



AmeriHealth Caritas[™]

Delaware

May 2020 ProviderPost



Articles in this edition:

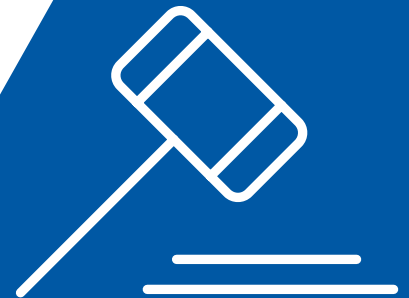
- May is Mental Health Month
- Bright Start PlusSM family health mobile app



AmeriHealth Caritas Delaware is on Facebook and Instagram!

Follow AmeriHealth Caritas Delaware on Facebook or Instagram for event information, health tips, member information, and more.

Search for **@AmeriHealthCaritasDE** on either social platform to find us.



Fraud Tip Hotline

1-866-833-9718, 24 hours a day, seven days a week.

Secure and confidential.
You may remain anonymous.



May is Mental Health Month

As a result of the COVID-19 pandemic and social distancing, many Americans are dealing with depression, loneliness, and other mental health challenges. This is especially true of the most vulnerable populations: those living alone; those with pre-existing physical and behavioral health conditions; and those lacking food, shelter, and other resources.

Caring for your patients during COVID-19 may result in heavier workloads and increased stress. As you take care of others, it is also important to take care of yourself.

The resources below include helpful reminders and resources for you and your patients:

[CDC: Emergency Responders: Tips for taking care of yourself](#)

[CDC: COVID-19 Stress and Coping](#)

[MHA: Mental Health and COVID-19 — Information and Resources](#)

[SAMHSA: First Responders and Disaster Responders Resource Portal](#)

Our mission — We help people:



Get care



Stay well



Build healthy communities

We believe everyone should have access to quality health care and services.

Bright Start PlusSM family health mobile app

The Bright Start Plus family health mobile app is a free mobile app for your patients to use for tracking their family's health — from pregnancy to pediatrics and beyond.

This mobile application features support services for members, such as:

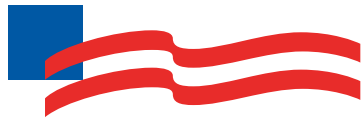
- Popular health trackers — child growth, family vaccines, diaper changing, and feeding trackers.
- Q-List — a place to make a list of questions to ask you about health milestones.
- Pregnancy-specific health topics, tools, and AmeriHealth Caritas Delaware connections.

How Bright Start Plus is your trusted resource as a provider:

- The only pregnancy and family app with clinically approved content from sources like the American College of Obstetricians and Gynecologists, the American Academy of Pediatrics, the American Academy of Family Physicians, the National Institutes of Health, and the Centers for Disease Control and Prevention (CDC), with medical editor and medical director review.
- Health risk assessments for each trimester and postpartum.
- Health trackers for all ages and stages based on CDC and clinical standards.
- Peer-reviewed published health outcomes for the app's platform.

Bright Start Plus is available for download at no charge on Google PlayTM store and the Apple App Store[®]. Or text “Doctor” to **1-302-202-9766.**





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www.amerihealthcaritasde.com