

Louisiana Coordinated System of Care

CSoC Member Newsletter

Bullying. Is it a big deal?

Yes. Bullying is a big problem that can make you feel scared, sad, embarrassed, stressed, or hurt. Being bullied can make you feel really bad. Trying to deal with the bullying can even make you sick. It also might make you not want to go to school, the playground, or visit friends or family.

Most bullies try to make themselves feel and look important or like they are better than others. They do not care about the feelings of others.



No one has to put up with a bully's picking on them. If you or someone you know is bothered by a bully, talk to someone you trust. Everyone has the right to feel safe, and being bullied makes people feel unsafe. Tell someone about it and keep telling until something is done.

You can be bullied by someone when you are using the internet. This is called cyberbullying. It can take place on social media, on messaging or gaming apps, or on smartphones. We will look at information to prevent this from happening in the next part of this newsletter.

View the Member Handbook and Newsletter at MagellanofLouisiana.com

Online Safety

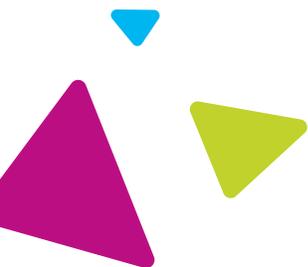
Using a tablet, smartphone, or computer can be a very fun and good thing to do. Most children and youth like to watch videos and play video games online. You can learn many things and have fun at the same time.

When you are using online apps, it is really important to stay safe. There are lots of things you can do to keep yourself safe online.

- Don't share things you would not want your parents, teachers, or future employers to see.
- Keep your address, phone number, full name, school, and date of birth private. Check your privacy settings.
- Watch out for phishing and scams. Phishing is when someone tries to trick you into giving them information, like your password. Someone might try to trick you by saying they can make you famous or help you make a lot of money. Never click on links that ask you to log into their site, even if you think they might be real. If you are asked to log into a website, go to the app or site directly instead.
- Never share your address, full name, or where you go to school.
- You should never give out your password or log-in information. Make sure you pick strong passwords that you can remember.
- Make sure you log out when you are using public or shared devices.



Always treat others like you want them to treat you. It does not matter if you are online or in person. To learn more about bullying, you can visit <https://www.stopbullying.gov/>.



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Helpful Contact Information

Magellan of Louisiana

1-800-424-4489 – Call for help any day, any time. If you are deaf or hard of hearing, call 711 to use the Louisiana Relay Service.

You can email us at LACSoCInfo@MagellanHealth.com.

You can send a FAX to us at **1-888-656-5704**.

Questions about your Louisiana Medicaid eligibility?

Please call Louisiana Medicaid customer service at **1-888-342-6207, Monday through Friday, 8 a.m. to 4:30 p.m.** You can also take action on your Medicaid eligibility at any time at MyMedicaid.la.gov.



Attention Medicaid Members

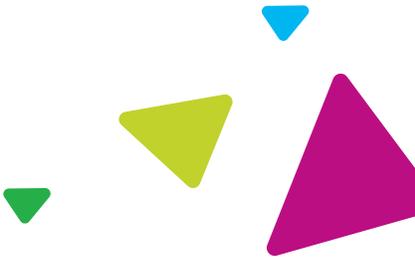
 **KEEP YOUR COVERAGE**

Medicaid. Stay Covered.

ACT NOW! Visit healthy.la.gov

The banner features a gold background at the top and bottom. The central section has a teal background with white text. A dark blue arrow-shaped box on the left contains the text 'ACT NOW!' in white. To the right of the arrow, the text 'Visit healthy.la.gov' is written in dark blue. The Louisiana Medicaid logo is on the left side of the teal section.

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Decorative graphic consisting of four triangles in the bottom right corner: a small cyan triangle, a lime green triangle, a small green triangle, and a large magenta triangle.

Important Phone Numbers



Healthy Louisiana Health Plan phone numbers:

Aetna Better Health.....	1-855-242-0802
AmeriHealth Caritas.....	1-888-756-0004
Healthy Blue.....	1-844-521-6941
Humana Healthy Horizons in Louisiana.....	1-800-448-3810
Louisiana Health Care Connections.....	1-866-595-8133
United Health Care Community Plan.....	1-866-675-1607

Rides to your appointments:

Call your Healthy Louisiana Plan when you need a ride to your non-emergency scheduled appointment.

Aetna Better Health.....	1-877-917-4150
AmeriHealth Caritas.....	1-888-913-0364
Healthy Blue.....	1-866-430-1101
Humana Healthy Horizons in Louisiana.....	1-844-613-1638
Louisiana Healthcare Connections.....	1-855-369-3723
United Health Care Community Plan.....	1-866-726-1472

You can also contact the **NurseLine at your Healthy Louisiana Plan**. The NurseLine is available 24 hours a day, 7 days a week. The phone number for your health plan's NurseLine:

Aetna Better Health.....	1-855-242-0802
AmeriHealth Caritas.....	1-888-632-0009
Healthy Blue.....	1-866-864-2544
Humana Healthy Horizons in Louisiana.....	1-800-448-3810
Louisiana Health Care Connections.....	1-866-595-8133
United Health Care Community Plan.....	1-877-440-9409

**For Primary Health Concerns, contact your
Healthy Louisiana Plan at the number above or call 1-855-229-6848.**

****For life-threatening situations, always call 9-1-1****