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AmeriHealth Caritas Ohio helps support safe and stable housing

According to the Coalition on Homelessness and Housing in Ohio, rent costs across the state have spiked since the pandemic. The average rent for a two-bedroom apartment increased 18% from 2021 to 2023. In January 2023, an estimated 11,386 Ohioans were unsheltered — an increase of almost 7% from 2022. The lack of affordable housing is the leading cause of unsheltered individuals and families.

At AmeriHealth Caritas Ohio, we understand how important it is for our members to have access to safe and affordable housing. Services to help coordinate housing needs are available to all members for up to 12 months. Our housing coordinator uses local resources to find safe, stable, and affordable housing.

For pregnant and postpartum members and their babies, AmeriHealth Caritas Ohio has a housing stability flex fund that can provide up to \$750 for emergency situations. Pregnant and postpartum members may use these funds for:

- Housing application fees
- One-time security deposit
- Housing start-up items, such as bedding, mattresses, or a portable air conditioner

To learn more, please call Member Services.

Some restrictions and limitations may apply.

For questions about your AmeriHealth Caritas Ohio healthcare coverage or to learn more about our programs, please call Member Services at **1-833-764-7700 (TTY 1-833-889-6446)**, 24 hours a day, seven days a week.

We're here for you.

Source:
"Homelessness in Ohio Since the Pandemic," Coalition on Homelessness and Housing in Ohio,
<https://cohhio.org/ohios-unhoused-population-grows-7-amid-rising-rents/>.



Bright Start® maternity program

You need the right care and support to help you have a healthy pregnancy and baby. That's what our Bright Start maternity program is all about.

Our team is here to help you with things like:

- Setting up prenatal care to protect you and your baby's health during pregnancy
- Getting ready for labor and delivery
- Getting postpartum care and knowing what to expect after delivery
- Caring for your new baby
- Connecting to helpful resources like the Women, Infants, and Children (WIC) supplemental nutrition program

To enroll in Bright Start, call **1-833-606-2727** (TTY **1-833-889-6446**), 8 a.m. to 5 p.m., Monday through Friday. Our care coordination staff can also answer questions, provide educational materials, and work with you during your pregnancy. To learn more, call Member Services.





More benefits to help support AmeriHealth Caritas Ohio families

Bright Start Beginnings Bundle

This is a new benefit for new parents! We provide useful items for your baby and support for postpartum needs.

The Bright Start Beginnings Bundle includes:

- Sleep sack and information to create a safe sleep space for your baby
- Pacifier
- Reusable nursing pads
- Baby carrier and healthcare kit
- Board book for baby and activity book for other kids in your home

School uniforms and school supplies

AmeriHealth Caritas Ohio helps with school readiness by offering a special benefit to help cover the costs of school uniforms and school supplies. Every AmeriHealth Caritas Ohio member attending school can get up to \$75 a year for school uniforms and supplies:

- Kindergarten through 12th grade — shirts, pants, skirts, socks, shoes, etc.
- Career and technical school — aprons, smocks, lab coats, and scrubs
- School supplies — backpacks, crayons, folders, highlighters, index cards, markers, notebooks, pencils, and pens

Call our AmeriHealth Caritas Ohio Rapid Response team at **1-833-464-7768 (TTY 1-833-889-6446)** to learn how to access these funds. Some restrictions and limitations may apply.

Learn about other benefits we offer:

It can be hard to focus on your health when you're worried about things like work, school, and taking care of your family's needs. We can connect you to resources in your area to help you take care of issues beyond your medical care.

Home health aide

training program: Good news! We will be offering this new training program starting in January 2025. You can become an Ohio-certified home health aide at no cost to you.

Are you a caregiver for a family member or friend?

Caregiving can be rewarding. It can also take a toll on the caregiver's own health. In fact, more than 60% of caregivers have signs of burnout. This includes emotional and physical exhaustion, feeling hopeless and helpless, not being able to focus, and getting sick often. You need to protect your health and well-being to be able to care for someone else. Here are some ways to help with caregiver burnout:

- Talk to your healthcare provider.
- Make time for yourself to rest or do things you enjoy (like walking, reading, listening to music, or cooking your favorite dish).
- Ask for help or take help when it is offered. Make a list of people who can step in to give you a break and include the days and times they are available.
- Set goals that you can manage and try to stick to a daily routine.
- Join a support group.

Look for local resources:

- Home health services
- Adult day care
- Ohio's Area Agencies on Aging (call **1-866-243-5678** to connect to the agency on aging serving your community)

Source:
"Caregiver Burnout," Cleveland Clinic,
<https://my.clevelandclinic.org/health/diseases/9225-caregiver-burnout>.



24/7 Nurse Call Line:

You can always speak with our registered nurses at no cost to you. They can give you advice when your healthcare provider is not available, and your conversation is private. Call **1-833-625-6446 (TTY 1-833-889-6446)**, 24 hours a day, seven days a week. If you have an emergency, please call **911**.

We want to hear from you

Join our Member and Family Advisory Council meeting, where your voice is heard! These meetings take place quarterly in each region of the state. We invite at least 10 members from each region. This is a great way for us to hear your ideas, advice, and suggestions on how we can be better. If you would like to join us for a meeting — in person or virtually — call Member Services at **1-833-764-7700 (TTY 1-833-889-6446)**, 24 hours a day, seven days a week. If you need a ride, call our transportation vendor at **1-833-664-6368**. To learn more, visit www.amerihealthcaritasoh.com/member/eng/rights/advisory-council.aspx.

If you join the Member and Family Advisory Council, you will get \$25 added to your CARE Card! Meals are provided at each meeting.





Earn CARE Card rewards by doing things to help you stay healthy!

For example, you can get a \$50 reward by filling out a brief health survey. The survey can be found at **www.amerihealthcaritasoh.com/hra**. You can use your rewards to shop at stores like:

CVS

Giant Eagle

Rite Aid

Dollar General

Kroger

Walgreens

Family Dollar

Meijer

Walmart

Respiratory viruses: How to protect yourself and your family

It's respiratory virus season. Things like the flu, whooping cough, and respiratory syncytial virus (RSV) can start out with cold-like symptoms. But they can become more serious, especially for babies, older adults, and people with weakened immune systems.

Respiratory viruses can spread through coughing, sneezing, or by touching things where there may be germs, like doorknobs. During the fall and winter, there is an increase in visits to providers' offices and hospitals as babies, children, and adults seek treatment for these viruses.

(continued on next page)



Here's what you need to know about respiratory viruses:

Influenza (flu)

A yearly flu shot is the best way to prevent the flu or reduce the effects of the flu. The shot for 2024 – 2025 is recommended for those over 6 months of age and can protect against three flu viruses.

September and October is the best time to get your flu shot. It takes your body about two weeks to build antibodies to protect itself against the flu. A flu shot won't give you the flu but you may feel some minor side effects like a fever, pain at the injection site, headache, fatigue, nausea, and muscle aches. These should go away within a few days.

Whooping cough (pertussis)

The name whooping cough (pertussis) comes from the sound made when someone gasps for air after coughing. Small babies may have episodes of apnea, or pauses in breathing. If this happens, seek medical care right away. Babies and children who have not had all their whooping cough shots are at a much higher risk for problems.

People who are pregnant should get a shot between the 27th and 36th weeks of pregnancy. This helps to protect your new baby from getting whooping cough from you. It is also a good idea for anyone who will be caring for the newborn to get a shot about four weeks before the baby is due.

Respiratory syncytial virus (RSV)

RSV can lead to infections like pneumonia. Sometimes, young babies cannot eat or drink enough to stay healthy if they have RSV because they struggle to breathe. Healthy babies and adults typically do not need to go to the hospital. If you are pregnant, you can receive a shot between 32 and 36 weeks of pregnancy. This shot passes the protection to your unborn baby. An RSV antibody can also be given to infants during RSV season (September to March). Older adults and young babies are at higher risk for problems and may have to go to the hospital. When in doubt, talk with your healthcare provider. RSV shots may also be advised for those age 60 and older. One shot will protect adults age 60 and older for two winter seasons — check with your healthcare provider.

Sources:

"Influenza (Flu)," Centers for Disease Control and Prevention, <https://www.cdc.gov/flu/index.htm>.

"Whooping Cough Vaccination," Centers for Disease Control and Prevention, <https://www.cdc.gov/pertussis/vaccines/index.html>.

"Immunizations to Protect Infants," Centers for Disease Control and Prevention, <https://www.cdc.gov/rsv/immunizations-protect-infants/index.html>.

Tips to help stop the spread of germs:

- Wash your hands often.
- Stay home when sick.
- Wear a mask around others when you or they are sick.



Is your child up to date on whooping cough shots?

Shots are suggested for children at these ages:

- Months 2, 4, 6, and 15 to 18
- Ages 4 to 6
- Ages 11 to 12 for the booster shot

Notice of Non-Discrimination

AmeriHealth Caritas Ohio complies with applicable federal civil rights laws and does not discriminate based on race, color, religion, gender, gender identity, sexual orientation, age, disability, national origin, military status, veteran status, ancestry, genetic information, health status, or need for health services in the receipt of health services. AmeriHealth Caritas Ohio does not exclude people or treat them differently because of race, color, religion, gender, gender identity, sexual orientation, age, disability, national origin, military status, veteran status, ancestry, genetic information, health status, or need for health services in the receipt of health services.

AmeriHealth Caritas Ohio provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

AmeriHealth Caritas Ohio provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, contact Member Services at **1-833-764-7700 (TTY 1-833-889-6446)**.

If you believe that AmeriHealth Caritas Ohio has failed to provide these services or discriminated in another way based on race, color, religion, gender, gender identity, sexual orientation, age, disability, national origin, military status, veteran status, ancestry, genetic information, health status, or need for health services in the receipt of health services, you can file a grievance with:

- AmeriHealth Caritas Ohio Grievances
P.O. Box 7133
London, KY 40742
- You can also file a grievance by phone at **1-833-764-7700 (TTY 1-833-889-6446)**.

If you need help filing a grievance, AmeriHealth Caritas Ohio Member Services is available to help you. You can contact Member Services 24 hours a day, seven days a week, at **1-833-764-7700 (TTY 1-833-889-6446)**.

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

Complaint forms are available at www.hhs.gov/ocr/office/file/index.html.

AmeriHealth Caritas Ohio is committed to maintaining the privacy and security of the personal information of its plan members. Read more on our privacy practices at www.amerhealthcaritasoh.com/privacy-notice.aspx

English:

ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **1-833-764-7700 (TTY 1-833-889-6446)**.

If you have any problem reading or understanding this or any other AmeriHealth Caritas Ohio information, please contact Member Services at **1-833-764-7700 (TTY 1-833-889-6446)** for help at no cost to you. We can explain this information in English or in your primary language. The information in other languages is at no cost to you. You can also get this information for free in other formats, such as large print, braille, or audio.

Spanish:

ATENCIÓN: Si habla español, tiene a su disposición servicios de asistencia lingüística sin cargo. Llame al **1-833-764-7700 (TTY 1-833-889-6446)**.

Si tiene algún problema para leer o comprender esta o cualquier otra información de AmeriHealth Caritas Ohio, comuníquese con Servicios al Miembro al **1-833-764-7700 (TTY 1-833-889-6446)** para recibir ayuda sin costo alguno para usted. Podemos explicarle esta información en inglés o en su idioma principal. La información en otros idiomas no tiene costo para usted. Además, puede obtener esta información sin cargo en otros formatos, como impresión en letra grande, braille o audio.

Ukrainian:

УВАГА: Якщо ви говорите українською мовою, ви маєте право на безкоштовні мовні послуги. Телефонуйте за номером **1-833-764-7700 (TTY 1-833-889-6446)**.

Якщо вам важко прочитати або зрозуміти цю або іншу інформацію, надану AmeriHealth Caritas Ohio, будь ласка зв'яжіться зі службою підтримки та обслуговування клієнтів за номером **1-833-764-7700 (TTY 1-833-889-6446)**, щоб отримати безкоштовну допомогу. Ми можемо пояснити цю інформацію англійською або вашою рідною мовою. Інформація іншими мовами надається вам безкоштовно. Ви також можете отримати цю інформацію безкоштовно в інших форматах, наприклад, великим шрифтом, шрифтом Брайля, або у вигляді аудіо.

Haitian French Creole:

ATANSYON: Si w pale kreyòl ayisyen, genyen sèvis pou ede w nan lang pa w ki disponib gratis pou ou. Rele nan **1-833-764-7700 (TTY 1-833-889-6446)**.

Si w gen lòt difikilte pou li oswa pou konprann enfòmasyon sa yo oswa nenpòt lòt enfòmasyon ki soti nan AmeriHealth Caritas Ohio, tanpri rele ekip sèvis pou manm yo nan **1-833-764-7700 (TTY 1-833-889-6446)** pou jwenn èd san sa pa koute w anyen. Nou ka esplike enfòmasyon sa yo ann anglè oswa nan lang manman w. Ou ka jwenn enfòmasyon sa yo nan lòt lang san sa pa koute w anyen. Epitou, ou ka jwenn enfòmasyon sa yo gratis nan lòt fòm, tankou gwo karaktè, karaktè bray oswa fòm odyo.

Nepali/Nepalese (Nepal):

ध्यान दिनुहोस्: यदि तपाईं नेपाली भाषा बोल्नुहुन्छ भने तपाईंका निम्ति भाषासम्बन्धी सहयोग सेवाहरू निःशुल्क रूपमा उपलब्ध हुन्छन् ।

1-833-764-7700 (TTY 1-833-889-6446) मा फोन गर्नुहोस् ।

यदि तपाईंलाई यो वा AmeriHealth Caritas Ohio को अन्य कुनै पनि जानकारी पढ्न वा बुझ्न कुनै पनि समस्या हुन्छ भने कृपया तपाईंलाई कुनै पनि शुल्क नलाग्ने गरी मद्दतका लागि सदस्य सेवालाई **1-833-764-7700 (TTY 1-833-889-6446)** मा सम्पर्क गर्नुहोस् । हामीले यस जानकारीलाई अंग्रेजी वा तपाईंको प्राथमिक भाषामा वर्णन गर्न सक्छौं । जानकारी अन्य भाषाहरूमा निःशुल्क उपलब्ध हुन्छ । तपाईंले यो जानकारी अन्य स्वरूपहरूमा निःशुल्क पनि प्राप्त गर्न सक्नुहुन्छ, जस्तै कि ठूलो छाप, ब्रेल वा अडियो ।

Arabic:

تنبيه: إذا كنت تتحدث العربية، تتوفر خدمات المساعدة اللغوية لك مجاناً. اتصل بالرقم **1-833-764-7700 (TTY 1-833-889-6446)**.

إذا كانت لديك أي مشكلة في قراءة أو فهم هذه المعلومات أو أي معلومات أخرى عن AmeriHealth Caritas Ohio فيرجى الاتصال بخدمات الأعضاء على الرقم **1-833-764-7700 (TTY 1-833-889-6446)** للحصول على المساعدة بدون أي تكلفة عليك. يمكننا شرح هذه المعلومات باللغة الإنجليزية أو بلغتك الرئيسية. المعلومات باللغات الأخرى بدون أي تكلفة عليك. كما يمكنك الحصول على هذه المعلومات مجاناً بصيغ أخرى مثل مطبوعة كبيرة، أو بطريقة برايل أو بصيغة صوتية.



Russian:

ВНИМАНИЕ: если вы говорите по-русски, в вашем распоряжении бесплатные услуги переводчика. Позвоните по тел. **1-833-764-7700 (TTY 1-833-889-6446)**.

Если у вас возникли проблемы с чтением или пониманием этой или любой иной информации об AmeriHealth Caritas Ohio, вы можете бесплатно обратиться за помощью в отдел обслуживания участников по тел. **1-833-764-7700 (TTY 1-833-889-6446)**. Мы объясним вам эту информацию либо по-английски, либо на вашем родном языке. Информация на других языках предоставляется вам бесплатно. Также данную информацию можно бесплатно получить в других форматах, например, крупным шрифтом, шрифтом Брайля или в аудиоформате.

Somali:

FIRO GAAR AH: Haddii aad ku hadasho af-Soomaali, adeegyada caawimaada luqadda oo bilaash ah, ayaa diyaar kuu ah. Wac **1-833-764-7700 (TTY 1-833-889-6446)**.

Haddii aad wax dhibaato ah ku qabto akhrinta ama fahmitaanka tan ama macluumaadka kale ee AmeriHealth Caritas Ohio, fadlan kala xiriir Adeegyada Xubinta **1-833-764-7700 (TTY 1-833-889-6446)** si aad u hesho caawimaad aan wax kharash ah kugu fadhiyin. Waxaan ku sharxi karnaa macluumaadkan Af-Ingiriis ama afkaaga hooyo. Macluumaadka luqadaha kale ku qoran wax kharash ah kuguma fadhiyaan. Waxad sidoo kale macluumaadkan ku heli kartaa qaabab kale oo bilaash ah, sida far waaweyn, farta indhoolaha, ama maqal.

French:

ATTENTION : Si vous parlez français, des services d'aide linguistique sont mis à votre disposition gratuitement. Appelez-nous au **1-833-764-7700 (TTY 1-833-889-6446)**.

Si vous avez du mal à lire ou que vous ne compreniez pas ce message ou d'autres informations fournies par AmeriHealth Caritas Ohio, veuillez contacter l'équipe de service aux adhérents au **1-833-764-7700 (TTY 1-833-889-6446)** pour recevoir une aide gratuitement. Nous vous expliquerons ces informations en anglais ou dans votre langue maternelle. Vous pouvez recevoir ces informations gratuitement dans d'autres langues. Vous pouvez également obtenir ces informations gratuitement dans d'autres formats, notamment en gros caractères, en braille ou sur format audio.

Kinyarwanda (Burundi):

MENYA NEZA: Nimba uvuga Ikirundi (Burundi), ama seruvise afasha mu vy'indimi, atangwa ku buntu, arahari ku banyu. Hamagara kuri **1-833-764-7700 (TTY 1-833-889-6446)**.

Nimba hariho ingorane iyo ariyo yose ituma utoroherwa gusoma canke gutahura ibi canke amakuru ayo ariyo yose ya AmeriHealth Caritas Ohio, usabwe kwitura Member Services (Igisata Citaho Abanywanyi) uciye kuri numero **1-833-764-7700 (TTY 1-833-889-6446)** kugira uronke ubufasha ku buntu. Turashobora kugusigurira aya makuru mu Congereza canke mu rurimi rwawe kavukire. Ayo makuru atanzwe mu zindi ndimi nta mahera uyatangira. Urashobora kandi kuronka aya makuru ku buntu mu bundi buryo, nko mu nyandiko nini, mu nyandiko zikoreshwa n'impumyi, canke mu buryo bw'amajwi.

Swahili:

TAHADHARI: Ikiwa unazungumza Kiswahili, utapokea huduma za usaidizi wa lugha, bila malipo. Piga simu kupitia **1-833-764-7700 (TTY 1-833-889-6446)**.

Ikiwa una tatizo lolote la kusoma au kuelewa taarifa hii au nyingine yoyote ya AmeriHealth Caritas Ohio, tafadhali wasiliana na Huduma za Wanachama kupitia **1-833-764-7700 (TTY 1-833-889-6446)** ili upate msaada bila gharama yoyote. Tunaweza kukueleza habari hii kwa Kiingereza au katika lugha yako ya msingi. Taarifa katika lugha zingine haitakuwa na gharama kwako. Pia unaweza kupata taarifa hii bila malipo katika miundo mingine kama vile, maandishi makubwa, breli, au sauti.

Uzbek (Uzbekistan):

DIQQAT: Agar siz o'zbek tilini bilsangiz, til bo'yicha yordam xizmati siz uchun bepul. **1-833-764-7700 (TTY 1-833-889-6446)** raqamiga qo'ng'iroq qiling.

Agar sizda ushbu ma'lumotni yoki boshqa AmeriHealth Caritas Ohio ma'lumotlarini o'qish yoki tushinishda muammo bo'lsa, iltimos, bepul yordam olish uchun **1-833-764-7700 (TTY 1-833-889-6446)** raqami orqali Xizmat ko'rsatish bo'limi bilan bog'laning. Biz bu ma'lumotni ingliz tilida yoki ona tilingizda tushuntirishimiz mumkin. Mazkur ma'lumotlar boshqa tillarda ham siz uchun bepul taqdim etiladi. Shuningdek, siz ushbu ma'lumotni katta hajmda, brayl alifbosida yoki audio kabi boshqa formatlarda bepul olishingiz mumkin.

Pashtu (Afghanistan):

توجه: که تاسې په پښتو ژبه غږېږئ، د ژبې د مرستې وړیا خدمتونه ستاسې لپاره موجود دي. دې **1-833-764-7700 (TTY 1-833-889-6446)** شمېرې ته زنگ ووهئ.

که تاسې د دې معلوماتو یا هم د AmeriHealth Caritas Ohio د نورو معلوماتو لوستلو یا پوهېدلو کې مشکل لرئ، مهرباني وکړئ په وړیا ډول د مرستې لپاره د غږو خدمتونو سره په **1-833-764-7700 (TTY 1-833-889-6446)** شمېره اړیکه ونیسئ. موږ کولی شو په انګلسي ژبه کې یې ستاسې لومړنۍ ژبه کې دا معلومات تاسې ته تشریح کړو. په نورو ژبو کې معلومات تاسې ته د کوم لګښت پرته درکول کېږي. همدارنګه تاسې کولی شئ په وړیا ډول دا معلومات په نورو بڼو او فارمېټونو کې هم ترلاسه کړئ، لکه غټ چاپ، برېل، یا غږیز.

Turkish:

DİKKAT: Türkçe konuşuyorsanız, sizin için ücretsiz dil yardım hizmetleri mevcuttur. **1-833-764-7700 (TTY 1-833-889-6446)** numaralı telefonu arayın.

Bu notu veya başka herhangi bir AmeriHealth Caritas Ohio bilgi notunu okumada veya anlamada sorun yaşıyorsanız lütfen ücretsiz yardım için **1-833-764-7700 (TTY 1-833-889-6446)** no lu telefondan Üyelik Hizmetleri ile iletişime geçin. Bu bilgileri size İngilizce veya ana dilinizde açıklayabiliriz. Diğer dillerde size verilecek bilgiler için ücret talep edilmez. Bu bilgileri, büyük baskı, Braille alfabesi veya audio gibi diğer formatlarda da ücretsiz olarak alabilirsiniz.

Dari (Afghanistan):

توجه: اگر به لسان افغانی گپ میزنید، خدمات مساعدت لسانی به صورت رایگان به شما ارائه میشود. با نمبر **1-833-764-7700 (TTY 1-833-889-6446)** به تماس شوید.

اگر در خواندن یا درک این مطلب یا کدام معلومات سائری از AmeriHealth Caritas Ohio مشکل دارید، لطفاً برای دریافت کمک رایگان با خدمات اعضا به نمبر **1-833-764-7700 (TTY 1-833-889-6446)** به تماس شوید. ما میتوانیم این معلومات را به لسان انگلیسی یا به لسان اصلی شما توضیح دهیم. معلومات به لسان های سائر به صورت رایگان به شما ارائه میشود. همچنان میتوانید این معلومات را به صورت رایگان در فارمت های سائر مانند چاپ بزرگ، خط بریلی یا صوتی دریافت کنید.

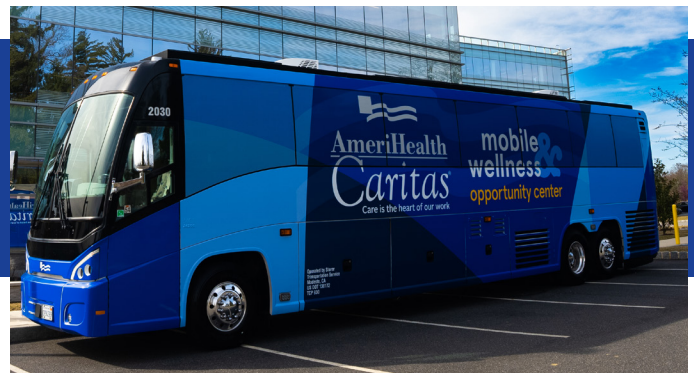
Vietnamese:

CHÚ Ý: Nếu quý vị nói Tiếng Việt, chúng tôi có sẵn dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho quý vị. Hãy gọi **1-833-764-7700 (TTY 1-833-889-6446)**.

Nếu quý vị gặp khó khăn trong quá trình đọc hoặc hiểu thông tin này hoặc bất kỳ thông tin nào khác của AmeriHealth Caritas Ohio, vui lòng liên hệ Ban Dịch Vụ Khách Hàng theo số **1-833-764-7700 (TTY 1-833-889-6446)** để được hỗ trợ miễn phí. Chúng tôi có thể giải thích thông tin này bằng Tiếng Anh hoặc bằng ngôn ngữ mẹ đẻ của quý vị. Thông tin ở ngôn ngữ khác được cung cấp miễn phí cho quý vị. Quý vị cũng có thể nhận thông tin này miễn phí ở các định dạng khác, chẳng hạn như định dạng chữ in khổ lớn, chữ nổi hoặc âm thanh.

mobile wellness opportunity center

Taking wellness on the road



AmeriHealth Caritas Ohio's state-of-the-art Mobile Wellness and Opportunity Center brings care right to your neighborhood! It's part of our whole-person approach to health and well-being and one more way for us to meet our members where they're at. Members of all ages can enjoy a wide variety of events and activities that may include:*

- Wellness programs
- Health education and screenings
- Fitness and nutrition classes
- Job readiness and other types of training
- Safe sleep education and community baby showers
- And more!

Check out where our Mobile Wellness and Opportunity Center will be next and what will be happening by visiting www.amerihealthcaritasoh.com/community/mobile-wellness-center.aspx.

*Activities and events offered depend on scheduling and availability.