



Our goal is to provide care coordination services to help you take charge of your healthcare.

We provide services for primary care, maternity, and family planning for Alabama Medicaid Recipients in Cullman, Jackson, Limestone, Madison, Marshall, and Morgan Counties.

What can North Alabama Community Care Do for You?

If you are an adult or child on Medicaid, we can help you and your family to:

- Find a doctor who accepts Medicaid
- Understand your results from medical tests
- Schedule doctor appointments
- Attend doctor appointments and talk about your healthcare needs
- Help with your care while in the hospital
- Move from inpatient to outpatient care
- Follow up care when or after leaving the hospital
- Manage medications
- Find community resources
- Locate specialty care, including mental health and substance use services
- Use Non-Emergency Transportation (NET) services

How Do I Get Started With North Alabama Community Care?

To enroll in our services, you can call our toll free number at 1-855-640-8827, or you can visit our website www.northalcc.org.

You may also ask your provider to refer you.

We work with you where YOU need us. We will visit your home, the doctor's office, the hospital, the Mental Health Center, other community facilities, or anywhere you feel comfortable.

Ways to Add Fruits and Vegetables to Your Child's Diet



Pick fruits or veggies that require little preparation such as bananas, oranges, carrots, and celery sticks,

Make snacks kid friendly. Chop colorful fruits and veggies and keep in the refrigerator for a quick snack.

Add sliced fruit to your cereal at breakfast.

Let children help you prepare meals by using scoopers and combing fruits of different flavors and colors.

Add chopped vegetables such as broccoli and red peppers to pizza.



Did you know that Alabama Medicaid has a family planning program for women and men?

With Plan First, mothers and babies have a better chance of being healthy.

Plan First provides for women ages 19 to 55:

- A yearly family planning exam
- Care support from a social worker or nurse
- Some types of birth control such as, birth control pills and Depo-Provera shots
- Tubal ligation (tube tying) for women 21 years or older
- Lab work such as, testing for pregnancy and STDs
- Help in planning when to have a baby

Plan First provides for men ages 21 or older:

- Vasectomy (permanent birth control for men)

Primary care/medical services are not covered by Plan First. Plan First covers family planning services only.



Quit Now Alabama

The new year is the perfect time to make the decision to quit smoking.

If you are interested in quitting smoking, please visit QuitNowAlabama.com or call 1-800-QUITNOW.

Information, referrals, and coaching are confidential, and you may be eligible to receive up to an 8 week supply of free nicotine replacement patches

**North Alabama
Community Care**

3304 Westmill Drive

**Huntsville, AL
35805**

**Toll Free Phone:
(855) 640-8827**

Web Site:

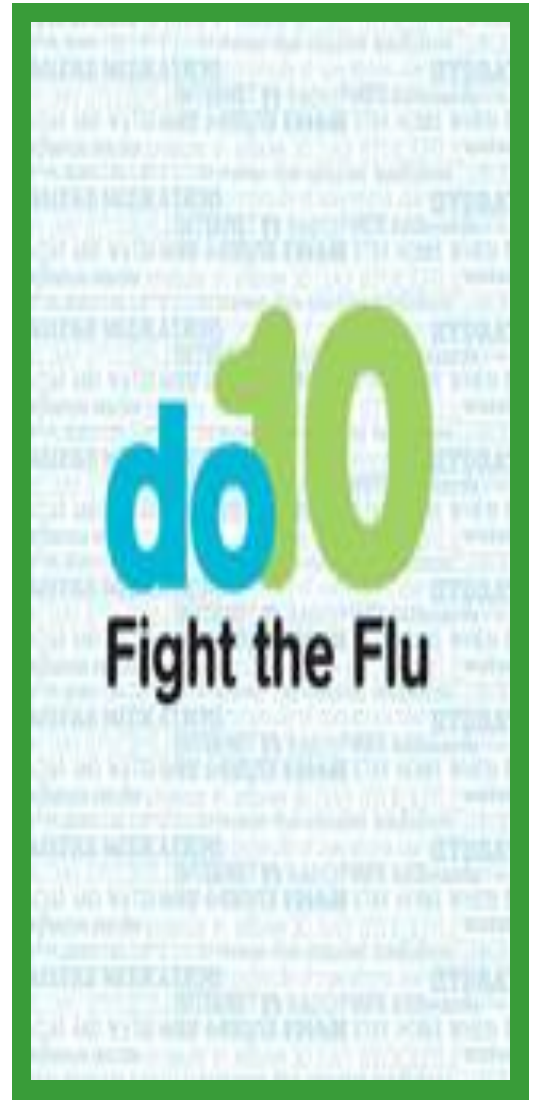
www.northalcc.org

do10 Fight the Flu

Alabama Department of Public Health recommends that we do 10 things to help prevent the flu.

1. Get Vaccinated
2. Wash Your Hands
3. Cover Your Coughs and Sneezes
4. Stay Home with Fever
5. Stockpile Supplies
6. Clean and Disinfect
7. Know Your Office Emergency Plan
8. Learn Home Care
9. Call Your Doctor If Symptoms Get Worse
10. Stay Informed

Call the ADPH Immunization Division toll-free at 1-800-469-4599 from 8 a.m. to 5 p.m., Monday through Friday. Your call will be directed to an ADPH nurse who will provide flu immunization information.



*North Alabama Community Care
3304 Westmill Drive
Huntsville, AL 35805*



Friend's Name
Street Address
City, State Zip Code