



DEPARTMENT OF ECONOMIC SECURITY

Your Partner For A Stronger Arizona

DIVISION OF DEVELOPMENTAL DISABILITIES

Member Update - November 2019

Happy Thanksgiving



Everyone at DDD would like to wish the members and families we serve a very happy and healthy Thanksgiving.

Recognize Your Risks for Heart Disease

According to the Arizona Department of Health Services (ADHS), heart disease is the leading cause of death in Arizona. Heart disease includes conditions affecting the heart, like coronary artery disease, heart attack, congestive heart failure and congenital heart disease. There are several risk factors for heart disease including high blood pressure, diabetes, obesity, tobacco use and physical inactivity. Symptoms of heart disease include chest pain, shortness of breath, feeling weak or light-headed and pain or discomfort in the jaw, arms, shoulder, neck, or back. Reducing your risk factors and recognizing the symptoms are the best ways to manage or prevent heart disease. Learn more at http://bit.ly/adhs_heartdis.

See Your Doctor

It is important to see your doctor for an annual checkup to stay healthy. Annual checkups are not just for kids, adults need shots and routine physicals too. Schedule a well-care visit with your Primary Care Provider (PCP) today. Discuss your diet, activity and other health concerns you have with your PCP. If you don't have a PCP, visit your [DDD Health Plan's website](#) to find a provider near you.



DEPARTMENT OF ECONOMIC SECURITY

Your Partner For A Stronger Arizona

DIVISION OF DEVELOPMENTAL DISABILITIES

Raising Special Kids (RSK) Family Forum Report

In Spring 2019, Raising Special Kids (RSK) and DDD, hosted 53 family forums across Arizona. The forum goals were to gather feedback regarding Division services and how they can be improved. Attendees were also asked to provide input regarding Governor Ducey's Executive Order on the protection of individuals with disabilities. The final RSK report is now available on the [DDD website](#).

Like DDD On Facebook

Like DDD on Facebook, [@OfficialArizonaDDD](#), and stay connected to the latest news from DDD.

Councils and Committees

There are many ways you can volunteer and positively impact the DD community. Visit the [DDD website](#) to see all of the councils and committees you can volunteer to be on.

DDD is Here to Help

If you have questions, please contact your Support Coordinator or the DDD Customer Service Center at 1-844-770-9500 ext. 1 (TTY/TDD 711).

Call the DDD Customer Service Center at 1-844-770-9500 ext. 1, TTY/TDD 711, to ask for this material in other formats. Language help is available at no cost to you.