ARIZONA HEALTH CARE COST CONTAINMENT SYSTEM

MEMO

DATE: 5/4/2026
TO: All AHCCCS Health Plans
FROM: AHCCCS Whole Person Care Initiative
SUBJECT: Addressing Heat-Related Illnesses, Injuries, and Deaths

In preparation for Arizona's extreme heat, AHCCCS is providing the resources below for you to consider sharing with your provider networks or membership population, as appropriate. State health data identifies that the majority of Arizona's heat-related illnesses, injuries, and deaths occur between June and September, so a window of opportunity is right around the corner.

- **Arizona's Extreme Heat Preparedness Resource Hub**
  - The state of Arizona's official website for up-to-date information and resources for addressing the impacts of extreme heat in our state.
    - Website: https://heat.az.gov
- **Extreme Heat Tips for People with Specific Conditions or Risk Factors (for members)**
  - www.americares.org/wp-content/uploads/ExtremeHeat_RiskHealthConditions_Final.pdf
- **Signs and Symptoms of Heat Related Illness and Medications that May Increase Risk of Heat Related Illness in Spanish and English (for providers and members)**
  - https://www.azdhs.gov/documents/preparedness/epidemiology-disease-control/extreme-weather/heat-safety/extreme-heat-medication-flyer.pdf
- **How to Help Patients Establish a Heat Action Plan (for providers)**
  - An excellent tool to help providers create plans for members who have specific health conditions, risk factors, or are taking certain medications.
  - www.americares.org/wp-content/uploads/HEAT_HelpingPatientsEstablish_ForProviders_Final.pdf
- **Power AZ Utility Assistance Program Flyer in English (for members and providers)**
  - https://des.az.gov/sites/default/files/dl/EAP-1015A.pdf
- **Power AZ Utility Assistance Program Flyer in Spanish (for members and providers)**
  - https://des.az.gov/sites/default/files/dl/EAP-1015A-S.pdf
- **Low Income Home Energy Assistance Program (for members and providers)**
  - https://des.az.gov/liheap

The Americares resources were developed in collaboration with the Harvard School of Public Health. The Low-Income Home Energy Assistance Program (LIHEAP) and Power of AZ Utility Assistance Programs are operated by the Arizona Department of Economic Security (DES) and the medication information flyer was developed by the Arizona Department of Health Services.