email from the **Contact\*** page on our website, and someone will respond within 24 hours, Monday through Friday. Or log in to the Member portal and go to **Enroll in a Special Program**. We can:

- Give you or your authorized caregiver your health evaluation.
- Help you get covered medicines and covered medically needed equipment and supplies.
- Arrange for rides.
- Communicate some information by two-way texting,\*\* if you or your caregiver, who is authorized to receive your health information, opts in.
- Find specialists, and more.

Some people may have multiple health issues and would benefit from a Complex Care Management program. If you are a member who feels you would benefit from such a program, you can be referred by a health care provider, a discharge planner, a care manager who works in one of the programs listed here, or a caregiver. Or you can refer yourself. Just call us at **1-888-276-2020** and select the options for **Rapid Response/Care Management**.

Want to learn more about these conditions and get tips on how to get and stay healthy? Join 1 of these programs:



**For pregnant members.**



**For members with asthma.**



**For members with diabetes.**



**For members with heart disease.**

First Choice is proud to support South Carolina families receiving Foster Care services. Members who are in Foster Care, and their Foster Parents, are automatically enrolled in a Care Management program and must participate. All other members can choose not to participate and opt out of any Care Management program by calling Member Services or their care manager.

\*The secure email inbox is not monitored 24 hours per day and should not be used to report a medical emergency. In the event of a medical emergency, call 911.

\*\*Standard messaging and data fees may apply.



# How Well Do You Know YOUR FIRST CHOICE HEALTH PLAN?

Quick-reference information for getting health care, prescriptions, and member service.

## HEALTH CARE APPOINTMENTS



**PLAN WELL VISITS** with your primary care provider (PCP) **4 to 6 weeks** in advance.

### URGENT CARE

(sick visits) at your PCP should be available within **48 hours** of calling for an appointment.



**A SPECIALIST** should be able to be seen **within 12 weeks** of asking for an appointment.

Ask your PCP about

**WALK-IN VISITS** and **after-hours care.**



### REMEMBER!

- Arrive **early.**
- Bring **both** your Healthy Connections and First Choice<sup>SM</sup> ID cards.
- If you **cannot** make your appointment, call your provider to cancel.
- Bring a list of all **medicines** you are currently taking.



### Some health care services require **PRIOR AUTHORIZATION.**

Your provider will submit this request.

- Decision for a standard request can take up to **14 calendar days.**
- Decision for an urgent request can take up to **72 hours** after it is received.
- If the request is denied, you and your provider will get a denial letter with an explanation and appeal rights.



## PRESCRIPTIONS

There is generally **NO MONTHLY LIMIT** to how many prescriptions you can have (certain medicines have limitations).

Some medicines require a **prior authorization.** Your provider will submit this request.

Ask your provider to **check the list of preferred drugs** on our website to see if a prior authorization is needed.

For medicines that need a prior authorization, you may get **72-hour temporary supply** from your pharmacy while the request is pending.\* A decision for drug prior authorization can take up to **24 hours.**

\*A member is permitted one temporary supply per prescription number. Inhalers, diabetic test strip and supplies, and creams or lotions are exceptions to the supply limit because of how they are packaged. For those medicines, the member may receive the smallest package size available.



## MEMBER SERVICE

### LET US HELP! WE ARE HERE FOR YOU.

We can help you **SCHEDULE** a provider visit.

We can answer **BENEFIT QUESTIONS.**

**LET US KNOW** if you wait longer than **45 minutes** from your appointment time.

We can help you get your covered **MEDICINES FILLED.** Call Member Services for help before you leave the pharmacy.

We can help you **ARRANGE TRANSPORTATION** to get to and from provider visits or to pick up your covered medicine from a pharmacy.

**MEMBER SERVICES: 1-888-276-2020 (TTY 1-888-765-9586)**

**24-HOUR NURSE CALL LINE: 1-800-304-5436**

Please see your Member Handbook at **www.selecthealthofsc.com** for complete and detailed information.



# Pregnant? You need vitamins

If you are pregnant, eating healthy is 1 of the best things you can do for your baby. You also have a higher need for certain vitamins and minerals while pregnant, reports the United States Department of Agriculture. You can get many of them from food. Your health care provider may have you take a prenatal vitamin that contains folate, calcium, and more.

## Focus on folate

Folate is important for the growth of your baby. The Office on Women's Health says it is most important to get enough folate in the months before you get pregnant and in the early months of your pregnancy. When you get enough folate, you lower the chances that your baby will have certain birth defects of the brain and spinal cord.

The National Institutes of Health (NIH) says these foods are high in folate:

- Vegetables, such as brussels sprouts and spinach.
- Peas and beans.
- Whole grains, enriched breads, and fortified cereals.
- Fruits, such as bananas and oranges.

## Calcium counts

Calcium helps keep bones strong and healthy. When you are pregnant, your baby takes calcium from your body to develop and grow bones, explains the NIH. If you

do not get enough calcium, your bones could become weak. The NIH says these foods have calcium:

- Milk and milk products.
- Dark green leafy vegetables, like broccoli.
- Sardines.

Call your provider as soon as you think you are pregnant.

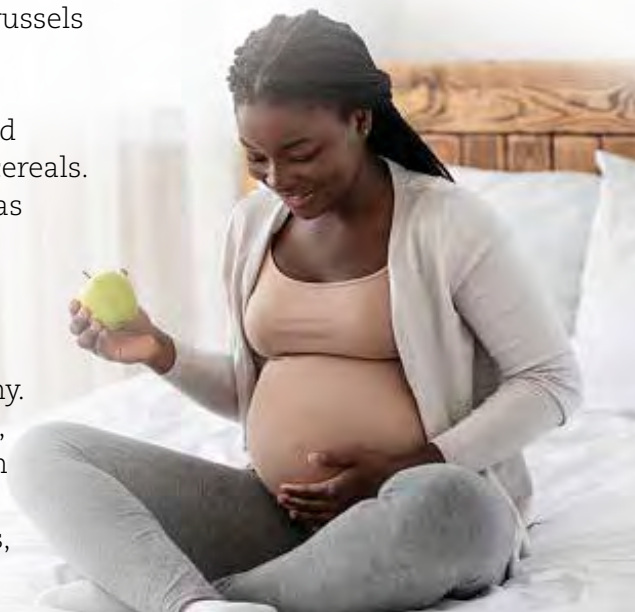


**BRIGHT**START

The Bright Start program helps support members during pregnancy. Learn more on page 5.

Keys to Your Care® is a texting and outreach program for members who are pregnant. Text FCMOM to 85886 to join! Standard messaging and data fees may apply.

Learn more about both programs at [www.selecthealthofsc.com](http://www.selecthealthofsc.com).



## Did you know ...

**Black women have a more than 3 times higher risk of serious pregnancy and childbirth problems than white women during pregnancy?\***

**What can you do?** Whether you are a first-time mom or have other children:

- Do not be afraid to ask questions and share your concerns with your health care providers.
- Make sure you talk about any complications with your prior pregnancies.
- If permitted, bring your partner, friend, or family member for support during checkups.

## Need help starting the

**conversation?** You could say, "I read that Black women have 3 times more health risks during pregnancy. That's very scary. How can we work together to lower my risk?" Tell your provider what you are worried about and be an advocate for you and your baby.

\* Emily Peterson et al., "Racial/Ethnic Disparities in Pregnancy-Related Deaths — United States, 2007–2016," *Morbidity and Mortality Weekly Report*, September 6, 2019, [www.cdc.gov/mmwr/volumes/68/wr/mm6835a3.htm?s\\_cid=mm6835a3\\_w](http://www.cdc.gov/mmwr/volumes/68/wr/mm6835a3.htm?s_cid=mm6835a3_w).

# Getting routine vaccines is as important as ever

**What should you do if it is time for you or your child** to get a vaccine (shot)? Do not skip it, warns the Centers for Disease Control and Prevention (CDC). Shots help prevent more than 12 diseases that can lead to serious illness, hospital stays, or even death, says the CDC. Whooping cough (pertussis) and the flu (influenza) are 2 examples.

Even in these times, it is important to keep up with your family's vaccine schedule. In fact, if you end up with both COVID-19 and another illness at the same time, the CDC says your care may be more complex.

## Protect babies, children, and teens

While anyone can catch whooping cough, babies younger than 1 year old are more likely to become very ill, reports the CDC. To prevent that, shots for this disease start at 2 months of age. The CDC says it is important that everyone 6 months and older have a flu shot and many infants should receive 2 flu shots before age 2.

Starting at age 9, the CDC also advises your child to start a series of HPV shots that help prevent infections that can cause cancer and precancers. Preteens should have shots for meningococcal and Tdap (tetanus, diphtheria, and pertussis) before age 13. To learn more about recommended vaccines, visit [www.cdc.gov/vaccines/parents/by-age](http://www.cdc.gov/vaccines/parents/by-age).

## Keep up with well visits

From birth to 15 months, children are scheduled for shots during frequent well visits, notes the American Academy of Pediatrics (AAP). Along with shots, the AAP says these checkups should include:

- Measurements to see how much your child has grown since the last visit.
- A physical exam to check your child's health from head to toe.
- Screenings for hearing and vision problems, lead exposure, and more.
- Assessments of emotional and social development.

As your child grows older, well-child visits are still very important. They involve you, your child, and your child's provider talking about age-specific issues that may come up. Feel free to ask questions and talk about concerns. This helps the provider tailor advice to your family's needs.

And remember, shots are not just for kids. Staying up-to-date on your shots can help keep diseases from spreading and may even save your life. To learn more, visit [www.cdc.gov/vaccines/adults](http://www.cdc.gov/vaccines/adults).

## Well-visit checklist

The American Academy of Pediatrics says to make sure your child has checkups at these ages:

- |                                       |                                      |
|---------------------------------------|--------------------------------------|
| <input type="checkbox"/> 3 to 5 days. | <input type="checkbox"/> 15 months.  |
| <input type="checkbox"/> 1 month.     | <input type="checkbox"/> 18 months.  |
| <input type="checkbox"/> 2 months.    | <input type="checkbox"/> 24 months.  |
| <input type="checkbox"/> 4 months.    | <input type="checkbox"/> 30 months.  |
| <input type="checkbox"/> 6 months.    | <input type="checkbox"/> 1 time each |
| <input type="checkbox"/> 9 months.    | year from                            |
| <input type="checkbox"/> 12 months.   | ages 3 to 21                         |
|                                       | years.                               |

To learn more about well-child visits, go to [www.healthychildren.org/English/family-life/health-management/Pages/Well-Child-Care-A-Check-Up-for-Success.aspx](http://www.healthychildren.org/English/family-life/health-management/Pages/Well-Child-Care-A-Check-Up-for-Success.aspx).



**Behind on vaccines?**  
Call your health care provider to ask how you can catch up.



# Is it a cough or childhood asthma?

**A cough here, a wheeze there.** Most children have respiratory illnesses every now and then. But for 1 in 12 kids, they may be a sign of childhood asthma, warns the Centers for Disease Control and Prevention. Asthma is an ongoing (chronic) condition. In children who have it, their airways swell and narrow from time to time, making it harder to breathe.

## How to tell the difference

Track your child's symptoms over time. This includes coughing, wheezing, and shortness of breath. When linked to asthma, they often follow a pattern. The American Academy of Allergy, Asthma & Immunology says they tend to flare up:

- At night, causing trouble sleeping.
- Early in the morning.
- During exercise.
- After exertion, laughing, or crying.
- In cold air.

The American Lung Association says kids with asthma often develop symptoms before age 5. But since they can't explain how they feel, it may be hard to diagnose. So information from parents is key.

## Testing

Tell your child's health care provider if you have concerns. Your provider can test your child. This may mean blowing in and out through a tube. Babies and toddlers can't always do this. Instead, the provider may start asthma treatment to see how your child responds, notes the American Academy of Pediatrics.

Asthma can't be cured. But with medicine and careful planning, it can be managed. Doing so can help your child breathe easier today and prevent problems in the future.

**According to the CDC, tobacco smoke—including secondhand smoke—is a common trigger for asthma. Your First Choice benefits include resources and support to help you reduce or quit smoking.**

 breatheeasy

The Breathe Easy program teaches members about asthma and how to control the disease. Learn more on page 5.

## Medicine updates

For up-to-date pharmacy information, visit [www.selecthealthofsc.com](http://www.selecthealthofsc.com).

**Reminder:** On February 1, 2021, Semglee long-acting insulin replaced Lantus and Basaglar long-acting insulins on the First Choice Pharmacy Drug List (PDL). If you were previously prescribed Lantus or Basaglar, you should have received a letter with instructions on the next steps to take. If you did not get the letter, please know that you need to have your provider write a new prescription for Semglee to replace the 1 for Lantus or Basaglar or request authorization to see if you may be able to remain on Lantus or Basaglar. Be sure to talk with your provider about any new dosing options that may apply to your insulin routine. For up-to-date changes regarding First Choice's PDL, visit [www.selecthealthofsc.com/apps/formulary-online/index.aspx](http://www.selecthealthofsc.com/apps/formulary-online/index.aspx).



**If your or your child is admitted to the hospital with asthma, it is important to have a follow-up visit with your provider within 30 days of going home (discharge).**

# 3 ways to encourage your child's curiosity

**Young kids tend to be curious.** And that is a good thing! In a recent study,\* more than 6,000 kindergarten students were tested on their reading and math skills. Their parents also answered questions about their kids' curiosity. The researchers found that children who were very curious performed better on the reading and math tests. Here are 3 ways you can support your kids:

**1 Follow your children's lead.** The study suggests giving your kids chances to explore and learn about their interests. For example, look at books on elephants or trains — anything they enjoy. Visit an art or science museum or take a virtual tour.

**2 Read together.** The American Academy of Pediatrics (AAP) suggests urging your children to ask questions. Offer answers, and ask questions about the pictures, themes, or emotions in the story. You could say, "How do you think that character feels?" or "How did the story make you feel?"

**3 Make arts and crafts.** Art is a great way for kids to express themselves and use their imaginations, notes the AAP. Keep basic supplies on hand like paper, crayons, markers, and paint.

\* Prachi Shah et al., "Early Childhood Curiosity and Kindergarten Reading and Math Academic Achievement," *Pediatric Research*, April 26, 2018, <https://doi.org/10.1038/s41390-018-0039-3>.

## Looking for more activities?

Visit the First Choice by Select Health YouTube channel for fun videos featuring Marcus Lattimore. You will find cooking demos and exercises to do together! [www.youtube.com/firstchoicebyselecthealth](http://www.youtube.com/firstchoicebyselecthealth)

## Footprint sailboat

### Supplies needed

Construction paper  
Washable paint (optional)  
Paintbrushes  
Paper towels  
Glue  
Scissors  
Crayons and markers

### Steps

- 1. Make the boat's body:** Have your child sit in a chair. Place a piece of construction paper on the floor near their feet. Paint the bottom of your child's clean foot. As they slowly stand, guide the foot onto the paper. Press it down gently, but firmly. If you do not have paint, trace the foot with crayon or pencil. Then color it in.
- 2. Make the sails:** Draw 2 right triangles (see the image) on a piece of paper. One should be a bit larger than the other. Cut out the triangles.
- 3. Put it together:** Starting at the center of the top edge of the dry footprint, draw a line that extends upward several inches. This line is the mast. Glue 1 triangle to each side of the mast.
- 4. Add scenery:** Draw or paint waves, sea creatures, the sun or clouds, and birds. Use your imagination!



# How berries boost your health

Berries are full of nutrients, including vitamin C, fiber, potassium, folate, and antioxidants, reports the Academy of Nutrition and Dietetics. Whether you pick strawberries, blueberries, raspberries, or blackberries, eating these superfoods can help your health. Regularly eating berries can help:

- Protect against certain types of cancer.<sup>1</sup>
- Lower blood pressure, LDL (“bad”) cholesterol, and heart disease risk.<sup>2</sup>
- Improve memory in older adults and protect against Alzheimer’s disease.<sup>3</sup>
- Reduce symptoms of Parkinson’s disease symptoms.<sup>3</sup>



Try to snack on berries, instead of sugary treats that may lead to weight gain. You can add fresh berries to your shopping cart all year long. On a budget? Canned and frozen berries, without added sugar, are healthy options that may cost less.

1. Aleksandra Kristo et al., “Protective Role of Dietary Berries in Cancer,” *Antioxidants*, December 5, 2016, [www.ncbi.nlm.nih.gov/pmc/articles/PMC5187535](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC5187535).
2. Haohai Huang et al., “Effects of Berries Consumption on Cardiovascular Risk Factors: A Meta-analysis with Trial Sequential Analysis of Randomized Controlled Trials,” *Scientific Reports*, March 23, 2016, [www.nature.com/articles/srep23625.pdf](http://www.nature.com/articles/srep23625.pdf).
3. Julien Bensalem et al., “Protective Effects of Berry Polyphenols Against Age-Related Cognitive Impairment,” *Nutrition and Aging*, February 15, 2016, <https://content.iospress.com/articles/nutrition-and-aging/nua0051>.



## Yogurt berry parfait

### Ingredients

- 2 cups plain or vanilla low-fat or fat-free yogurt
- 1 cup sliced banana
- ½ cup blueberries
- ½ cup strawberries (sliced)
- 1 cup granola

### Directions

Line up 4 parfait or other tall glasses. Spoon about ¼ cup of yogurt into each glass. Top with about ¼ cup of fruit. Sprinkle each with 2 tablespoons of granola. Repeat the process to add another layer.

### Nutrition facts

Makes 4 servings. Each serving uses low-fat vanilla yogurt and has about 304 calories, 9 g total fat (2 g saturated fat), 6 mg cholesterol, 89 mg sodium, 46 g total carbohydrate, 5 g dietary fiber, 30 g total sugars, 11 g added sugar, 11 g protein, 1 mcg vitamin D, 240 mg calcium, 2 mg iron, 613 mg potassium.

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.

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

Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.

Llame al **1-888-276-2020 (TTY 1-888-765-9586)**.

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](http://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](http://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](http://www.selecthealthofsc.com)

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## Enjoy fun, low-risk activities

The **COVID-19 pandemic is serious**. But having fun is still important during stressful times. The Centers for Disease Control and Prevention (CDC) warns that when stress is unchecked, it can sometimes lead to anxiety, sleep issues, poor eating habits, increased alcohol use, and more. But coping in a healthy way can make you stronger. Try these ideas:

- **Be creative.** Write in a journal. Pick up a guitar. Draw or paint a picture. (Try the craft on page 10.)
- **Work on sports skills.** Examples are batting, dribbling, and shooting free throws. Practice on your own or with someone from your home.
- **Take a walk.** Follow CDC guidelines for being in public. Wear a mask and stay at least 6 feet away from anyone outside your household. Learn more at [www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html](http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html).

**Safety tip!** If you listen to music or podcasts while walking or doing other activities, keep the volume low. You need to hear cars, people, and what is going on around you.

**Looking for other ways to stay active?** Check out the First Choice by Select Health YouTube channel for a series of exercises featuring Marcus Lattimore you can do at home or outside! Always consult with your health care provider before starting or changing an exercise program.



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



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