

MONTHLY UPDATE

REPORTING CORPORATE PROGRESS

My DC Health Homes

A 2016 Innovation from DHCF and DBH

Most of us think that the Affordable Care Act (ACA) only provides health care coverage to persons that were previously uninsured. The ACA is expansive in requiring participating states to not only provide coverage, but to create innovative strategies to integrate care for persons with physical, behavioral and social challenges. As always, the District of Columbia is leading the way. The Department of Health Care Finance (DHCF) and the Department of Behavioral Health (DBH) have launched a new benefit for Medicaid beneficiaries with mental health care needs, called My DC Health Home. My DC Health Homes will help coordinate a person’s full array of health and social service needs – including primary and hospital health services; mental health care, substance abuse care and long-term care services and support. The Health Homes are community-based mental health providers, known as Core Services Agencies. They have hired nurses, primary care doctors and others with social and health-related backgrounds, to create Care Teams.

Each person that decides to receive services through the My DC Health Home benefit will be linked with a Care Team who will work with the person’s doctors, family and anyone else the person selects to:

- Pay special attention to their health care needs;
- Make sure needed medical service are received; and
- Help get needed social services, such as housing and food.

Trusted is providing a vast array of resources, including staff, to My DC Health Home providers. We are also making a concerted effort to encourage our members to participate in this innovative approach to integrated health care. We are excited that the District has undertaken the development of My DC Health Homes to provide additional support services for our members that have behavioral health challenges.

If you have any questions about My DC Health Homes, or know anyone that might benefit from their services the DC Access HELPLINE is (888)793-4397. At Trusted, Felicia Sears, will assist you with any questions you may have.



In good health,

Tommy Duncan

4 MAJOR BENEFITS OF WALKING

Sometimes, the best exercise for you can be the simplest. Walking can be as effective an exercise as hitting the weights or exercise machines at your local gym. There are a few points to consider; know your limits. Make sure you have shoes that provide the necessary support for your feet. Visiting a podiatrist might not be a bad idea. Also, consistency is key! For optimal results, try to get at least 30 minutes of walking time, five days a week.



1) Managing Blood Pressure - Walking can be a great exercise for lowering your blood pressure and reducing hypertension. Most studies will show that walking and other aerobic activity can be so effective in managing one's blood pressure, it can limit, if not eliminate their need for medication.

2) Weight Loss - Combined with healthy eating habits, walking can be a great exercise for weight loss. Monitoring progress and gradually intensifying one's routine will be especially necessary if this is part your individual fitness goals.

3) Improving Cardiovascular Health - Keeping your body active means keeping your heart active. As you walk, jog, or run, the heart is working that much harder to pump more blood to the muscles in your body. Over time, your heart can be "trained", in a sense, to pump blood throughout the body more efficiently.

4) Stress Relief/Mental Health - Walking can be a quick and easy way to relieve stress from day to day. When we exercise, the production of norepinephrine in our bodies will increase, and thus help the brain to moderate how we respond to stress. In addition, walking can boost the release of endorphins, which can be of great benefit to those who suffer from depression or anxiety.

Spicy Turkey Chili Recipe

If you're trying to limit your intake of red meat, but you're not ready to go vegetarian or vegan, turkey is always a good substitution to make as part of a healthy diet, and for something like chili, a little bit can go a long way. Here's one recipe that might be worth trying out.

- 2 Tablespoons of vegetable oil
- 1 Pound of ground turkey
- 1 Onion (chopped)
- 4 Cloves of garlic (chopped)
- 2 Jalapeños, (chopped with seeds removed)
- 2 Large tomatoes (diced)
- 1 Tablespoon of Tumeric
- 1 Teaspoon of salt
- 1 Teaspoon of chili powder
- 1/2 Teaspoon of cayenne pepper
- 2 Tablespoons of brown sugar
- 1 Cup of low-sodium chicken broth
- 1 Can of kidney beans (rinsed and drained)



In a large saucepan, heat the vegetable oil for two to three minutes on medium. Keep heat on medium and cook turkey until brown. Mix in with onions, garlic, and jalapeños, and begin to add tumeric, salt, chili powder, cayenne pepper, and brown sugar.

Place meat in large soup pot with chicken broth, diced tomatoes, and kidney beans. Simmer on low/medium heat for 30 to 45 minutes, remembering to stir ingredients periodically.