Health Reform and You

In less than eight months, many – but not all – uninsured Healthy San Francisco participants will be required to have health insurance starting January 2014.

As we’ve always said, health insurance is better than Healthy San Francisco. Remember that with insurance you can receive services outside of San Francisco. We want all participants eligible for health insurance to get it.

So, now is the time to start making sure that you know how to take advantage of federal health reform. Later this year, we’ll be sending all participants a letter informing them about the health insurance options available to you. We’ll also have information available at your medical home.

One option is Medi-Cal, California’s public health insurance program. It will be expanded to enroll many more uninsured adults.

The other option is “Covered California,” Covered California is for people who are not eligible for Medi-Cal. Through Covered California, uninsured individuals will be able to go to a website and shop for the health insurance plan that’s just right for them. You can learn more at www.coveredca.com.

This summer, Fall, and winter, Covered California will launch its statewide marketing, outreach and education campaign. Be on the lookout for the Covered California booth or outreach worker when you attend community events, festivals, etc. We encourage you to learn more. For those Healthy San Francisco participants who are not required to have health insurance, you can stay enrolled and continue to get health care services through Healthy San Francisco. Together, we’ll make federal health reform a reality in San Francisco.

Are You a Veteran? Know Your VA Benefits

Good news! You may be entitled to medical care and benefits through the Department of Veterans Affairs (VA). With the mission of making health care services accessible and affordable for all San Francisco residents, Healthy San Francisco is collaborating with the VA to reach out to eligible veterans.

Eligible veterans have the choice to enroll at no cost in the VA health care program. It is possible to enroll in both HSF and the VA health care program. Some advantages of the VA health care program include:

- Cost savings
- Access to the San Francisco VA downtown clinic
- Specialty, emergency room, and inpatient care

To learn more AND enroll in the Veterans Affairs program, visit the San Francisco VA Downtown Clinic or call (415) 281-5100.

Explore the Stairways of San Francisco

One of the best ways to explore San Francisco and get some great exercise is to walk up and through the many stairways of the city.

Most are lined with gardens and benches along the way and offering stunning views of the city and Bay. Well known to locals are the stairs along the famous, current street, landmark in Russian Hill, but there are many others.

At Telegraph Hill you will find the popular Filbert and Greenwich Street staircases leading up to Coit Tower. Gardens of roses and iris and trees filled with the famous wild parrots. At the tops of the stairs is panoramic view of the city and Bay.

On the Inner Sunset is the 14th Avenue stairs. This staircase is covered in mosaic tiles. This staircase was inspired by the decorated steps that lead up a long hill to the neighborhood of Santa Teresa, in Rio de Janeiro, Brazil.

In the Presidio, the Lyon Street steps lead down from Pacific Heights through the Presidio Park down to the Palace of Fine Arts. Highlights include the famed garden and breathtaking views of the ocean. You can start at Lyon and Broadway or La Playa.

Is It Time to Renew?

Renewing your health San Francisco enrollment ensures that you will continue receiving healthy San Francisco services. We will send you renewal notice before your renewal date. It is important to respond. If you’re not sure, please call us to update your information.

Once you receive your renewal notice, don’t wait! Call Customer Service at (415) 615-4555 to schedule your appointment.

You’ll need to bring the following documents to your appointment:

- Picture ID
- Proof of address
- Proof of income for everyone living in your household
- Proof of savings
- If you fail to renew by your renewal date, you will lose your benefits.

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E-cigarettes Not a Safe Substitute

E-cigarettes are electronic cigarettes that use batteries. Many of them look like real cigarettes. Many companies say that e-cigarettes are safe or an alternative to smoking, but they are not. They are not healthy. They have harmful and addictive chemicals and most have nicotine.

Claims made by companies selling these products have not been tested or approved by health experts. There are no regulations for e-cigarettes. What is in them often varies considerably from what is promised on the packaging. Some, e-cigarettes might be regulated just like cigarettes.

If you are a smoker, don’t start. If you do smoke, you are at a higher risk of stroke, heart attack, and lung cancer. Quitting is not easy but you can do it. Call QUIT-NOW at (800) QUIT-NOW.

Learn more at SMOKEFREE.GOV or call (800) QUIT-NOW.
Welcome to HeartBeat, your Healthy San Francisco newsletter

Summer is here and it is time to go out and enjoy the weather. Remember that while you are out enjoying yourself, it is important to also protect yourself from the sun. Here is a checklist of things that you should keep with you to help stay healthy during the summer:

• Hot

• Sunscreens (SPF 45 will block out 98% of UV rays)

• Lip balm (pick one with sunscreen in it)

• Bottled water

• Light snacks (trail mix, small bag of veggies etc.)

• Light sweater

• Medication

• Back pack or school bag (to carry everything)

Sunday Streets: One Street, Lots to Do

Sunday Streets is a San Francisco community event. The city picks a Sunday and they close a street for the day. This makes it car-free in certain areas of the city. Bicycles, skateboards, roller blades, and pedestrian traffic is allowed on these streets. This is a great time to get outside and enjoy the beautiful weather. The streets are closed from 10 a.m. to 3 p.m.

Sunday Streets is a great time to enjoy the outdoors! It’s a great way to get some exercise and enjoy the city. You can meet new people and have fun at the same time.

Sunday Streets does not happen every Sunday. A list of when and where to find events is on the city’s website (www.sundaystreetssf.com) or ask the listed list.

Ready for the Outdoors?

Summer is here and it is time to go out and enjoy the weather. Remember that while you are out enjoying yourself, it is important to also protect yourself from the sun. Here is a checklist of things that you should keep with you to help stay healthy during the summer:

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Sunday Streets: One Street, Lots to Do

Summer is here and it is time to go out and enjoy the weather. Remember that while you are out enjoying yourself, it is important to protect yourself from the sun. Here is a check list of things that you should keep with you, to help stay healthy during the summer:

- Hat
- Sunglasses
- Sunscreen (SPF 45 will block out 98% of UV rays)
- Lip balm (pick one with sunscreen in it)
- Light snacks (trail mix, small bag of nuts)
- Water
- Backpack (to carry everything)
- Ready to outdoors?

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permission to reprint all or part of an article must be obtained from the author. Visit Healthy San Francisco online at http://www.healthysanfrancisco.org.
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Sunday: Streets: One Street, Lots to Do

Summer is here and it is time to go out and enjoy the sunshine. Remember that while you are out enjoying yourself, it is important to protect yourself from the sun. Here is a check list of things that you should keep with you.

Freshen up your learning skills and memory, and it can help your immune system stay strong. Sleep can also help you feel happier and less stressed. Not getting enough sleep can cause you to gain weight. It can put you at a higher risk for many diseases and health problems.

Most adults need seven to eight hours of sleep each night. Kids need between nine and 11 hours a night and newborns need up to 18 hours a day.

It’s easy not to get the sleep you need. Stress, worries or too many hours a day.

It’s important for your health. Getting enough sleep improves your learning skills and memory, and it can help your immune system stay strong. Sleep can also help you feel happier and less stressed. Not getting enough sleep can cause you to gain weight. It can put you at a higher risk for many diseases and health problems.

Most adults need seven to eight hours of sleep each night. Kids need between nine and 11 hours a night and newborns need up to 18 hours a day.

It’s easy not to get the sleep you need. Stress, worries or too many activities can make us lose sleep. Working nights or different shifts can also cause sleep problems. Having children or pets sleep in the same bed with us can also make it difficult. Sometimes pets make a hard to sleep. Tobacco, caffeine, alcohol and other drugs, including medicines, can also disrupt sleep. Making small changes will make a big difference. How much sleep do I need?

Ask the doctor.

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Have you moved?
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Are You a Veteran?
Know Your VA Benefits

Good news! You may be entitled to medical care and benefits through the Department of Veterans Affairs (VA). With the exception of making health care services accessible and affordable for all San Francisco residents, healthy San Francisco is collaborating with the VA to reach out to veterans. If you are a veteran, you may be entitled to medical care and benefits through the Department of Veterans Affairs (VA).

The other option is Covered California. Covered California is for people who are not eligible for Medi-Cal. Through Covered California, uninsured individuals will be able to go to a website and shop for the health insurance plan that’s just right for them. You can learn more at www.coveredca.com.

This summer, Fall, and Winter, Covered California will launch its statewide marketing, outreach and education campaigns. Be on the lookout for the Healthy San Francisco booth or outreach worker when you attend community events, festivals, etc. We encourage you to learn more. For those Healthy San Francisco participants who are not required to have health insurance, you can stay enrolled and continue to get health care services through Healthy San Francisco. Together, we’ll make federal health reform a reality in San Francisco.

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