

COMMUNITY CARE HEALTH

HEALTHmatters

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**Stay Healthy.
Stay Active. Stay Safe.**

Your Health, Every Day

We believe good health is built not only through the care you receive when you're sick, but through the choices, resources, and preventive care that help you stay well.

That's the focus of this issue of *HealthMatters*. Inside, you'll find practical information to help you and your family stay healthy, active, and safe — from protecting yourself during hot weather and around the water to understanding your sunscreen options and the role vitamin D and zinc can play in supporting a healthy immune system.

We also want to make it easier for you to take full advantage of your Community Care Health membership. That means connecting you with important preventive services, behavioral health resources, a growing network of providers, and information that can help you make informed decisions about your health.

You'll also find an invitation in this issue to share your email address with us. By staying connected, you can receive timely health information, benefit updates, preventive care reminders, and other resources throughout the year.

Wherever your health journey takes you, Community Care Health is committed to being there with access to quality care, helpful resources, and support when you need it.

Thank you for trusting us with your care.



Aldo De La Torre
President and CEO
Community Care Health



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HealthMatters is a quarterly newsletter brought to you by Community Care Health. Designed to deliver the latest information impacting your health, we hope you find this resource valuable.



SUPPORTING YOUR IMMUNE SYSTEM:
THE ROLE OF VITAMIN D AND ZINC

Thomas Utecht, M.D., Chief Medical Officer, Community Care Health

Summer is a great time to focus on preventive health. Longer days, outdoor activities, and fresh seasonal foods create opportunities to support your overall wellness. Two nutrients that play an important role in immune health are vitamin D and zinc.

Vitamin D: The Sunshine Vitamin

Vitamin D is well known for supporting bone health, but it also helps regulate the immune system. It supports the function of immune cells that help the body respond to illness and infection.

Our bodies naturally produce vitamin D when exposed to sunlight, but many people still have low levels. Factors such as age, skin pigmentation, sunscreen use, limited outdoor activity, and certain medical conditions can affect vitamin D production.

Good sources of vitamin D include:



If you are concerned about your vitamin D levels, talk with your healthcare provider before starting supplements.

Zinc: An Essential Immune Supporter

Zinc is a mineral that helps support immune function, wound healing, and cell growth. It plays a key role in helping immune cells function properly and supports the body's natural defenses.

Foods rich in zinc include:



While zinc is important, taking excessive amounts can cause side effects and may interfere with the absorption of other nutrients. Most people can meet their needs through a balanced diet.

A Whole-Body Approach to Prevention

Vitamin D and zinc can support a healthy immune system, but they work best as part of an overall wellness strategy. Staying healthy also means:

- Eating a balanced diet
- Getting regular exercise
- Staying hydrated
- Managing stress
- Getting enough sleep
- Keeping up with preventive care and recommended vaccinations

At Community Care Health, we encourage our members to take a proactive approach to their health. By focusing on healthy habits and proper nutrition, you can help support your immune system and enjoy a healthier summer season.

OUTDOOR FUN STARTS WITH SMART SAFETY

Whether you're traveling, enjoying backyard barbecues, spending time by the pool, gathering with family and friends, or exploring the outdoors, a few simple precautions can make a big difference in keeping you and your loved ones healthy.

Beat the Heat

As temperatures climb, so does the risk of dehydration and heat-related illness.

Heat exhaustion can develop quickly, especially during outdoor activities. Common symptoms include dizziness, headache, excessive sweating, nausea, muscle cramps, and fatigue.

To stay safe:

- Drink water regularly throughout the day
- Limit alcohol and sugary beverages when spending time outdoors
- Wear lightweight, breathable clothing
- Take breaks in shaded or air-conditioned areas
- Schedule outdoor exercise during cooler morning or evening hours

If symptoms of heat exhaustion occur, move to a cool location, hydrate, and seek medical attention if symptoms worsen.

Stay Safe Around Water

Swimming and water activities are a great way to cool off, but water safety should always be a priority.

Drowning can happen quickly and quietly, particularly among young children.

Remember to:

- Never leave children unattended near water
- Designate a responsible adult to actively supervise swimmers
- Use properly fitted life jackets when appropriate
- Follow posted pool and water safety rules
- Avoid swimming alone whenever possible

A few moments of attention can prevent a lifetime of tragedy.

Protect Your Skin

Summer sunshine can boost your mood and encourage outdoor activity, but excessive ultraviolet (UV) exposure can damage your skin and increase your risk of skin cancer.

Experts recommend using a broad-spectrum sunscreen with an SPF of at least 30, reapplying it every two hours, and wearing protective clothing, hats, and sunglasses when possible.

Not all sunscreens are the same — see page 6. In this issue, you'll find a detailed article comparing mineral and chemical sunscreens, including the benefits and considerations of each option, to help you choose what's right for you and your family.

Fuel Your Body for Wellness

Good nutrition remains one of the most effective forms of preventive medicine.

Summer offers an abundance of fresh fruits and vegetables that can support hydration, immune health,

and overall wellness. Nutrients such as vitamin D and zinc also play important roles in supporting normal immune function.

Be sure to check out our feature article on vitamin D and zinc to learn how these nutrients contribute to a healthy lifestyle.

Don't Let Preventive Care Take a Vacation

While summer often means busy schedules and travel plans, it's important not to postpone routine healthcare.

Annual wellness visits, preventive screenings, and regular checkups can help identify potential health concerns before they become more serious. Summer can be an excellent time to schedule appointments for yourself or family members before the busy fall season arrives.

Make This Your Healthiest Summer Yet

Summer is meant to be enjoyed. By staying hydrated, practicing water and sun safety, maintaining healthy habits, and keeping up with preventive care, you can help protect yourself and your family throughout the season.

At Community Care Health, we're committed to helping our members live healthier lives year-round. We hope this issue provides helpful information, practical tips, and inspiration for a safe, active, and healthy summer.





STAYING SUN-SAFE: UNDERSTANDING YOUR OPTIONS FOR SUN PROTECTION

As temperatures rise and our time outside increases, sunscreen becomes a critical tool for protecting your skin from the Sun’s harmful ultraviolet (UV) rays. Exposure to ultraviolet radiation from the sun increases the risk of sunburn, premature aging and wrinkles, dark spots and skin damage, and even skin cancer, including melanoma.

The question is: Where to start? A walk down the sunscreen aisle with products that promote such terms as “mineral,” “broad-spectrum,” “chemical,” “natural,” “reef-safe,” or “for sensitive skin” can certainly make choosing the best option overwhelming.

What do these terms mean, and which sunscreen is right for you? Let’s take a closer look.

Mineral Sunscreens

Also known as “physical” sunscreens, mineral products use naturally occurring minerals to protect the skin. Featuring common active ingredients including zinc oxide or titanium dioxide, these ingredients sit on the surface of the skin and help block UV rays before they penetrate the skin.

Benefits

- Effective protection against both UVA and UVB rays
- Less likely to cause skin irritation
- Often recommended for children and people with sensitive skin
- Begin working immediately after application

Potential Drawbacks

- May leave a white residue on the skin
- Can feel thicker or heavier than other sunscreens
- May require more effort to rub in completely

Chemical Sunscreens

Chemical sunscreens use ingredients that absorb UV rays and convert them into heat before they can damage the skin.



What About “Natural” Sunscreens?
Many products marketed as “natural” are actually mineral sunscreens that rely primarily on zinc oxide and titanium dioxide.

Consumers should be cautious about products that claim to be all-natural but do not contain recognized sunscreen ingredients. Natural oils such as coconut oil, olive oil, or essential oils provide little to no reliable protection from UV radiation and should not be used as a substitute for sunscreen.



An SPF 30 sunscreen blocks approximately 97% of UVB rays when applied correctly.

Compared to mineral sunscreens, these are typically lighter and easier to apply, often blending into the skin without leaving a visible residue. As a result, these are popular choices for daily use and athletic activities.

Potential Drawbacks

- May cause irritation in some individuals
- Require application about 15 minutes before sun exposure
- Some ingredients have been detected in the bloodstream after repeated use, prompting ongoing safety research

Understanding SPF

SPF stands for Sun Protection Factor and measures protection against UVB rays, the primary cause of sunburn.

For most adults, experts recommend using an SPF 30 or higher, a broad-spectrum protection (protects against both UVA and UVB rays), and formulas that are water-resistant when swimming or engaging in activities that will result in significant sweating.

An SPF 30 sunscreen blocks approximately 97% of UVB rays when applied correctly.

More Than Just Sunscreen

No sunscreen offers complete protection. For the best defense against sun damage:

- Seek shade during peak sunlight hours
- Wear wide-brimmed hats
- Use UV-blocking sunglasses
- Wear long sleeves or sun-protective clothing when possible
- Reapply sunscreen every two hours, and after swimming or sweating

The Bottom Line

Whether you choose a mineral or chemical sunscreen, protecting your skin from excessive UV exposure is one of the simplest steps you can take to reduce your risk of skin cancer and premature skin aging. While understanding the differences between sunscreen types is important and can help you make an informed decision, the most important factor is finding a product you will use regularly and correctly.



While researchers continue to study the impact of chemical-ingredient sunscreens, health experts note that no evidence currently shows approved sunscreen ingredients cause harm when used as directed. The proven risks of excessive sun exposure remain far greater.



OUR EXPANDING NETWORK OF PROVIDERS



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PRACTICE NAME UPDATES

To better reflect locations and services, several Community Health Partners practices have been renamed or consolidated in an effort to make it easier for patients to identify practice locations and access the care they need.

PRIMARY CARE

- » *Community Primary Care – Ahmed Emami and Community Primary Care – Ali M. Fayed* have combined and are now **Community Primary Care – Cedar.**
- » *Community Primary Care – Christopher Keubrich and Esmeralda Arreola* is now **Community Primary Care – Temperance.**

PEDIATRICS

- » *Community Pediatric Care* is now **Community Pediatric Care – Shaw.**

NEUROSCIENCES

- » *Community Neurosciences Institute • Fresno* is now **Community Neurosciences Institute Spine, Sleep & Pain Center.**
- » *Community Neurosciences Institute • Downtown* has closed, with services relocated to **Bob Smittcamp Family Neurosciences Institute.**
- » *Community Neurosciences Institute • Riverpark* has closed, with services relocated to **Community Neurosciences Institute Spine, Sleep & Pain Center.**

MENTAL HEALTH MATTERS AT EVERY AGE

Early screening can make a difference.



We want to remind you of an important benefit included in your health coverage. California law requires health plans to provide members with an annual notice about behavioral health and wellness screening services for children and adolescents ages 8 to 18. These screenings help support the mental, emotional, and overall well-being of children and adolescents at no additional cost other than your applicable office visit copayment when completed by a participating provider.

Why Screenings Matter

Behavioral health is an important part of everyone’s overall health. Many mental health conditions begin in childhood or early adolescence; symptoms can appear years before a full disorder develops. These screenings help identify conditions such as anxiety, depression, behavioral concerns, substance use, and more. Even when a person feels well, annual screenings offer an opportunity to check in with their provider and address any concerns

early. Children and teens experience rapid emotional, social, and academic changes.

Early screenings can help close the gap between when symptoms appear and when treatment begins; giving your kids the best chance to learn, grow, and heal – especially while their brains are still developing well into their mid-20s.

Early identification can make a meaningful difference connecting your loved ones with the support they need.

How to Access These Services

Screenings are available during well-child visits, at other primary care or pediatrician appointments, and through behavioral health providers. When follow-up care is needed, your provider can refer your child to a behavioral health specialist. If you would like the

screening to be done by a behavioral health provider, members have direct access to participating providers for behavioral health services without obtaining a PCP referral. Behavioral health services are offered through Community Care Health’s partnership with SimpleBehavioral.

- Members can call SimpleBehavioral at 1-855-424-4457 for assistance in finding a behavioral health provider.
- SimpleBehavioral providers are also included in our online provider directory. Visit the Community Care Health website www.communitycarehealth.org, and click on “Find a Provider”

If you need assistance locating a provider or understanding your benefits, our Customer Service Team is here to assist you.

We encourage you to take advantage of this benefit and make behavioral health and wellness screening part of your child’s yearly health routine.

If you or someone you know are experiencing a mental health emergency, please call 911.

» **National Suicide & Crisis Lifeline: Dial 988,** available 24/7 (call, text, chat) or visit 988lifeline.org

» **SimpleBehavioral: 1-855-424-4457**





GET MORE FROM YOUR MEMBERSHIP

Don't miss out on important health information, member resources, wellness tips, and updates from Community Care Health.

By providing your email address, you'll receive timely communications designed to help you make the most of your health plan, including preventive care reminders, benefit updates, health and wellness resources, seasonal health tips, and information about programs and services available to you and your family.

Our goal is to provide useful, relevant information that supports your health and well-being throughout the year.

Signing up is quick and easy. Simply visit the link or scan the QR code below and provide your preferred email address so we can stay connected.

www.communitycarehealth.org/signup



Your information will be used only for Community Care Health communications and will be handled in accordance with our privacy practices:
www.communitycarehealth.org/notice-of-privacy-practices.

Stay informed. Stay healthy. Stay connected.

Stay Informed. Stay Connected. Stay Healthy.

At Community Care Health, we believe informed members are empowered members. By opting in to our email communications, you will receive timely updates, helpful health information, and important news designed to support you at every stage of your health journey.

Our emails may include plan updates, benefit reminders, wellness tips, preventive care resources, and information about programs and services available to you as a Community Care Health member. Communications are sent thoughtfully and with your privacy in mind.

Complete the form below to stay connected!

Name *

Email *

Submit

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SAVE MORE. WIN BIG.

Access Perks gives our members exclusive discounts — and this fall, a chance to win \$1,000 in gift cards!

PERKS THAT GO BEYOND YOUR HEALTH PLAN

With Access Perks, Community Care Health members can enjoy exclusive savings on the things they already buy and the places they love — from everyday purchases to their next getaway.

Local Shops

Online Retailers

Restaurants

Hotels and Resorts

Theme Parks

Car Rental

300+ Airlines And Much More!

SAVE ON:

ENTER TO WIN A \$1,000 FALL BUNDLE!

From September 3–17, 2026, Access Perks is giving one lucky participant a fall bundle featuring:

- \$500 Target Gift Card
- \$200 Starbucks Gift Card
- \$200 Amazon Gift Card
- \$100 AMC Theatres Gift Card



START SAVING — AND ENTER TO WIN!

Visit your Access Perks discount program homepage between September 3–17 and sign in. That's it!

You can earn one entry each day you visit and sign in, so come back throughout the giveaway for more chances to win.

Visit: www.communitycarehealth.org/accessperks



No purchase necessary. Giveaway sponsored and fulfilled by Access V.G. LLC. Terms and conditions apply.



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MedImpact

Pharmacy Questions:

Call MedImpact: 1 (844) 348-8510
or visit medimpactdirect.com



Customer Service:

Monday – Friday, 8 a.m. – 5 p.m.
(559) 724-4995;
Toll free: 1 (844) 516-0181
For more information, visit
communitycarehealth.org

 **SimpleMSK**

SimpleMSK: 1 (877) 519-8839

 **SimpleBehavioral**

SimpleBehavioral: 1 (855) 424-4457