Health Reform And You

In 2010, President Obama signed a health reform bill that will help Americans get health insurance. At the beginning of 2014, this law will require all eligible adults to have health insurance.

How much will health insurance cost?
There is no cost to you for coverage through Medi-Cal. Coverage provided through the California health benefits exchange and your employer may require some cost.

How will I know which program I am eligible for?
Some individuals will continue to get care through Healthy San Francisco after January 2014. Healthy San Francisco participants who are eligible for other options will be moved into San Francisco Providers Access To Healthcare (SF PATH) and will receive a notice about the new program.

If you don’t get information about SF PATH, that means you are still enrolled in Healthy San Francisco.

What will change if I am enrolled in SF PATH?

SF PATH will begin in July 2011. Enrollees will receive a new identification card and a program handbook. Your Medical Home, primary care clinic, and doctors and nurses will not change under SF PATH. Healthy San Francisco is not being replaced by SF PATH, and SF PATH is not health insurance.

What should I do if I am enrolled in SF PATH?
We will transition you into SF PATH. But you will have to renew your SF PATH eligibility based on your annual Healthy San Francisco enrollment date. You will receive a renewal notice and reminder.

MAKE SURE YOU RENEW ON TIME

Each year, around the same time you first enrolled in Healthy San Francisco, you will receive a notice informing you that it is time to renew in the program. When you get your renewal notice, call Customer Service to schedule an appointment before your anniversary date. On the day of your appointment, please bring:

• Picture ID (driver’s license or passport)
• Proof of address (recent pay stubs, rental or mortgage agreement, lease, or utility bill)
• Proof of income (bank statements)
• Proof of “cash on hand” (bank statements)

Your renewal notice will be mailed to the address you provided when you enrolled. To receive a new contact address, call Customer Service (415) 615-4555. If you do not meet with us before your anniversary date, you will no longer be eligible for services from Healthy San Francisco. If you do not renew on time, you will lose your Medi-Cal at Healthy San Francisco and primary care provider.

For more information about renewing your benefits with Healthy San Francisco, please go to www.healthysanfrancisco.org.

Take Your Doctor's Advice About Over-the-Counter Supplements

Chances are that a family member, friend, or coworker has told you that taking a “special” pill can help you with a health problem. If you take over-the-counter supplements such as ginkgo biloba, ginseng, and ginseng, you are taking medicines like aspirin, ibuprofen, or prescriptions from your doctor, you may be doing more harm than good. When taken together, some of these supplements, or herbal drugs, can cause problems such as depression, diabetes, hypertension, and bleeding, and make other conditions you have worse. Though your friends and family member want you to feel better, your provider is the only person who can give you advice that is safe and healthy for your unique medical situation. If you would like to learn more about supplements, and whether or not they can help you, it is important that you talk to your provider before you begin taking any non-prescription drug or supplements.

Sunday Streets in San Francisco
Enjoy music, exercise, and fun in the sun.

It’s free, and it’s held on the second Sunday of each month through October. Get active as you bike or skate through the city streets and learn about neighborhoods like Mos Eisley, Apenisse, and more.

Meet up and ride: Sunday Streets 2011 Schedule and routes subject to change:
June 12: Bayview route, 3rd Street from Mission to 14th Street
July 10: Great Highway, route #2
August 14: Civic Center/Federal route
September 11: Western Addition route, including parts of Dubshane, Ames Square, and Fillmore and Japantown
October 23: Mission, route #2

For additional information on Sunday Streets visit www.sundaystreetssf.com

Sunday Streets 2011
Meet up and ride: Sunday Streets 2011 Schedule and routes subject to change:
June 12: Bayview route, 3rd Street from Mission to 14th Street
July 10: Great Highway, route #2
August 14: Civic Center/Federal route
September 11: Western Addition route, including parts of Dubshane, Ames Square, and Fillmore and Japantown

For additional information on Sunday Streets visit www.sundaystreetssf.com
WHAT IS HEPATITIS?

Hepatitis is a disease that causes damage to the liver. There are three types of hepatitis A, B, and C, and they are transmitted through contact with infected blood typically on shared razors, toothbrushes, and needles. Type A is transmitted through contaminated food or water, or not washing hands after contact with a diaper or other source of infection. Only hepatitis A can be prevented with vaccine.

Though millions of people worldwide are infected with the hepatitis B virus (HBV), the disease affects Asians and Pacific islanders (API) more than any other group. Most members of the API group are infected with HBV at birth or as young children. All newborns should receive the hepB vaccine.

People who are infected with hepatitis B most often don't feel any symptoms. Sometimes people have symptoms of jaundice, or yellowing of the skin and eyes. Tiredness, abdominal pain, and loss of appetite are often reported. To get tested, see a doctor for a simple and inexpensive blood test. If you have not been infected with hepatitis B, we urge your doctor about the three-shot vaccine that can protect you from infection.

If you are infected with hepatitis B, here are a few things you can do to protect your liver and others around you:

- Get the hepatitis A vaccine
- Don’t drink alcohol
- Don’t share items that have been in contact with your blood
- Use condoms
- Make sure everyone who lives with you is tested or vaccinated
- Don’t share toothbrushes, razors, or needles

For more information or a list of free screening sites, visit the San Francisco Hep B Free website: www.sfhepb.org

If you are infected with hepatitis B, here are a few things you can do to protect your liver and others around you:

- Get the hepatitis A vaccine
- Don’t drink alcohol
- Don’t share items that have been in contact with your blood
- Use condoms
- Make sure everyone who lives with you is tested or vaccinated
- Don’t share toothbrushes, razors, or needles

For more information or a list of free screening sites, visit the San Francisco Hep B Free website: www.sfhepb.org

Cholesterol is a type of fat. Some cholesterol is beneficial to your body while other types can lead to serious health problems.

LDL (Low Density Lipoprotein) = Bad
- Makes it hard for blood to move around your body
- Puts you at a higher risk for a heart attack or stroke
- Increases your risk of dying from your heart disease

HDL (High Density Lipoprotein) = Good
- Protects your heart and blood vessels from clogging
- Helps remove fat from your blood
- Protects your heart and blood vessels from hardening

Quick Facts About High Blood Pressure and Cholesterol

- High Blood Pressure
  - 1 in 3 adults has high blood pressure
  - 1 in 3 adults with high blood pressure does not get treatment

- High Cholesterol
  - 1 in 3 adults has high cholesterol
  - 1 in 2 adults with high cholesterol does not get treatment

Children around the world are getting one hour less sleep than they did 20 years ago. Researchers who study the effects of sleep found that children not getting enough sleep had a greater risk of low test scores, obesity, and behavior problems. In one study, researchers found that teenagers who earned ‘A’ grades slept about 15 more minutes than those who earned ‘B’ grades. Also, teenagers who earned ‘B’ grades slept in bed 15 minutes longer than ‘C’ students. After one year of starting school an hour later, one Minneapolis high school saw SAT scores go up 50 percent. Teenagers and adults need at least eight hours of sleep, and children need much more. American adults are also chronically sleep deprived. Not enough sleep in adults is linked with being overweight, sleep apnea, depression. Lack of sleep can also impact driving, work, and school performance.

HOW MUCH SLEEP DO YOU NEED?

- Babies
  - 12 to 17 hours per day
  - 1 to 2 naps per day
- Toddlers
  - 11 to 14 hours per day
  - 0 to 1 naps per day
- Preschoolers
  - 10 to 13 hours per day
- School aged children
  - 9 to 11 hours per day
- Teenagers
  - 8 to 10 hours per day
- Adults
  - 7 to 9 hours per day

The Benefits of Getting Enough Sleep

The Benefits of Getting Enough Sleep

The Benefits of Getting Enough Sleep

The Benefits of Getting Enough Sleep

Children around the world are getting one hour less sleep than they did 20 years ago. Researchers who study the effects of sleep found that children not getting enough sleep had a greater risk of low test scores, obesity, and behavior problems. In one study, researchers found that teenagers who earned ‘A’ grades slept about 15 more minutes than those who earned ‘B’ grades. Also, teenagers who earned ‘B’ grades slept in bed 15 minutes longer than ‘C’ students. After one year of starting school an hour later, one Minneapolis high school saw SAT scores go up 50 percent. Teenagers and adults need at least eight hours of sleep, and children need much more. American adults are also chronically sleep deprived. Not enough sleep in adults is linked with being overweight, sleep apnea, depression. Lack of sleep can also impact driving, work, and school performance.

HOW MUCH SLEEP DO YOU NEED?

- Babies
  - 12 to 17 hours per day
  - 1 to 2 naps per day
- Toddlers
  - 11 to 14 hours per day
  - 0 to 1 naps per day
- Preschoolers
  - 10 to 13 hours per day
- School aged children
  - 9 to 11 hours per day
- Teenagers
  - 8 to 10 hours per day
- Adults
  - 7 to 9 hours per day

The Benefits of Getting Enough Sleep

The Benefits of Getting Enough Sleep

The Benefits of Getting Enough Sleep

The Benefits of Getting Enough Sleep

Children around the world are getting one hour less sleep than they did 20 years ago. Researchers who study the effects of sleep found that children not getting enough sleep had a greater risk of low test scores, obesity, and behavior problems. In one study, researchers found that teenagers who earned ‘A’ grades slept about 15 more minutes than those who earned ‘B’ grades. Also, teenagers who earned ‘B’ grades slept in bed 15 minutes longer than ‘C’ students. After one year of starting school an hour later, one Minneapolis high school saw SAT scores go up 50 percent. Teenagers and adults need at least eight hours of sleep, and children need much more. American adults are also chronically sleep deprived. Not enough sleep in adults is linked with being overweight, sleep apnea, depression. Lack of sleep can also impact driving, work, and school performance.

HOW MUCH SLEEP DO YOU NEED?

- Babies
  - 12 to 17 hours per day
  - 1 to 2 naps per day
- Toddlers
  - 11 to 14 hours per day
  - 0 to 1 naps per day
- Preschoolers
  - 10 to 13 hours per day
- School aged children
  - 9 to 11 hours per day
- Teenagers
  - 8 to 10 hours per day
- Adults
  - 7 to 9 hours per day

The Benefits of Getting Enough Sleep

The Benefits of Getting Enough Sleep

The Benefits of Getting Enough Sleep

The Benefits of Getting Enough Sleep

Children around the world are getting one hour less sleep than they did 20 years ago. Researchers who study the effects of sleep found that children not getting enough sleep had a greater risk of low test scores, obesity, and behavior problems. In one study, researchers found that teenagers who earned ‘A’ grades slept about 15 more minutes than those who earned ‘B’ grades. Also, teenagers who earned ‘B’ grades slept in bed 15 minutes longer than ‘C’ students. After one year of starting school an hour later, one Minneapolis high school saw SAT scores go up 50 percent. Teenagers and adults need at least eight hours of sleep, and children need much more. American adults are also chronically sleep deprived. Not enough sleep in adults is linked with being overweight, sleep apnea, depression. Lack of sleep can also impact driving, work, and school performance.

HOW MUCH SLEEP DO YOU NEED?

- Babies
  - 12 to 17 hours per day
  - 1 to 2 naps per day
- Toddlers
  - 11 to 14 hours per day
  - 0 to 1 naps per day
- Preschoolers
  - 10 to 13 hours per day
- School aged children
  - 9 to 11 hours per day
- Teenagers
  - 8 to 10 hours per day
- Adults
  - 7 to 9 hours per day

The Benefits of Getting Enough Sleep
Welcome to HeartBeat, your Healthy San Francisco newsletter

As San Francisco’s new Director of Health, I’m pleased to join the family of Healthy San Francisco participants, providers, application assistants, and administrators all working together to make health care available for uninsured adult residents.

This summer we mark Healthy San Francisco’s four-year anniversary. The departments committed to you, our participants, and the program is as strong as the day we piloted Healthy San Francisco on July 2, 2007. We continue to enlist more residents and increase the number of Medical Homes serving participants. In the fall of 2010, two new providers joined Healthy San Francisco. To date, there are over 60,000 participants enrolled in the program. Summer also marks the time when many of us will be outdoors getting more exercise or relaxing. When you’re out and about in sunny San Francisco, remember Tuesday Streets and the various farmers markets throughout the city. In this issue, we highlight both as great ways for getting exercise and maintaining healthy habits.

As Healthy San Francisco prospers for the implementation of federal health care reform, we take this opportunity to provide participating updated information on this important national effort. Under health care reform, some participants will receive health insurance (public or private), some will remain eligible for Healthy San Francisco and some will be enrolled into new federal programs. It can be confusing, so in this issue we make it simple and easy to understand.

As always, don’t forget to renew your eligibility.

As always, don’t forget to renew your eligibility.

WHAT IS HEPATITIS?

H epatitis is a disease that causes damage to the liver. There are three types of hepatitis A, B, and C. Hepatitis A and C are transmitted through contact with infected blood typically on shared razors, toothbrushes, and needles. Type A is transmitted through contaminated food or water, or not washing hands after contact with a diaper or other source of infection. Only hepatitis A and C can be prevented with vaccine.

Though millions of people worldwide are infected with the hepatitis B virus (HBV), the disease affects Asians and Pacific Islanders (API) more than any other group. Most members of the API group are infected with HBV at birth or as young children. All newborns should receive the hepatitis B vaccine.

People who are infected with hepatitis B don’t usually feel any symptoms. Sometimes people have symptoms of jaundice, or yellowing of the skin and eyes. Tiredness, abdominal pain, and loss of appetite are often reported.

To get tested, see a doctor for a simple and inexpensive blood test. If you have not been infected with hepatitis B, ask your doctor about the three-shot vaccine that can protect you from infection.

If you are infected with hepatitis B, there are a few things you can do to protect your liver and others around you:

• Get the hepatitis B vaccine.
• Don’t drink alcohol.
• Don’t share items that have been in contact with your blood.
• Use condoms.
• Make sure everyone who lives with you is tested or vaccinated.
• Don’t share toothbrushes, razors, or needles.

For more information or a list of free screening sites, visit the San Francisco Hep B Free website: www.sfhepbfree.org

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?

WHAT iS HEPATiTiS?
**WHAT IS HEPATITIS?**

Hepatitis is a disease that causes damage to the liver. There are three types of hepatitis: A, B, and C. Type B and C can spread through contact with infected blood, typically found on sharps, toothbrushes, and needles. Type A is transmitted through contaminated food or water, or not washing hands after contact with a diaper or other source of infection. Only hepatitis A virus can be prevented with vaccine.

Though millions of people worldwide are infected with the hepatitis B virus (HBV), the disease affects Asians and Pacific Islanders (API) more than any other group. Most members of the API group are infected with HBV at birth or as young children. All newborns should receive the hepatitis B vaccine.

People who are infected with hepatitis B don’t usually feel any symptoms. Sometimes people have symptoms of jaundice, or yellowing of the skin and eyes. Tiredness, abdominal pain, and loss of appetite are often reported. To get tested, see a doctor for a simple and inexpensive blood test. If you have not been infected with hepatitis B, ask your doctor about the three-shot vaccine that can protect you from infection.

If you are infected with hepatitis B, here are a few things you can do to protect your liver and others around you:

- Get the hepatitis B vaccine.
- Don’t drink alcohol.
- Don’t share items that have been in contact with your blood.
- Use condoms.
- Make sure everyone who lives with you is tested or vaccinated.
- Don’t share toothbrushes, razors, or needles.

For more information or a list of free screening sites, visit the San Francisco Hep B Free website: www.sfhepbfree.org

**Quick Facts About High Blood Pressure and Cholesterol**

- **High Blood Pressure**
  - 1 in 3 adults has high blood pressure
  - 1 in 5 adults with high blood pressure does not get treatment

- **High Cholesterol**
  - 1 in 3 adults has high cholesterol
  - 1 in 5 adults with high cholesterol does not get treatment
  - 2 in 3 adults with high cholesterol do not have it under control

It is important for you to get your blood pressure checked and work with your provider to keep it under control.

People with diabetes should keep their cholesterol under 100, and people without diabetes should keep it below 130.

**Know Your Cholesterol: LDL and HDL**

Children around the world are getting one hour less sleep than they did 20 years ago. Researchers who study the effects of sleep found that children not getting enough sleep had a greater risk of low test scores, obesity, and behavior problems. In one study, researchers found that teenagers who earned ‘B’ grades stayed in bed 15 minutes longer than ‘C’ students. After one year of starting school an hour later, one Minnesota high school saw SAT scores go up 50 points! Most teenagers and adults miss at least eight hours of sleep, and children need much more. American adults are also chronically overweight. People who are neither normal weight nor live in a healthy way are more likely to be obese. Obesity is a risk factor for heart disease and stroke.

**The Benefits of Getting Enough Sleep**

Children around the world are getting one hour less sleep than they did 20 years ago. Researchers who study the effects of sleep found that children not getting enough sleep had a greater risk of low test scores, obesity, and behavior problems. In one study, researchers found that teenagers who earned ‘B’ grades stayed in bed 15 minutes longer than ‘C’ students. After one year of starting school an hour later, one Minnesota high school saw SAT scores go up 50 points! Most teenagers and adults miss at least eight hours of sleep, and children need much more. American adults are also chronically overweight. People who are neither normal weight nor live in a healthy way are more likely to be obese. Obesity is a risk factor for heart disease and stroke.

**Quick Facts About High Blood Pressure and Cholesterol**

- **High Blood Pressure**
  - 1 in 3 adults has high blood pressure
  - 1 in 5 adults with high blood pressure does not get treatment

- **High Cholesterol**
  - 1 in 3 adults has high cholesterol
  - 1 in 5 adults with high cholesterol does not get treatment
  - 2 in 3 adults with high cholesterol do not have it under control

It is important for you to get your blood pressure checked and work with your provider to keep it under control.

People with diabetes should keep their cholesterol under 100, and people without diabetes should keep it below 130.

**Know Your Cholesterol: LDL and HDL**

Children around the world are getting one hour less sleep than they did 20 years ago. Researchers who study the effects of sleep found that children not getting enough sleep had a greater risk of low test scores, obesity, and behavior problems. In one study, researchers found that teenagers who earned ‘B’ grades stayed in bed 15 minutes longer than ‘C’ students. After one year of starting school an hour later, one Minnesota high school saw SAT scores go up 50 points! Most teenagers and adults miss at least eight hours of sleep, and children need much more. American adults are also chronically overweight. People who are neither normal weight nor live in a healthy way are more likely to be obese. Obesity is a risk factor for heart disease and stroke.

**The Benefits of Getting Enough Sleep**

Children around the world are getting one hour less sleep than they did 20 years ago. Researchers who study the effects of sleep found that children not getting enough sleep had a greater risk of low test scores, obesity, and behavior problems. In one study, researchers found that teenagers who earned ‘B’ grades stayed in bed 15 minutes longer than ‘C’ students. After one year of starting school an hour later, one Minnesota high school saw SAT scores go up 50 points! Most teenagers and adults miss at least eight hours of sleep, and children need much more. American adults are also chronically overweight. People who are neither normal weight nor live in a healthy way are more likely to be obese. Obesity is a risk factor for heart disease and stroke.

**Quick Facts About High Blood Pressure and Cholesterol**

- **High Blood Pressure**
  - 1 in 3 adults has high blood pressure
  - 1 in 5 adults with high blood pressure does not get treatment

- **High Cholesterol**
  - 1 in 3 adults has high cholesterol
  - 1 in 5 adults with high cholesterol does not get treatment
  - 2 in 3 adults with high cholesterol do not have it under control

It is important for you to get your blood pressure checked and work with your provider to keep it under control.

People with diabetes should keep their cholesterol under 100, and people without diabetes should keep it below 130.

**Know Your Cholesterol: LDL and HDL**

Children around the world are getting one hour less sleep than they did 20 years ago. Researchers who study the effects of sleep found that children not getting enough sleep had a greater risk of low test scores, obesity, and behavior problems. In one study, researchers found that teenagers who earned ‘B’ grades stayed in bed 15 minutes longer than ‘C’ students. After one year of starting school an hour later, one Minnesota high school saw SAT scores go up 50 points! Most teenagers and adults miss at least eight hours of sleep, and children need much more. American adults are also chronically overweight. People who are neither normal weight nor live in a healthy way are more likely to be obese. Obesity is a risk factor for heart disease and stroke.

**The Benefits of Getting Enough Sleep**

Children around the world are getting one hour less sleep than they did 20 years ago. Researchers who study the effects of sleep found that children not getting enough sleep had a greater risk of low test scores, obesity, and behavior problems. In one study, researchers found that teenagers who earned ‘B’ grades stayed in bed 15 minutes longer than ‘C’ students. After one year of starting school an hour later, one Minnesota high school saw SAT scores go up 50 points! Most teenagers and adults miss at least eight hours of sleep, and children need much more. American adults are also chronically overweight. People who are neither normal weight nor live in a healthy way are more likely to be obese. Obesity is a risk factor for heart disease and stroke.

**Quick Facts About High Blood Pressure and Cholesterol**

- **High Blood Pressure**
  - 1 in 3 adults has high blood pressure
  - 1 in 5 adults with high blood pressure does not get treatment

- **High Cholesterol**
  - 1 in 3 adults has high cholesterol
  - 1 in 5 adults with high cholesterol does not get treatment
  - 2 in 3 adults with high cholesterol do not have it under control

It is important for you to get your blood pressure checked and work with your provider to keep it under control.

People with diabetes should keep their cholesterol under 100, and people without diabetes should keep it below 130.

**Know Your Cholesterol: LDL and HDL**

Children around the world are getting one hour less sleep than they did 20 years ago. Researchers who study the effects of sleep found that children not getting enough sleep had a greater risk of low test scores, obesity, and behavior problems. In one study, researchers found that teenagers who earned ‘B’ grades stayed in bed 15 minutes longer than ‘C’ students. After one year of starting school an hour later, one Minnesota high school saw SAT scores go up 50 points! Most teenagers and adults miss at least eight hours of sleep, and children need much more. American adults are also chronically overweight. People who are neither normal weight nor live in a healthy way are more likely to be obese. Obesity is a risk factor for heart disease and stroke.

**The Benefits of Getting Enough Sleep**

Children around the world are getting one hour less sleep than they did 20 years ago. Researchers who study the effects of sleep found that children not getting enough sleep had a greater risk of low test scores, obesity, and behavior problems. In one study, researchers found that teenagers who earned ‘B’ grades stayed in bed 15 minutes longer than ‘C’ students. After one year of starting school an hour later, one Minnesota high school saw SAT scores go up 50 points! Most teenagers and adults miss at least eight hours of sleep, and children need much more. American adults are also chronically overweight. People who are neither normal weight nor live in a healthy way are more likely to be obese. Obesity is a risk factor for heart disease and stroke.
Health Reform And You

In 2010, President Obama signed a health reform bill that will help many Americans get health insurance. As of October 1, 2013, this law will require all eligible adults to have health insurance.

How much will health insurance cost?

There is no cost to you for coverage through Medi-Cal. Coverage provided through the California health benefits exchange and your employer may require some cost.

How will I know which program I am eligible for?

Some individuals will continue to get care through healthy San Francisco after January 2014. Healthy San Francisco participants who are eligible for other options will be moved to San Francisco Renegade Access To HealthCare (SF Rath), and will receive a notice about the new program. If you don’t get information about SF Rath, that means you are still enrolled in healthy San Francisco.

What will change if I am enrolled in SF PATH?

SF Rath will begin in July 2011. Enrollees will receive a new identification card and program handbook. Your Medical Home, primary care clinic, and doctors and nurses will not change under SF Rath. Healthy San Francisco will not be replaced by SF Rath, and SF Rath is not health insurance.

What should I do if I am enrolled in SF Rath?

We will transition you into SF Rath. But you will have to renew your SF Rath eligibility based on your annual Healthy San Francisco enrollment date. You will receive a renewal notice and reminder.

Renew on Time

Proof of income (recent pay stubs)

Agreement, lease, or utility bill

Driver’s license or passport

If you do not meet with us before your anniversary date, please bring:

• Proof of income

• Agreement, lease, or utility bill

• Driver’s license or passport

Your renewal notice will be mailed to the address you provided when you first enrolled in Healthy San Francisco. If you do not renew on time, you could lose your Medical Home and primary care provider.

For more information about renewing your benefits with Healthy San Francisco, please go to www.healthysanfrancisco.org.

Stretch at Work

Take Your Doctor’s Advice About Over-the-Counter Supplements

Most people don’t work a full day, but whether you sit or stand on your job, these simple stretching exercises can help relieve the discomfort you may feel from sitting or standing. These exercises can help relieve discomfort from your doctor, you may be doing more harm than good.

Take your doctor’s advice about supplements, and healthy for your unique medical situation. If you would like to learn more about supplements, and whether or not they can help you, it is important that you talk to your provider before you begin taking any non-prescription drug or supplements.

For additional information on Sunlightat www.sundaysanfrancisco.com

Enjoy music, exercise, and have fun in the sun.

It’s free, and it’s held on the second Sunday of each month from October through March. Get active as you bike or skate through the city streets and learn about neighborhoods like Mission, Bayview, and more! Meet up and ride: Sunday Streets 2011 Schedule and routes subject to change. June 12: Bayview, route #2, from Mission Bay, Dogpatch, to the Bayview Opera House July 10: Great Highway, route #2, from Richmond to Pacifica August 16: Civic Center/Federal route September 13: Western Addition route, including parts of Barbary, Anna Square, and Fillmore and Richmond neighborhoods October 10: Mission, route #2 For additional information on Sunday Streets visit www.sundaysanfrancisco.com

What to do:

On the first Sunday of the month at the Barbary Coast, noon to 2:00pm. June 12 – 10:00am to 2:00pm

On the last Sunday of the month at the Ferry Building, 10:00am to 2:00pm

When and where to go: In front of the Ferry Building on the Embarcadero Freeway.

To learn more about other farmers markets around the city visit

www.sanfrancisco.about.com/od/fooddrink/ss/sffarmersmarket.htm

Sunday Streets in San Francisco

The best farmers market in the city is right here in San Francisco! The Ferry Plaza Farmers Market got its start in 1992, and has been around ever since. Local farmers gather to sell fresh fruit, vegetables, and produce to nearly 25,000 shoppers who visit the market each week.

What to buy:

Fruits

Vegetables

Meats

Fish

Bread

Cheese

Pasta

Sandwiches

Tacos

Over-the-Counter

problems such as depression, or herb-drugs, can cause some of these supplements, “special” pill can help you feel healthy, your provider is the only person who can give you advice that is safe and healthy for your unique medical situation. If you would like to learn more about supplements, and whether or not they can help you, it is important that you talk to your provider before you begin taking any non-prescription drug or supplements. Though your friends and family member want you to feel healthy, your provider is the only person who can give you advice that is safe and healthy for your unique medical situation. If you would like to learn more about supplements, and whether or not they can help you, it is important that you talk to your provider before you begin taking any non-prescription drug or supplements.

Chances are that a family member, friend, or co-worker has told you that taking a “special” pill can help you feel healthy, your provider is the only person who can give you advice that is safe and healthy for your unique medical situation. If you would like to learn more about supplements, and whether or not they can help you, it is important that you talk to your provider before you begin taking any non-prescription drug or supplements.

Thus your friends and family member want you to feel healthy, your provider is the only person who can give you advice that is safe and healthy for your unique medical situation. If you would like to learn more about supplements, and whether or not they can help you, it is important that you talk to your provider before you begin taking any non-prescription drug or supplements.

Though your friends and family member want you to feel healthy, your provider is the only person who can give you advice that is safe and healthy for your unique medical situation. If you would like to learn more about supplements, and whether or not they can help you, it is important that you talk to your provider before you begin taking any non-prescription drug or supplements.

Though your friends and family member want you to feel healthy, your provider is the only person who can give you advice that is safe and healthy for your unique medical situation. If you would like to learn more about supplements, and whether or not they can help you, it is important that you talk to your provider before you begin taking any non-prescription drug or supplements.

Though your friends and family member want you to feel healthy, your provider is the only person who can give you advice that is safe and healthy for your unique medical situation. If you would like to learn more about supplements, and whether or not they can help you, it is important that you talk to your provider before you begin taking any non-prescription drug or supplements.

Though your friends and family member want you to feel healthy, your provider is the only person who can give you advice that is safe and healthy for your unique medical situation. If you would like to learn more about supplements, and whether or not they can help you, it is important that you talk to your provider before you begin taking any non-prescription drug or supplements.

Though your friends and family member want you to feel healthy, your provider is the only person who can give you advice that is safe and healthy for your unique medical situation. If you would like to learn more about supplements, and whether or not they can help you, it is important that you talk to your provider before you begin taking any non-prescription drug or supplements.

Though your friends and family member want you to feel healthy, your provider is the only person who can give you advice that is safe and healthy for your unique medical situation. If you would like to learn more about supplements, and whether or not they can help you, it is important that you talk to your provider before you begin taking any non-prescription drug or supplements.

Though your friends and family member want you to feel healthy, your provider is the only person who can give you advice that is safe and healthy for your unique medical situation. If you would like to learn more about supplements, and whether or not they can help you, it is important that you talk to your provider before you begin taking any non-prescription drug or supplements.

Though your friends and family member want you to feel healthy, your provider is the only person who can give you advice that is safe and healthy for your unique medical situation. If you would like to learn more about supplements, and whether or not they can help you, it is important that you talk to your provider before you begin taking any non-prescription drug or supplements.

Though your friends and family member want you to feel healthy, your provider is the only person who can give you advice that is safe and healthy for your unique medical situation. If you would like to learn more about supplements, and whether or not they can help you, it is important that you talk to your provider before you begin taking any non-prescription drug or supplements.
Make Sure You Renew on Time

Each year, around the same time you first enrolled in Healthy San Francisco, you will receive a notice informing you that it’s time to renew in the program. When you get your renewal notice, call Customer Service to schedule an appointment before your anniversary date. On the day of your appointment, please bring:

- Picture ID (driver’s license or passport)
- Proof of address (recent utility bill or lease agreement, lease, or utility bill)
- Proof of insurance (most recent pay stub or bank statement)

Your renewal notice will be mailed to the address you provided when you first enrolled in Healthy San Francisco. If you do not renew on time, you will lose your SF PATH eligibility based on your annual Healthy San Francisco anniversary date. You will receive a renewal notice and reminder.

Take Your Doctor’s Advice About Over-the-Counter Supplements

Chances are that a family member, friend, or co-worker has told you that taking a “supplement” will help you with a health problem. If you take over-the-counter supplements such as ginkgo biloba, ginseng, and garlic, while you are taking medications like aspirin, ibuprofen, or prescriptions from your doctor, you may be doing more harm than good. When taken together, some of these supplements, or herbal drugs, can cause problems such as depression, diabetes, hypertension, and bleeding, and make other conditions you have worse. Though your friends and family members want you to feel healthy, your healthcare provider is the only person who can give you advice that is safe and healthy for your unique medical situation. If you would like to learn more about supplements, and whether or not they can help you, it is important that you talk to your provider before you begin taking any non-prescription drug or supplement.

Take Time to Stretch at Work

Most people don’t work at a desk. But whether or not you sit or stand on your job, there are stretching exercises you can do on your own to relieve the discomfort you may feel from sitting too long.

For Your Legs and Feet

Lift your leg off the ground. Rotate your foot slowly to the right and then slowly to the left. Point toes up toward the ceiling. Repeat on opposite foot.

For Your Back

Put your right hand on your left shoulder and your left hand on your right shoulder. Exhale in and out as you release your hands.

For Your Wrists

Hands out, palms down. Bend your wrists from side to side.

For Your Legs and Feet

Lift your leg off the ground. Rotate your foot slowly to the right and then slowly to the left. Point toes up toward the ceiling. Repeat on opposite foot.

Sunday Streets in San Francisco

Enjoy music, exercise, and have fun in the sun.

It’s free, and it’s held on the second Sunday of each month through October. Grab a bike or skateboard and enjoy one of the city’s busiest streets as a car-free active walking and biking area. Get more information at www.sundaystreetssf.com.

Meet up and ride: Sunday Streets 2011 Schedule and routes subject to change:

June 12: Bayside, route #2

July 10: Great Highway, route #2

August 16: Civic Center/Federal route

September 19: Western Addition route, including parts of Barbary, Ames Square, and Fillmore and Jefferson neighborhoods.

October 23: Mission, route #2

For additional information on Sunday Streets visit www.sundaystreetssf.com.

HeartBeat

NEWS AND UPDATES Spring/Summer 2011

The best farmers market in the city is right here in San Francisco! The Ferry Plaza Farmers Market got its start in 1992, and has been around ever since. Local farmers gather to sell fresh fruit and produce to nearly 25,000 shoppers who visit the market each week.

What to buy:

- Vegetables
- Fruits
- Meats
- Fresh eggs
- Bread
- Cheeses
- Sausages
- Sandwiches

What to do:

- Get tips on how to cook the foods you buy.

To learn more about other farmers markets around the city, visit www.farmersmarket.ext.berkeley.edu.

The Ferry Plaza Farmers Market got its start in 1992, and has been around ever since. Local farmers gather to sell fresh fruit and produce to nearly 25,000 shoppers who visit the market each week.

What to buy:

- Vegetables
- Fruits
- Meats
- Fresh eggs
- Bread
- Cheeses
- Sausages
- Sandwiches

What to do:

- Get tips on how to cook the foods you buy.

To learn more about other farmers markets around the city, visit www.farmersmarket.ext.berkeley.edu.

For more information about renewing your benefits with Healthy San Francisco, please go to www.healthysanfrancisco.org.