



DEPARTMENT OF ECONOMIC SECURITY

Your Partner For A Stronger Arizona

DIVISION OF DEVELOPMENTAL DISABILITIES

Member Update - May 2019

Eat Less Salt

According to the Arizona Department of Health Services (ADHS), most people eat almost twice the recommended amount of sodium each day. Salt is approximately 40% Sodium and 90% of the sodium eaten is in the form of salt.

When salt intake is reduced, blood pressure begins decreasing for most people in a few days to a few weeks. Learn more about the health impacts of eating too much salt, by reading: [Sodium: The Facts from the Centers for Disease Control and Prevention.](#)

Only a small amount of sodium occurs naturally in foods. Nearly 80% of the salt consumed comes from processed, packaged, and restaurant-prepared foods. Single items may contain more than a day's worth of sodium. The [National Salt Reduction Initiative \(NSRI\)](#) is a national voluntary effort to reduce the salt in packaged and prepared foods. Learn more about the sodium in the foods you eat by visiting [ChooseMyPlate.gov](#).

Salt Fact: One teaspoon of table salt contains about 2,300 milligrams of sodium. Use the Nutrition Facts label and ingredient list to find foods low in sodium. For more ways to find sodium details on food labels, visit the [American Heart Association](#).



Raising Special Kids and DDD Forums

There are still several Raising Special Kids and Division of Developmental Disabilities member and family forums on the schedule. We would like to know what DDD is doing right, what we can do better and how we can improve delivery of long term services and supports.

[You can get location specific dates and times for remaining events on the DDD website.](#)

DDD Health Plans Update

ALTCS eligible members will receive a letter the week of May 29 with more details about choosing a DDD Health Plan that will be effective October 1, 2019. The new DDD Health Plan options and contact information including website will be enclosed with the letter. Health plan and provider details, including Primary Care Provider (PCP) directories, will be found on the health plan websites or by calling their member services phone numbers, which will also be included with the letter.



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Open enrollment begins June 14, 2019 at 8:00 a.m. and ends July 15, 2019 at 5:00 p.m. for members that were DDD and ALTCS eligible prior to April 2019. Open enrollment for members that became DDD and ALTCS eligible after April 2019 begins October 1, 2019 at 8:00 a.m. and ends October 30, 2019 at 5:00 p.m. You may also contact DDD Member Services at 1-844-770-9500 or visit des.az.gov/ddd-health-plans for more information.

Save the Date - Developmental Disabilities Advisory Council

The Developmental Disabilities Advisory Council (DDAC) will be meeting on Wednesday September 18th, 2019.

- Meeting 2:00PM to 5:00PM (Public welcome to observe)
- Public Forum: 5:00PM to 7:00PM (Open public comment)
- Location: TBD Page, AZ

Visit [the DDAC website](#) for more information.

DDD is Here to Help

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

Call DDD Customer Service 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.