BAY AREA RESIDENTS!

SAVE $30 TOWARD YOUR NEW OR EXISTING INTERNET BILL EVERY MONTH!

Households can qualify based on ANY of the following:

PROGRAM ENROLLMENT

HOUSEHOLD INCOME

AND MORE!

Sign up for the Affordable Connectivity Program (ACP) and save on plans from every major Bay Area internet company

Get started at acpbenefit.org

NEED HELP OR HAVE QUESTIONS?

CALL: 877-384-2575

Monday - Friday, 6:00am - 6:00pm

Public Health Emergency (PHE) is ending. The last day of Medi-Cal coverage protections ends on March 31, 2023. Here are the answers to the questions you may have.

What does this mean?

If you are on Medi-Cal, you have to renew your Medi-Cal before your renewal month.

How do I renew?

You will most likely receive your Medi-Cal redetermination packet 60 days in advance from the due day. It comes in a yellow envelope like this.

- If you receive this envelope from the state, don’t throw it away!
- Open them right away and bring them to us if you need help.
- Please remember: renewing your Medi-Cal is free! Don’t fall for a scam and pay for your Medi-Cal renewal.
- Did you move in the last 12 months? We can help you update your address with Alameda County Social Services.
- You might have been auto-renewed, please contact AHS to find out if you have been auto-renewed.

What if I didn’t get the yellow envelope?

- Did you move in the last 12 months? We can help you update your address with Alameda County Social Services.
- You might have been auto-renewed, please contact AHS to find out if you have been auto-renewed.
What is Anxiety?
According to the National Institute of Mental Health (NIMH), stress is the physical or mental response to an external cause, such as having a lot of work to complete or having an illness. A stressor may be a one-time or short-term issue, or it can happen repeatedly over a long period of time.

What is Stress?
Stress is the physical or mental response to an external cause, such as having a lot of work to complete or having an illness. A stressor may be a one-time or short-term issue, or it can happen repeatedly over a long period of time.

Coping Skills
Understanding the cause of stress and anxiety and developing healthy coping skills can help you to manage a healthy life. Here are some healthy activities:
- Keep a journal.
- Download an app that provides relaxation exercises.
- Exercise, and eat healthy meals.
- Maintain a healthy sleep routine.
- Avoid drinking excess caffeine.
- Identify and challenge your negative and unhelpful thoughts.
- Reach out to your friends or family members who help you cope in a positive way.

Support
If you are struggling to manage your stress or anxiety, it may be time to talk to a professional. You can reach out to your primary care doctor for support.
*If you are in immediate distress or in a mental health crisis, call or text the 988 Suicide & Crisis Lifeline at: 988 or chat online at 988lifeline.org.

Remote Dental Preventive Program
This program is designed for current patients 0-6 years who are identified as:
- having a moderate or high risk for cavities,
- do not live in Oakland and Alameda, and
- whose parents are reliable and capable of receiving video telehealth are enrolled in the program.

Patients who meet the above criteria will receive a fluoride varnish and toothbrush kit in the mail. The staff sets up a video conference with the parents. At this videoconference, our dental provider reviews the treatment plan, and dental education on tooth brushing and flossing, explains the procedure and obtains consent again, and coaches parents on how to apply fluoride varnish on the child’s teeth as the provider watches. Post-operative instruction is given after parents are done with the application.

We are doing this to also help parents not to have to drive to the clinic since the program is open only to those who live outside of Oakland. The clinic wait time is now at 6 months, this program helps open up more in-clinic appointment slots for other patients who need to come in. Additionally, we believe by having parents apply varnish on their own children, the parents are empowered to take ownership of their children’s oral health.

If you are interested in being part of this program, please call 510-250-8300.

What’s New with COVID Testing?
We are still here to provide COVID-19 testing services to you if you don’t have insurance, your insurance won’t cover testing or you are having difficulty getting tests or getting tested. What’s available:

<table>
<thead>
<tr>
<th>Communities Served</th>
<th>Screening</th>
<th>Distribution</th>
<th>COVID Testing</th>
<th>Treatment Referrals</th>
<th>Healthcare Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>Services offered specifically for uninsured/underinsured individuals, and those facing health care barriers.</td>
<td>Screening for risk factors will be provided along with appropriate referrals and guidance.</td>
<td>Increased access to selftest kits, demonstrations, educational materials &amp; the latest COVID-19 guidance’s.</td>
<td>PCR and Rapid Antigen testing available onsite if needed.</td>
<td>Proper and timely linkages to needed services.</td>
<td>Assistance with health care enrollment and Medi-Cal redetermination.</td>
</tr>
</tbody>
</table>

**AHS Community Hub**
416 8th St, Oakland, CA 94607
(510)735-3222

**Services we provide:**
- COVID-19 PCR and Antigen Testing
- COVID-19 Vaccines for all eligible individuals
- MPox Vaccines for all eligible individuals

**COVID-19 Testing is limited to individuals who are underinsured or do not have health insurance. Everyone can order 8 free test kits per month from your health insurance or you can order 4 free test kits from COVIDtests.gov. Test kits are also available online or at your local pharmacy without a prescription. Before discarding an expired test kit, check if the manufacturer has extended the expiration date. For more information, you can check the Expiration Date column of the List of Authorized At-Home OTC COVID-19 Diagnostic Tests on the FDA website.**

**New CDC vaccine guidelines:**
- all monovalent vaccines are now deauthorized
- all unvaccinated individuals age 6 and older will need only one bivalent vaccine to be up to date
- in addition, the following are eligible for an additional bivalent booster:
  - People age 65 and older may receive a second bivalent booster 4 months after the first bivalent dose.
  - Immunocompromised individuals may receive their second bivalent booster 2 months after the first bivalent dose.

For specific questions regarding the Asian Health Services COVID-19 clinic, please contact our COVID-19 Helpline at (510)735-3222 or visit our website: https://asianhealthservices.org/covid19vaccine/