



**SENDERO
HEALTH PLANS**



MEDICAL TREATMENT
FINANCIAL BENEFITS
DISEASE COVERAGE

HEALTH CARE
PROTECTION
EXAMINATIONS

Q1 2024 NEWSLETTER

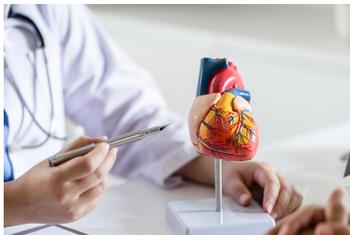
MONTHLY HEALTH AWARENESS



JANUARY

Cervical Health Awareness Month | Page 3

As per the Centers for Disease Control and Prevention (CDC), women's overall well-being is significantly influenced by cervical health. Essential components of this include regular screenings like Pap tests and HPV vaccinations, which are instrumental in the early detection and prevention of cervical cancer. We encourage women to stay well-informed about their cervical health and collaborate closely with healthcare professionals.



FEBRUARY

American Heart Month | Page 4

February is not only the month of love but also a special time to focus on the most vital organ—our heart. In this edition, we bring you insight and resources to empower you on your journey toward optimal cardiovascular health.



MARCH

National Kidney Month | Page 5

Your kidneys filter all the blood in your body every 30 minutes. They work hard to remove wastes, toxins, and excess fluid. They also help control blood pressure, stimulate production of red blood cells, keep your bones healthy, and regulate blood chemicals that are essential to life. Kidneys that function properly are critical for maintaining good health, however, more than one in seven American adults are estimated to have chronic kidney disease (CKD).

TABLE OF CONTENTS

2 CMO Prevention Corner

3 Cervical Health Awareness Month

4 American Heart Month

5 National Kidney Month

6 Behavioral Health

8 Additional Member Resources

9 Nurse Line

10 Important Numbers

CMO PREVENTION CORNER

Dr. Mary Carol Jennings Chief Medical Officer

January marks Cervical Cancer Awareness Month, and Sendero Health Plans is dedicated to raising awareness about the preventability and treatability of cervical cancer. Prevention involves two essential tools – vaccination against human papillomavirus (HPV) and regular screening.

Firstly, getting vaccinated against HPV is a crucial step in preventing cervical cancer. HPV vaccination is recommended for preteens aged 11 to 12 and can start as early as age 9. It is also recommended for everyone up to age 26 if not already vaccinated. The HPV vaccine is safe, effective, and available at no cost for Sendero beneficiaries. To obtain the vaccine, simply contact your pediatrician/doctor's office or find an in-network pharmacy on our website.

Secondly, screening through HPV and Pap tests is vital for preventing or detecting cervical cancer early. Pap tests should begin at age 21, and from ages 30 to 65, there are expanded options, including the HPV test. Cervical cancer screening is a covered benefit at no cost for female Sendero beneficiaries aged 21 to 65. For further information on cervical cancer prevention, visit the CDC's webpage [here](#) or [here](#).



If you have questions or need assistance with obtaining the HPV vaccine or scheduling a Pap or HPV test, please contact Sendero Member Services at **1-844-800-4693**

We are eager to collaborate with you in safeguarding your health and the well-being of your family.



Cervical Health



In this edition of the Sendero Newsletter, we prioritize women's health by shedding light on cervical health awareness. According to the Centers for Disease Control and Prevention (CDC), cervical health is a crucial aspect of overall well-being for women.

Regular screenings, such as Pap tests and HPV vaccinations, play a pivotal role in early detection and prevention of cervical cancer. The CDC recommends that women stay informed about their cervical health and work closely with healthcare professionals to ensure timely screenings and vaccinations.

For more detailed information, you can explore the CDC's official resources on cervical health:

1. [CDC - Cervical Cancer](#)
2. [CDC - Pap Tests](#)
3. [CDC - HPV Vaccination](#)

Preventing cervical cancer involves a combination of regular screenings, vaccinations, and awareness. The CDC provides valuable resources to empower individuals in their health journey.

Key Points on Cervical Cancer and Prevention:

1. Cervical Cancer Overview:
 - Cervical cancer is a major health concern for women.
 - It often develops slowly and may not show symptoms in the early stages.
2. Statistics According to CDC:
 - Approximately 14,000 new cases of cervical cancer are diagnosed annually in the U.S.
 - Regular screenings and vaccinations significantly reduce the risk.
3. Prevention through Pap Smears:
 - Pap smears are crucial for early detection of abnormal cervical cells.
 - Routine screenings can identify potential issues before they develop into cancer.
4. Importance of HPV Vaccine:
 - Human Papillomavirus (HPV) is a common cause of cervical cancer.
 - HPV vaccines, like Gardasil and Cervarix, protect against high-risk HPV strains.
5. Vaccine Details:
 - Gardasil protects against HPV types 16, 18, 6, and 11.
 - Cervarix protects against HPV types 16 and 18.
 - Vaccination is recommended for both males and females, ideally before the onset of sexual activity.
6. Promoting Awareness:
 - Regular check-ups and open communication with healthcare professionals are vital.
 - Stay informed about the importance of screenings and HPV vaccinations.

American Heart Month

Prioritize Your Heart Health!

Understanding Heart Health: Kick off American Heart Month by deepening your understanding of heart health. Explore the multifaceted nature of heart disease and its impact on overall well-being. The Centers for Disease Control and Prevention (CDC) offers comprehensive insights, guiding you through the nuances of cardiovascular health. [Learn More](#)

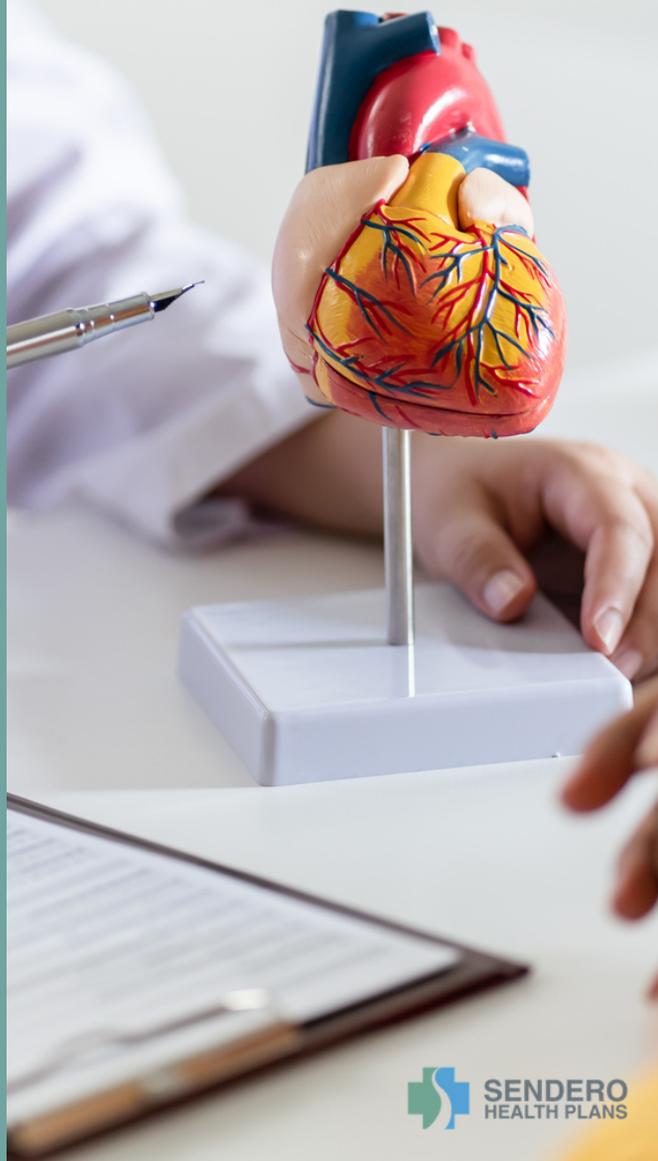
Know Your Numbers: Knowledge is power, especially when it comes to your heart. Discover the significance of knowing your heart health indicators, such as blood pressure and cholesterol. The CDC provides resources to assess and manage your risk for heart disease. Take proactive steps toward a healthier lifestyle by monitoring these crucial numbers. [Explore Resources](#)

Heart-Healthy Nutrition: Nourish your heart with informed choices. Dive into the CDC's wealth of nutrition resources, offering guidance on making dietary decisions that support cardiovascular well-being. Learn how small changes in your diet can make a significant impact on your heart health. [Nutrition Insights](#)

Active Living for a Healthy Heart: Exercise is not just about fitness; it's a key component of heart health. Embrace an active lifestyle with guidance from the CDC on the importance of regular physical activity. Discover how incorporating movement into your daily routine can contribute to a healthier heart. [Get Moving](#)

Stress Management for Heart Wellness: In the hustle and bustle of life, stress can take a toll on your heart. Explore the connection between stress and cardiovascular health, and find strategies for effective stress management. The CDC's insights empower you to strike a balance, fostering overall well-being for a heart-healthy life. [Stress Reduction Tips](#)

This American Heart Month, let's commit to prioritizing our cardiovascular health. Small lifestyle changes today can lead to a lifetime of heart wellness. Your heart deserves the best care—because it loves you every beat of the way. ❤️🏥



National Kidney Month

Understanding Chronic Kidney Disease (CKD):

Did you know that your kidneys, each the size of a computer mouse, diligently filter all the blood in your body every 30 minutes? They play a crucial role in removing wastes, toxins, and excess fluid while contributing to blood pressure control, red blood cell production, bone health, and regulation of essential blood chemicals. Unfortunately, more than one in seven American adults are estimated to have chronic kidney disease (CKD), where the kidneys are damaged and struggle to filter blood efficiently. [CDC - CKD Overview](#)

The Impact of CKD:

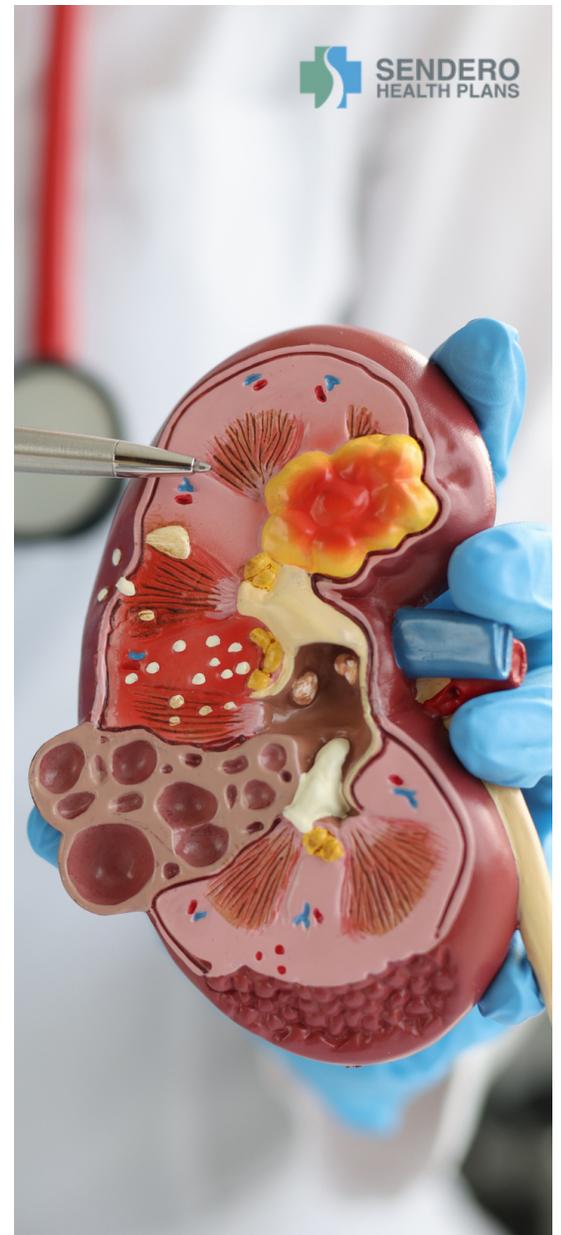
CKD poses a significant health risk, leading to the accumulation of excess fluid and waste in the body, potentially causing heart disease and stroke. Approximately 15% of US adults, equivalent to about 37 million people, are estimated to be affected by chronic kidney disease. This statistic underscores the prevalence and importance of raising awareness about CKD.

Health Consequences of CKD:

Beyond impaired blood filtration, CKD brings forth various health consequences, including anemia, increased susceptibility to infections, imbalances in calcium, potassium, and phosphorus levels, reduced appetite, and a higher risk of depression. The severity of CKD varies, but it typically worsens over time. Although treatments have demonstrated efficacy in slowing progression, untreated CKD can advance to kidney failure and early cardiovascular disease.

Preventing CKD Progression:

While not all patients with kidney disease progress to kidney failure, preventive measures are crucial. To lower the risk of kidney failure, individuals should control risk factors for CKD, undergo yearly testing, make lifestyle changes, adhere to prescribed medications, and maintain regular check-ups with their healthcare team. Taking proactive steps can significantly contribute to the prevention and management of chronic kidney disease.



CKD by the Numbers

- Kidney diseases are a leading cause of death in the United States.
- About 37 million US adults are estimated to have CKD, and most are undiagnosed.
- 40% of people with severely reduced kidney function (not on dialysis) are not aware of having CKD.
- Every 24 hours, 360 people begin dialysis treatment for kidney failure.
- In the United States, diabetes and high blood pressure are the leading causes of kidney failure, accounting for 3 out of 4 new cases.
- In 2019, treating Medicare beneficiaries with CKD cost \$87.2 billion, and treating people with ESRD cost an additional \$37.3 billion.

Behavioral Health Resources



512-472-HELP (4357)

IntegralCare.org

Adult Services

Integral Care helps adults living with mental illness and substance use disorder rebuild and maintain their mental and physical health. We provide the tools everyone needs to maintain well-being, reach their full potential and contribute to our community.



Counseling &
Case Management



Mental & Primary
Health Care



Housing &
Homeless
Services



Drug & Alcohol
Treatment



Job Training &
Employment
Support



HIV Services

Services are available regardless of ability to pay
and can be provided in many languages.

Call us to learn how we can help you.

512-472-HELP (4357)

Behavioral Health Resources



512-472-HELP (4357)
IntegralCare.org

Child & Family Services

Healthy families are the cornerstone of a strong community. Integral Care makes sure families have the skills and resources they need to thrive. We help families build their health and well-being so they can meet their everyday needs at all stages of life.



Counseling &
Case Management



Medical
Services &
Medications



Family Education
& Support



Therapy for
Infants and
Toddlers



Suicide
Prevention



Support for
Children on
Probation

Services are available regardless of ability to pay
and can be provided in many languages.

Call us to learn how we can help you.
512-472-HELP (4357)

Additional Sendero HealthPlan Member Resources



Questions? 512-421-5678

Activate Benefit

Log In

24/7 on-demand urgent care by subscription or benefit

NormanMD connects you to a doctor within minutes — anywhere in Texas. From babies to adults, pediatricians and adult medicine doctors evaluate and treat your illnesses and concerns, right from your smartphone, tablet or computer.

How It Works

Sign Up



Care for you and the ones you love most

\$0 copay

Make your health care costs more predictable

Quick answers

Talk to family medicine and pediatric doctors within minutes via messaging, audio or video chat and image sharing

Visit summaries

Summaries are viewable in your account and are sent to your primary care doctor



Prescriptions

Get prescriptions delivered right to your door in many cases

Care plan

Our doctors guide you through follow-up care, including OTC and Rx medications

No appointments

Get care from a doctor in minutes, no need to schedule

Special Programs To Help You With Your Health

Sendero Health Plans offers services to help you become educated about health care conditions, coordinate your care, and manage your medical conditions.

We offer case management services to help coordinate your care and to provide advice on managing your medical conditions. This program is especially useful if you have multiple medical conditions or if you have recently experienced a major challenge to your health.

If you would like to be considered for case management, for you or someone who helps you, you can call us at **1-855- 297-9191**.



Nurse Advice Line

Call toll free 1-855-880-7019

Do you have questions about your health?
Do you need advice from a caring and experienced nurse?

IdealCare offers a toll-free Nurse Advice Line that you can call at any time, 24 hours a day, 7 days a week with questions about your health. Call toll free 1-855-880-7019.



Important Phone Numbers

Member Services

1-844-800-4693

Monday through Friday,
8:00 A.M to 5:00 P.M.

Hearing Impaired (TTY)

7-1-1

Nurse Advice Line

1-855-880-7019

Behavioral Health Crisis Hotline

1-855-765-9696

Vision Line

1-800-334-3937

Utilization Management

1-855-895-0475

Liberty Dental Plan (Dental)

1-866-609-0426

Navitus (Pharmacy)

1-866-333-2757

Norman MD (24/7) On-Demand Urgent Care from local doctors

(512) 421-5678

Monday through Friday
8:00 A.M to 5:00 P.M.

If you call after hours or over the weekend and leave a voice message, you will receive a return call on the next business day.

In case of an emergency call 9-1-1 or go to the closest hospital emergency room to you.

