

Staying Healthy With Sickle Cell Disease


AmeriHealth Caritas
Ohio



In this booklet, you will learn how to take care of yourself when you have sickle cell disease (SCD). Always remember to:

- Drink plenty of water.
- Eat healthy foods and snacks.
- Get plenty of rest.
- Tell someone when you have pain or think you have a fever.



What is SCD?

You may have SCD, but not fully understand what it means. To better understand SCD, you first have to know how red blood cells work. Healthy red blood cells are round and flexible. This helps them travel through tight spaces to carry oxygen to different parts of the body.

With SCD, red blood cells become “sickle” shaped — like a crescent moon. This can cause the sickle-shaped cells to die early, which can cause anemia. Anemia is when your blood doesn’t have enough red blood cells. This can make you feel tired and cranky.

Sickle cells can also clump together in the blood vessels. This may cause extreme pain called a sickle cell crisis.

Treating SCD by drinking plenty of water

Staying hydrated is an important part of being healthy. Being hydrated means your body has enough water to function properly. Drinking plenty of water can also help you manage SCD.

When you are thirsty, water is the best option. Be sure to avoid drinks like soda, energy drinks, or tea. These have caffeine, which can make blood vessels tighten. This could cause pain and a sickle cell crisis.

Most people should drink at least eight glasses of water per day. This may be different depending on your age and weight. Talk to your doctor about how much water you should drink each day.



Treating SCD by eating healthy foods

Eating healthy foods is an important part of staying healthy and managing SCD. Each day, your food should be broken up into five groups: fruits, vegetables, grains, protein, and dairy. Half of your plate should contain a colorful mix of fruits and vegetables. The other half should be mostly whole grains, followed by a lean protein, and then a small portion of dairy. Visit www.myplate.gov to learn more about each food group.

When snacking, choose healthy options like:

- A piece of fruit, like an orange or banana
- Apple slices and peanut butter
- A cup of grapes or berries
- A cheese stick

Eat fewer unhealthy foods like:

- Potato chips
- French fries
- Cookies
- Cakes
- Candy





There are many healthy food options for you to choose. Ask your parent or guardian to pick up a fruit or vegetable you haven't tried before. You may just find a new favorite food that is good for you.

Treating SCD by staying rested

SCD can make people feel tired and cranky. Be sure to get plenty of sleep at night and take breaks during the day if you have to.

Talk to your teacher and school nurse about having SCD. Let them know how you feel and if you think you need to take a break.

At night, get plenty of sleep, so you can have energy throughout the day. Use this chart from the National Sleep Foundation to know how much sleep you should get each night.

Age	Amount of sleep
3 – 5 years old	10 – 13 hours
6 – 13 years old	9 – 11 hours
14 – 17 years old	8 – 10 hours

Treating SCD by telling others how you feel

If you are in pain or think you may be sick, tell a trusted adult. For example, when you are at home, tell your parent or guardian. At school, tell a teacher or school nurse.

When you have pain

If you are in pain, it is important to explain your pain and give it a rating. When telling someone about your pain, remember to explain:

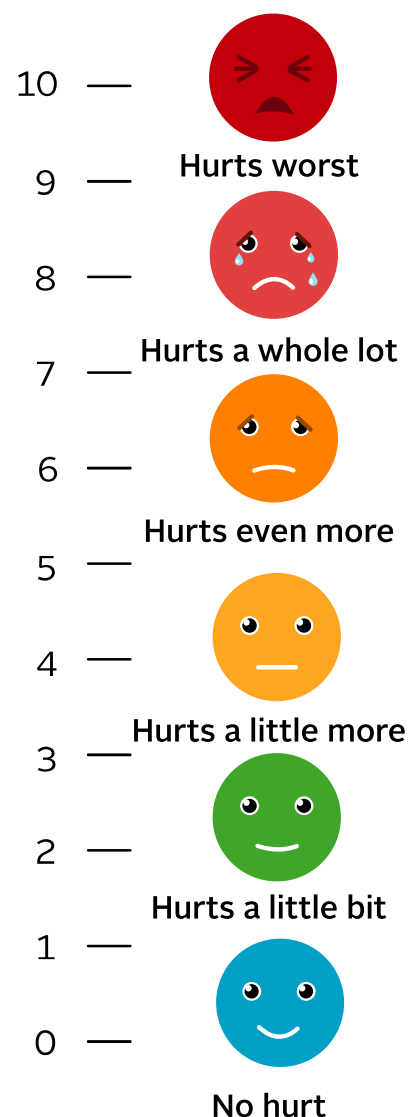
- How long you have had the pain
- Where the pain is
- What number your pain is on the pain scale
- What makes it feel better
- What makes it feel worse

You may need to take more medicine when you are having pain. The medicine will help you feel better. If you don't feel better after you take your medicine, talk to your provider (doctor). Your provider will help you find other ways to manage your pain.

When you are sick

Fevers can be very unsafe for people with SCD. If you aren't feeling well, be sure to let somebody know. Tell your parent, guardian, teacher, or school nurse. Ask that person to take your temperature.

If you have a fever of 101° or higher, you need to see your doctor or go to an urgent care clinic right away. Do not take any medicine for your fever until your doctor tells you to.





A place just for you

My health plan

My health plan is AmeriHealth Caritas Ohio.

My health plan's 24/7 Nurse Call Line is

1-833-625-6446 (TTY 1-833-889-6446).

My provider

My sickle cell provider is

My provider's phone number is

My friends and family

People who care about me are

My thoughts

Sources:

"Sickle Cell Disease (SCD)," Centers for Disease Control and Prevention,

<https://www.cdc.gov/ncbddd/sicklecell/index.html>.

"How Much Sleep Do Babies and Kids Need?" National Sleep Foundation,

<https://sleepfoundation.org/excessivesleepiness/content/how-much-sleep-do-babies-and-kids-need>.

"Taking Control: Teens with Sickle Cell Disease," St. Jude Children's Research Hospital,

https://www.stjude.org/content/dam/en_US/shared/www/patient-support/hematology-literature/taking-control-teens-with-sickle-cell-disease.pdf.

This is to help you learn about your health condition. It is not to take the place of your primary care provider (PCP). If you have questions, talk with your PCP. If you think you need to see your PCP because of something you have read in this information, please contact your PCP. Never stop or wait to get medical attention because of something you have read in this material.



Discrimination is Against the Law

AmeriHealth Caritas Ohio complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex, including sex characteristics, including intersex traits; pregnancy or related conditions; sexual orientation; gender identity, and sex stereotypes (consistent with the scope of sex discrimination described at 45 CFR § 92.101(a)(2)). AmeriHealth Caritas Ohio does not exclude people or treat them less favorably because of race, color, national origin, age, disability, or sex.

AmeriHealth Caritas Ohio provides people with disabilities reasonable modifications and free appropriate auxiliary aids and services to communicate effectively with us, such as qualified sign language interpreters and written information in other formats (large print, audio, accessible electronic formats, etc.). AmeriHealth Caritas Ohio provides free language assistance services to people whose primary language is not English, which may include qualified interpreters and information written in other languages. If you need reasonable modifications, appropriate auxiliary aids and services, or language assistance services, contact AmeriHealth Caritas Ohio Member Services at **1-833-764-7700 (TTY 1-833-889-6446)**, 24 hours a day, seven days a week.

If you believe that AmeriHealth Caritas has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with the Civil Rights Coordinator by mail, phone, or online.

Mail: AmeriHealth Caritas Ohio
Attn: Civil Rights Coordinator
P.O. Box 7133
London, KY 40742

Phone: **1-833-764-7700 (TTY 1-833-889-6446)**

Online: **<https://apps.amerhealthcaritasoh.com/securecontact/index.aspx>**

If you need help filing the grievance, the AmeriHealth Caritas Civil Rights Coordinator is available to help you. 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>**, or by mail or phone at

Mail: U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201

Phone: **1-800-368-1019 (TDD 1-800-537-7697)**

Online: **www.hhs.gov/ocr/office/file/index.html**

This notice is also available at AmeriHealth Caritas Ohio's website **www.amerhealthcaritasoh.com**.

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**



If you have a problem reading or understanding this information or any other AmeriHealth Caritas Ohio information, please contact our Member Services toll-free at 1-833-764-7700 (TTY 1-833-889-6446), 24 hours a day, seven days a week for help at no cost (free) to you. Call if you would like:

- Oral interpretation, oral translation
- Auxiliary aids and services
- Written information in your non-English primary language
- Written information in other formats, such as braille or large print

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**).

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**).

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**).

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**).

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 ।

Arabic

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

Somali FIIRO GAAR AH: Haddii aadan ku hadlin Af-Soomaali, adeegyada caawimaada luqadda oo bilaash ah, ayaa diyaar kuu ah. Wac **1-833-764-7700** (TTY **1-833-889-6446**).

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**).

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

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**).

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

Uzbek (Uzbekistan) DIQQAT: Agar ingliz tilida gapirmasangiz, siz uchun bepul til yordam xizmatlari mavjud. **1-833-764-7700** (TTY **1-833-889-6446**) ga qo'ng'iroq qiling.

Pashtu (Afghanistan)

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

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**).

Tigrinya ኣስተውዕል :- ቋንቋ ትግርኛ ዘይትዛረብ እንተደኣ ኾንካ ብናጻ ዝወሃብ ኣገልግሎት ሓገዝ ንዓኻ ክፋት እዩ። ናብ **1-833-764-7700** (TTY **1-833-889-6446**) ደውል።

Dari (Afghanistan)

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

Notes:



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www.amerihealthcaritasoh.com