



DIVISION OF DEVELOPMENTAL DISABILITIES

Member Update - July 2019

Preventing Heat-Related Illness

July is one of the hottest summer months in Arizona. Staying healthy during the summer is easier if you take the time to protect yourself by making sure you are drinking enough water and limiting your exposure to the heat. The Arizona Department of Health Services (ADHS) recommends following these seven steps to avoid heat-related illnesses:

- Drink plenty of water
- Dress for the heat in lightweight, light colored clothes and use sunscreen
- Eat small meals, more often. Avoid foods high in protein which increase metabolic heat
- Monitor those at high risk
- Slow down and avoid strenuous activity
- Stay indoors when possible
- Take regular breaks if doing physical activities

[Learn more about the signs and symptoms of heat-related illness from ADHS.](#)

DDD Health Plans Are Coming October 1, 2019

The Division of Developmental Disabilities, through a contract with the Arizona Health Care Cost Containment System (AHCCCS), offers health care coverage to members who are eligible for the Arizona Long Term Care System (ALTCS). This coverage includes physical health services, behavioral health services, Children's Rehabilitative Services (CRS) and limited Long Term Services and Supports (LTSS). [Mercy Care](#) and [UnitedHealthcare Community Plan](#) (UHCCP) will be the new DDD Health Plans effective October 1, 2019.

Mercy Care and UHCCP will be able to provide services to members statewide.

All LTSS are provided by DDD contracted Qualified Vendors and specialty contractors except nursing facilities, emergency alert system services and habilitative physical therapy for members age twenty-one (21) and over. These three LTSS will be provided by the member's DDD Health Plan.

More information about DDD Health Plans can be found on the [DDD website](#). Contact your Support Coordinator or Member Services at 1-844-770-9500 ext. 7 with any questions.

Like DDD On Facebook

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



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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.

Developmental Disabilities Advisory Council Public Forum

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

- Public Forum: 5:00p.m. to 7:00p.m. (Open for public comment)
- Meeting: 2:00p.m. to 5:00 p.m. (Public welcome to observe)
- Location: Page Unified School District, District Board Room, 500 S Navajo Dr. Page, AZ 86040

[Visit the DDAC online for more details.](#)

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 (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.