



Work-Life Balance: Elusive or Easier Than You Think?

It can be easy to throw yourself into your work, especially when it's for a noble cause. In the helping professions, you can quickly forget yourself and dive into caring for others.

It may seem like common sense, but if you're stressed, remember to care for yourself:

- **Pull back** to reflect on priorities by carving out time off or simply taking a break.
- **Take time to exercise.** Remind yourself how good it makes you feel. Even just a walk can quickly change your outlook.
- **Eat better.** For example, cutting down on sweets can reduce blood sugar swings – the “sugar blues” – and has long-term benefits.

There isn't a shortage of need for your services, but in the long run, it can benefit both you and your patients to step back now and then and aim for a healthy balance.

We support provider wellness. In this issue, we remind you to take the opportunity to enhance your well-being with interactive provider resilience sessions.

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Join the Conversation on Social Media

Join our digital and social communities for up-to-date information on how we're working with you and others to help our members live better, healthier lives.





Reminder: Renew Your Outlook with Provider Resilience Sessions

Join our webinars that can energize your work in health care. During this series of 30-minute interactive and participatory sessions, we reflect on what sustains us in our professional and personal lives.

Sessions are held every fourth Tuesday of the month (earlier in the months of November and December) and conclude in December. A variety of times are available to accommodate schedules.

Use this Zoom link to drop into sessions.

<https://centene.zoom.us/j/96645591696?pwd=NkVCKzJyaGhiQnlLbG9zeWhwcm1MdZ09>

Password: 921210

Mark your calendar

Date	Time (PT)
August 23, 2022	8:30 a.m., noon, 3 p.m.
September 27, 2022	8:30 a.m., noon, 3 p.m.
October 25, 2022	8:30 a.m., noon, 3 p.m.
November 15, 2022	8:30 a.m., noon, 3 p.m.
December 13, 2022	8:30 a.m., noon, 3 p.m.

About our facilitator

Dr. Jeffrey Ring is a health psychologist, author, speaker and consultant for projects related to health equity, medical education, integrated whole-person care and medical leadership. Dr. Ring has extensive clinical experience with health practitioner resilience and vitality through teaching, consultation and retreats.



Peer Recognition: Find Out Who Won!

We promote better health outcomes by recognizing quality providers. Read on to find out who received awards for 2021 dates of service. You can be the next winner!

Summit Awards for Quality Care

Centene Corporation's California Wellcare hosted the Summit Awards to recognize providers for outstanding service, high quality of care and growth. We identify winners using quality-based criteria and recognize them through:

- ✓ A regional newsletter.
- ✓ A crystal award.
- ✓ A catered luncheon.

Awardees for 2021 Dates of Service

- Dr. Herman Carrillo
- Dr. Robert Lugliani
- Dr. Homayoun Siman
- Advanced Medical Doctors of California
- Affiliated Partners IPA
- AltaMed Health Services Corp.
- Angeles IPA – all pods
- Associated Dignity
- Family Care Specialists IPA
- Global Care Medical Group IPA
- Good Samaritan Medical Practice Association
- Heritage Provider Network
- Korean American Medical Group
- Medcore HP
- Orange County Advantage Medical Group, Inc.
- Prospect – all pods
- SeaView IPA
- Seoul Medical Group, Inc.
- United Physicians International, Inc.





YOU, YOUR PATIENTS AND YOUR COMMUNITY HAVE OUR SUPPORT!

Californians Can Get Access to Healthy Foods with CalFresh

At Wellcare, we want to ensure Californians are aware of programs that provide access to healthy food. The coronavirus pandemic has made food insecurity worse across all income levels. The past two years have exposed many of the existing gaps in our food system which prevent access to affordable, healthy and nutritious food.

The CalFresh program helps put food on the table for millions of Californians by making it easier to access healthy foods. Positive outcomes result when people have support for healthy eating habits and the resources they need to access healthy foods. These outcomes include a better quality of life, a healthier lifestyle, reaching long-term health goals and less health problems overall.

No one should go hungry in California, but many people are not aware that they may be eligible to receive benefits.

To qualify for CalFresh, you must reside in California and meet one of the following:

- ✓ You have a current bank balance (savings and checking) under \$2,001, or
- ✓ You have a current bank balance (savings and checking) under \$3,001 and share your household with one of the following:
 - a person or persons age 60 and over or
 - a person with a disability (a child, your spouse, a parent or yourself).



Call 877-847-3663 (FOOD) or [learn more about CalFresh here.](#)



Provider Formulary Updates

Find the complete Formulary at
www.wellcare.com/California/Providers/Medicare/Pharmacy.

To find the Provider Manual, visit
www.wellcare.com/California/Providers/Medicare.

Also, refer to the Provider Manual to view more information regarding Wellcare's pharmacy Utilization Management (UM) policies and procedures.

Provider Bulletins



Remember to view the online Provider Bulletins regularly for important updates and notices.



Provider bulletins are located at **www.wellcare.com/en/California/Providers/Bulletins**.



Other Resources Online

Provider News – Provider Portal

Remember to check messages regularly to receive new and updated information.

Visit www.wellcare.com/California, then select *Providers*.

Resources and Tools

Visit www.wellcare.com/California, then select *Providers* to find guidelines, key forms and other helpful resources. You may also request hard copies of documents by contacting your Provider Relations representative.

Refer to our Quick Reference Guide for detailed information on many areas including Claims, Appeals and Pharmacy.

These are at www.wellcare.com/california/providers/medicare.

Please remember that all Clinical Guidelines detailing medical necessity criteria for several medical procedures, devices and tests are also available on our website. Click on *Clinical Guidelines* under Tools.

We're Just a Phone Call or Click Away



Wellcare:
866-999-3945



www.wellcare.com/medicare