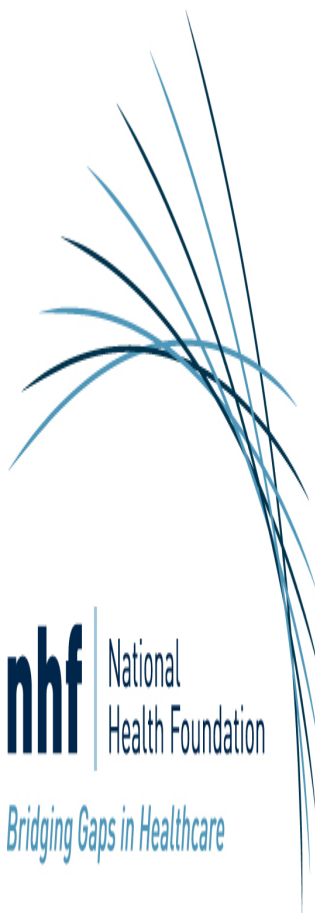


CHAMP-Net News

February 1, 2012 | Volume 6, Issue 2



CHAMP-Net is a program of the National Health Foundation (NHF).



nhf | National Health Foundation

Bridging Gaps in Healthcare

Click [here](#) to visit NHF's website.

Hello CHAMPers!

This month we would like to highlight women's heart health and what better month to do that than February, National Heart Month. According to the American Heart Association, heart disease is still the No. 1 killer of women, taking the life of 1 in 3 women each year. In fact, in the time it takes to read this, another woman will die from heart disease.

Women and Heart Disease: Quick Facts

Although heart disease is sometimes thought of as a "man's disease," it is the leading cause of death for both women and men in the United States, and women account for nearly 50% of heart disease deaths, according to the Centers for Disease Control and Prevention.

Heart disease is often perceived as an "older woman's disease," and it is the leading cause of death among women aged 65 years and older. However, heart disease is the third leading cause of death among women aged 25-44 years and the second leading cause of death among women aged 45-64 years. For more information and facts on women and heart disease, see the [Women and Heart Disease Fact Sheet](#).

Remember that many cases of heart disease can be prevented! Talk to the women in your life and those you assist to let them know that it is never too early, or too late, to take action to prevent and control the risk factors for heart disease. Building awareness of women's heart disease and empowering women to reduce and prevent their risk factors can go a long way to saving a women's life.

The American Heart Association [Go Red For Women](#) movement works to make sure women know they are at risk so they can take action to protect their health. Learn how you can [Celebrate National Wear Red Day on Friday, February 3rd 2012](#) and join in the nationwide movement. Also click [here](#), to

[Important Links/Information](#)
[February 2012](#)

[2011-2012 Federal Income Guidelines \(FIG\)](#)

[IMPORTANT INFORMATION ABOUT MEDI-CAL FOR SENIORS & PEOPLE WITH DISABILITIES](#)

[February 2012 CHAMP Training Schedule](#)

[Healthcare Program Options in Los Angeles County](#)



Have a question/comment regarding CHAMP-Net or CHAMP-Net News? Please share your suggestions by contacting the CHAMP team at askthetrainers@champ-net.org or 213.538.0774. We look forward to hearing from you!

[Quick Links](#)

[CHAMP-Net](#)

[Previous Newsletters](#)

[Ask The Trainers](#)

Spotlight on:

[NHF Program: Grand](#)

watch the short film 'Just a Little Heart Attack'.

For more information on the warning signs and diseases and conditions that put your heart at risk, visit the Centers for Disease Control and Prevention [website](#).

In this month's issue of CHAMP-Net News, we highlight many more important topics of interest to health advocates including:

- [News & Events](#)
 - Healthy Families Living Series: Your Family's Health
- [CHAMP-Net's Tip of the Month](#) - Using [myhealthfinder.gov](#)
- [Ask the Trainer Question](#)
- [CHAMP Training](#) - CHAMP & CAA Training
- [CHAMP-Net's County of the Month](#) - San Luis Obispo

Best,
Jeanette A. Peña, Program Coordinator

News and Events

[Healthy Family Living Series: Your Family's Health](#)

Join the City of Inglewood in weekly workshops that teach families how to live healthier lives. The theme of the workshop series is "Healthy Communities Promote Healthy Minds and Bodies." The workshops are held every other Thursday night starting at 5 p.m. and they each have a different topic to help families learn new ways to keep their children and families healthy physically, emotionally, and mentally.

This month's workshops and topics are:

Stress Reduction

Date: February 2, 2012
Time: 5:00 pm to 7:30 pm
Location: 400 West Beach Ave, Inglewood, CA 90302

Lets Get Cooking

Date: February 15, 2012
Time: 5:00 pm to 8:00 pm
Location: 400 West Beach Ave, Inglewood, CA 90302

Please call (310) 412-5204 in advance to hold seating for your family. There will be light refreshments provided as well as raffles at every meeting.

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[Opening of the National Youth Transitions Center](#)

Each month CHAMP-Net News highlights a current NHF project

NHF is excited to announce the grand opening of the National Youth Transitions Center (NYTC) in Washington, DC. Developed by The HSC Foundation, the NYTC will, for the first time, bring multiple organizations together in one space to provide much-needed transition services for youth and young veterans with disabilities. The NYTC will also stimulate discussions on and opportunities for research and public policy.

Over the past two years, NHF has been working closely with The HSC Foundation in Washington, DC to develop the collaborative of involved organizations. In addition, NHF has helped develop the infrastructure that will be in place to support the collaborative nature of the center. All organizations involved are committed to the philosophy of the building:

The National Youth Transitions Center is a community of individuals and organizations that share the goal of empowering youth and young veterans with disabilities to create a self-directed path to adulthood and independence, and to participate in and contribute to the community. Guided by their common mission and desires, community members commit to open dialogue, the provision of responsive services, continual growth, shared outcomes, and

CHAMP-Net's Tip of the Month: The myhealthfinder tool

How can the Affordable Care Act (ACA) work for you?

The Affordable Care Act was passed by Congress and signed by President Obama in March 2010. The ACA is designed to cover preventive services recommended by the U.S. Preventive Services Task Force, the Bright Future Guidelines, and the Advisory Committee on Immunization Practices.

Maintaining a healthy lifestyle, exercising, and eating right are some ways that we can stay healthy and prevent disease. The Affordable Care Act takes this a step further with the myhealthfinder tool. This tool provides personalized recommendations for preventive services based on age, sex, and pregnancy status. Myhealthfinder will recommend preventive screening tests and vaccinations as well as how often you should receive these types of services. It also provides a list of topics you should be talking about with your doctor and what questions to ask. All the recommendations provided through the myhealthfinder are covered by the ACA.

To use the tool today please visit the U.S. Department of Health & Human Services [website](#). To find more information about the myhealthfinder tool please click [here](#).

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Ask The Trainer Question of the Month

Dear Trainer,

I'm looking for healthcare coverage for my child and wanted to apply at our local clinic but I have concerns about giving my personal information?

Sincerely,

Jesse

Dear Jesse,

Thank you for your question.

When you go to your local clinic to apply for your child ask if they have a Certified Application Assistant (CAA) on staff. If they do not, please visit the Healthy Families [website](#) to find the nearest Enrollment Entity (EE) in your area. Certified

creating or enhancing partnerships that result in effect solutions benefitting youth and young veterans with disabilities. The National Youth Transitions Center community is united by shared values and a desire to be stronger together.

For more details, please contact Danielle Cameron, Director of National Development at dcameron@nhfca.org. You can also find additional information [here](#).

Application Assistants or CAAs are people from community agencies or clinics that have been trained and certified to help families fill out the joint Medi-Cal and Healthy Families application. All CAAs need to be connected with an Enrollment Entity in order to be practicing CAAs.

CAAs are legally responsible to keep all of your information confidential. The Health Insurance Portability and Accountability Act of 1996 (HIPAA) mandates that all applicant information is Protected Health Information (PHI). PHIs that are protected under HIPAA are any identifying numbers, characteristics or codes including:

- Name
- Address
- Dates (i.e. birthdays, enrollment dates)
- Telephone Numbers
- Social Security Numbers
- Account Numbers (i.e. Family Member Number (FMN), Client Index Number (CIN))

All CAAs must use appropriate phone or secure fax lines to discuss or transmit case information to the Healthy Families Program (HFP). Email is not a secure means of communication unless both parties' are encrypted.

Secure phone and fax numbers that can be used for the joint Medi-Cal and Healthy Families application are:

For Application Status:

Phone: 1-800-880-5305

Fax: 1-866-848-4977

For HFP Member Information:

Phone: 1-866-848-9166

Fax 1-866-848-4974

EE CAA Liaison (General Program Information):

Phone: 1-800-279-5012

Fax: 1-916-673-4500

Health-e-App Helpdesk:

Phone 1-866-861-3443

Fax 1-866-848-4976

Hope this helps,

The CHAMP Team

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CHAMP Training: CHAMP & CAA Training

Have questions about healthcare coverage for children? Need help in the application process for Medi-Cal or Healthy Families? Confused?

Become a Certified Application Assistant (CAA) through the CHAMP & CAA two day training. The two day training is an excellent way to learn all about the process in which programs screen for eligibility and become an expert in the Medi-Cal and Healthy Families joint mail in application. The CHAMP portion of the training will walk participants through the determination of family size and family income and provides an overview of Los Angeles County healthcare coverage programs for children. The CAA portion of the training covers the online Healthy Family training curriculum and guides participants through the training modules to equip them with all the information needed to pass the certification exam and become Certified Application Assistants. During the training participants will have the full support and resource of the CHAMP Trainers to ask questions and simplify what can be a confusing application. After successful completion of the exam, participants are recognized by the State as CAAs and can begin to help families enroll into healthcare coverage through the Medi-Cal and Healthy Families joint application.

If you would like to participate or host a CHAMP & CAA Training please contact Tricia Fitzgerald at (213) 538-0778 or email her at tfitzgerald@nhfca.org.

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CHAMP-Net's County of the Month: San Luis Obispo

The mission of San Luis Obispo County Public Health Department is to promote, preserve and protect the health of all San Luis Obispo County residents through disease surveillance, health education, direct services, and health policy development.

The following San Luis Obispo County programs are available to county residents:

Teen Pregnancy and Prevention Programs provide free resources for teen pregnancy prevention and support to teen parents. To qualify, a pregnant teen must be 18 or younger, or a teen father, 19 or younger. Services include: assistance with basic food, clothing, and shelter needs; legal assistance or protection; reproductive and health care services, etc. For more information, call San Luis Obispo County Public Health Department at (805) 781-5500 or (800) 660-3313.

Early Support Program and First Time Mothers Program aim to improve the health of newborns by helping parents learn positive parenting skills, practice healthy behaviors and assist families in setting future goals. Services include: countywide in home services provided by Public Health Nurses to eligible parents and/or family members; child health and

development screenings; nutritional guidance; health education; prenatal care; pregnancy planning; and many other services. For more information, call San Luis Obispo County Public Health Department at (805) 781-5500 or (800) 660-3313.

Child Health and Disability Prevention Program (CHDP) provides free health and dental check-ups to children 0 to 21 years old to help them stay healthy, find health problems early, and answer health questions. For more information, call (805) 781-5527; En Español (805) 781-5503 or 1-800-660-3313.

Health Care Program for Children in Foster Care (HCPCFC) is a public health nursing program located in SLO County child welfare service agencies and probation departments to provide public health nurse (PHN) expertise in meeting the medical, dental, mental and developmental needs of children and youth in foster care. For more information, call San Luis Obispo County Public Health Department - Child Welfare Services, CHDP Foster Care Program Nurse at (805) 781-1934.

County Medical Services Program (CMSP) determines eligibility, provides prior-authorization for medical services, and provides payment for medical care for eligible adults. County residents may be eligible for CMSP if they are between ages 21-64, are not eligible for Medi-Cal, are either a legal U.S. citizen or an alien "permanently residing in the United States under Color of Law", live in SLO County, have a medical need and have low assets and income less than 250% of the poverty level. For questions about eligibility or the application process, please call CMSP Eligibility at (805) 781-4838.

HIV Testing - HIV antibody testing along with HIV transmission information and risk reduction counseling is offered free of charge at Public Health Department clinics in Paso Robles, Morro Bay, San Luis Obispo, Grover Beach and at neighborhood sites throughout the county. For more information, call San Luis Obispo Office at (805) 781-5540 or (805) 781-4200.

The San Luis Obispo County Public Health Department provides information on support groups, preventative programs, and healthcare program that service all San Luis Obispo county residents. Please visit their [website](#) for more information.

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NHF is an independent, charitable, tax-exempt 501(c)(3) corporation dedicated to improving and enhancing the healthcare of the underserved by developing and supporting innovative programs that 1) can become independently viable, 2) provide systemic solutions to gaps in healthcare access and delivery and that 3) have the potential to be replicated nationally.

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