

CareMore

CHRONICLES

NEWS FOR CAREMORE MEMBERS

SUMMER
2010

*** AIR CONDITIONING**
tips for summer

MAXIMIZING

the benefits of
Medicare

TUCSON
+ has some
great news!

FRIENDS **HELPING**
FRIENDS

 **CAREMORE**

HOW HAS
CareMore
CHANGED
YOUR LIFE?



TO ME, OLD AGE IS
ALWAYS FIFTEEN YEARS
OLDER THAN I AM.

(BERNARD M. BARUCH)

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 - Are you eligible for Medicaid?

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CareMore's Annual NOTIFICATION OF CHANGE

CareMore members will receive their Annual Notification of Change at their homes before October 31. If you have any questions regarding your ANOC, please call Member Services at

1-800-499-2793

ARE YOU ENROLLED IN MEDICAID?

ARE YOU ELIGIBLE FOR MEDICAID?

THINGS YOU SHOULD KNOW...

Medicaid is a joint Federal and state government program that helps with medical costs for certain people with limited incomes and resources. Some people with Medicare are also eligible for Medicaid. Medicaid has programs that can help pay for your Medicare premiums and other costs. For more information, contact CareMore Member Services at: 1-800-499-2793.

AFTER A MAN PASSES SIXTY,
HIS MISCHIEF IS MAINLY
IN HIS HEAD.
(EDGAR WATSON HOWE)



A MESSAGE FROM OUR PRESIDENT

LEEBA
LESSIN

Greetings to all in the CareMore family— especially those who have joined us in 2010! This has been quite a year! Do you know that almost 12,000 people joined CareMore in the latest enrollment period? A special welcome to those who have joined in our new expansion areas— Modesto, Tucson and Las Vegas— and to those in my home town of Whittier, California who are celebrating our affiliation with Bright Physicians and Presbyterian Hospital. To all who have joined us, I send you a warm welcome, a promise to do our best to support you, and our gratitude for giving us your trust by allowing us to be your health care system.

And, for anyone who hasn't been hibernating, you are well aware of the dramatic changes coming to our insurance and health care systems as a result of the Patient Protection and Affordable Care Act , passed earlier this year by Congress. No doubt, you have your opinions about the good and bad, right and wrong, comforting and frightening about the legislation. Truth is, no one knows exactly how it's all going to turn out. What we do know is that there are significant changes to the Medicare Advantage Program, of which CareMore is a part. Bottom line, our payments have been cut. But we are very confident that the preventive care and chronic care management that we provide will allow us to continue to provide our members with a superior benefit package.

We also think you'd probably like to talk about this. So, we are scheduling a series of events which will take place in the mid-to late-summer. CareMore physicians and management will meet with groups of members in every community. We will hold as many meetings as it takes to have a face-to-face dialogue with as many of our members who want to convene.

We've also developed a tool which we hope many of you will want to use in your clubs, community service groups, and churches. It's called "Learning Maps" and its a sort of discussion game that helps people understand how the health system works and how CareMore fits into it. If you'd like to take a test drive of a Learning Map session, please contact CareMore at 1-877-211-6614 and we'll get you scheduled.

As we head into the warmth of summer, I send my best hopes for your strong health and happiness.

A handwritten signature in black ink, which appears to read "Leeba Lessin". The signature is fluid and cursive.

I HAVE EVERYTHING I HAD
TWENTY YEARS AGO, ONLY IT'S
ALL A LITTLE BIT LOWER.
(GYPSY ROSE LEE)



AIR CONDITIONING TIPS FOR SUMMER

Living where we do, the vast majority of us rely on air conditioning to comfortably get us through those hot summer months. Your friends at CareMore urge you to keep the following thoughts in mind this summer when deciding how, and how often, to use your air conditioner:

- COPD patients should use their air conditioners on extremely hot days or on days with bad/poor air quality. This will minimize their health risks and prevent exacerbation.
- Remember to change your air conditioning unit's air filter regularly. With a dirty air filter, you are circulating and breathing dirty air, which can cause respiratory distress and harm to other body systems.
- A great deal of dust has probably accumulated in the air conditioner's vents when it was not in use. This can cause the dust to be blown around the room when the unit is first turned on after being off for some time. To alleviate this problem, clean the vents thoroughly or turn the unit on and leave the house for a few hours, allowing the dust settle.

You may also be thinking “what can I do to keep cool as an alternative to air conditioning?” Well, the use of fans (preferably ceiling fans) in as many rooms as possible, with your windows open, is a great start. This not only cools the room but also provides ventilation. Some other home cooling methods include things like home weatherization and insulation, light-colored roofing, attic ventilation, planting shady trees and installing window awnings.

LET'S KEEP SUMMER GREEN



For grilling, propane burns much cleaner than either wood or charcoal.



Buying food from local Farmer's Markets helps reduce fossil fuel usage.



Please try to use reusable dishes instead of Styrofoam or plastic ones.



Only water plants when necessary during the Summer drought season.

AGE IS A QUESTION OF MIND
OVER MATTER. IF YOU DON'T
MIND, IT DOESN'T MATTER.
(SACHEL PAIGE)

CAREMORE TOUCH

BRINGS THAT PERSONAL FEEL TO NURSING
HOMES AND ASSISTED LIVING FACILITIES

CareMore Touch is a Medicare Advantage Prescription Drug Plan that is designed as a Special Needs Plan, allowing us to offer benefits and services that address the unique healthcare needs for those living in a nursing home, assisted living facility or plan-approved locations. It's really an on-site model of care that brings just about everything you could possibly need to you, where you live; more attention and more benefits come right to you. This means no traveling off-site for routine tests, treatments and many other services. In this way, your care team can become much more involved by bringing contracted healthcare providers to your facility, eliminating any barriers you may have in accessing quality healthcare services. So, with CareMore Touch, you are not only provided with comprehensive care and extraordinary benefits, but you are receiving the top-notch service you deserve.

Another hallmark of our CareMore Touch plan is our Nurse Practitioners, and their close relationship with you and your family. CareMore Touch Nurse Practitioners may order tests and X-rays, refill prescriptions, change dressings or simply be a welcomed visitor for the day for you. But because each CareMore Touch member is assigned an on-site Nurse Practitioner of their own, they are not only able to bring care directly to your bedside, but they are able to function as your healthcare partner, in conjunction with your family members, in your overall care plan. With this more intimate level of care, CareMore Touch Nurse Practitioners are extensions of your family. CareMore Touch keeps families



updated and involved in your care plan, and our frequent communication with families ensures they can stay up-to-date whether they live nearby or in another state.

With CareMore Touch, living in a nursing home or assisted living facility doesn't have to seem so far

away from home. If you or someone you know lives in a long-term care community, please tell them about this special CareMore plan.

Call **1-800-589-3147** to receive more information on this fantastic care plan.

WANTED:

Once per quarter in Cerritos, California, and twice per year in Arizona, Nevada and Northern California, CareMore conducts public policy committee meetings. These meetings are, essentially, open forums affording members and CareMore representatives the ability to discuss important topics including benefit selections, healthcare reform and the overall quality of CareMore care. Current CareMore members in attendance are encouraged to discuss any and all issues they may have pertaining to their care, and CareMore representatives often take the opportunity to both answer questions and propose new benefits and plans to these current CareMore members.

CAREMORE PUBLIC POLICY COMMITTEE MEMBERS

CareMore is currently searching for motivated members who think they would like to join this public policy committee. Ideal applicants would have some form of business leadership/board of directors/city council-level experience and, of course, an interest in taking an active role in the shaping of current and future health care for you and your friends and family. If you are interested in becoming a public policy committee member, please contact Samone Daniel by phone at (562) 741-4439, via email at samone.daniel@caremore.com or write her at:

CareMore Health Plan
Attn: Samone Daniel
12900 Park Plaza Drive, Suite 150, MD 6150
Cerritos, CA 90703

YOUTH IS THE TIME FOR ADVENTURES
OF THE BODY, BUT AGE FOR THE
TRIUMPHS OF THE MIND.

(LOGAN PEARSALL SMITH)



MAXIMIZING THE BENEFITS OF MEDICARE

SSC helps eligible CareMore members enroll into valuable programs that provide financial relief to those that qualify.

Social Service Coordinators (SSC) administers a comprehensive outreach initiative to CareMore members eligible for—but not enrolled into—a broad range of government and other community assistance programs. The partnership between CareMore and SSC increases the awareness of—and participation in—many federal, state, and community programs for which CareMore members may qualify. Over

five thousand CareMore members currently save \$1,156.80 annually through programs known as “Medicare Savings Programs” which can pay for an individual’s Medicare Part B premium (\$96.40 a month).

Other programs—such as Medicare Part D “Extra Help”—can reduce an individual’s prescription drug co-payments and provide protection through the coverage gap. Through

its specialized teams of advocates, SSC provides education and application assistance at no charge. These often unknown programs can reduce—or even eliminate—the financial burden of monthly premiums and other out-of-pocket expenses for CareMore members.

CareMore also offers the unique Golden Touch® service for those members currently receiving state medical assistance. On behalf of CareMore, SSC interviews eligible members to determine what, if any, social programs they currently participate in and what other programs they may qualify for. Here again, SSC will complete any necessary forms and paperwork for those programs that are of interest.

If you are interested in learning more about programs that you may qualify for, please contact SSC’s Outreach Center directly at:

1-866-242-1285

PERHAPS BEING OLD IS HAVING LIGHTED ROOMS
INSIDE YOUR HEAD, AND PEOPLE IN THEM, ACTING.
PEOPLE YOU KNOW, YET CAN'T QUITE NAME.
(PHILIP LARKIN)

SPECIAL NEEDS PLANS (SNP) NOW AVAILABLE IN STANISLAUS COUNTY ALL YEAR LONG!



CareMore is proud to announce the addition of Diabetes and Breathe, two Special Needs Plans (SNP), to our portfolio of options available to Medicare-eligible residents of Stanislaus County, California. As Diabetes and Breathe members, your friends suffering from chronic diabetes and respiratory issues can enjoy the benefits of a coordinated, comprehensive and specialized Medicare plan designed just for them, and they can join these SNP plans at any time throughout the year, not just during the usual open enrollment period. Tell your friends and family members with breathing problems or diabetes they may be able to join CareMore today. Spread the good news!

URGENT CARE LOCATIONS

CareMore has two Urgent Care locations for our members in Stanislaus County:

Modesto Urgent Care - 1908 Coffee Rd., Modesto

Express Lane Urgent Care - 711 Hawkeye #3, Turlock

PHARMACY LOCATIONS

CareMore's Over-the-Counter products can be picked up at your local Walgreens or at these convenient Stanislaus County pharmacies:

Florida Pharmacy - 1541 Florida Ave., Modesto

Oakdale Pharmacy - 1390 West H St., Oakdale

O'Brien's Pharmacy - 6331 Oakdale Rd., Riverbank

River Oak Pharmacy - 1080-D West F St., Oakdale

Rogers Drug Store - 402 "H" St., Modesto

Carranza Pharmacy - 2431 3rd St., Hughson

Carranza Pharmacy - 620 Crows Landing Rd., Modesto

Patterson Family Pharmacy - 47 S. Del Puerto, Patterson

Pioneer Pharmacy - 1261 Main St., Newman

Boies Pharmacy - 828 Delbon Ave., Turlock

GRAY HAIR IS GOD'S GRAFFITI.
(BILL COSBY)



CareMore would like to key you in to additional convenient Clark County Urgent Care Centers available for your use. Please see details on locations, contact information and hours of operation for all five centers below. Spread the word, Las Vegas!

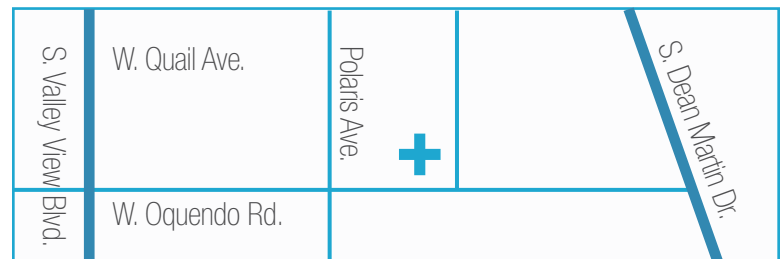
Urgent Care Centers of Nevada

2285 E. Flamingo Rd., #105
Las Vegas, NV 89119
Phone: (702) 862-82267



Concentra Medical Center with Urgent Care

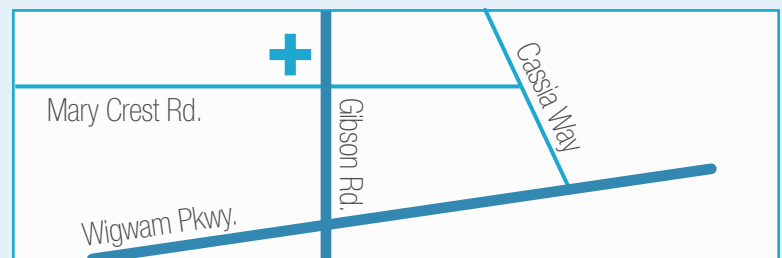
5850 Polaris Ave., #100
Las Vegas, NV 89118
Phone: (702) 739-9957
After Hours: (702) 739-9957



Hours of Operation: 24 hours/day, 7 days/week

Concentra Medical Center with Urgent Care

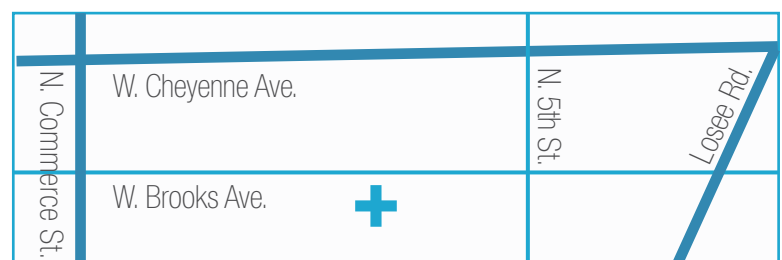
149 Gibson Rd., Suite H
Henderson, NV 89074
Phone: (702) 558-6275
After-Hours: (702) 7739-9957



Hours of Operation: 8:00 a.m.–5:00 p.m. (Mon.–Fri.)

Concentra Medical Center with Urgent Care

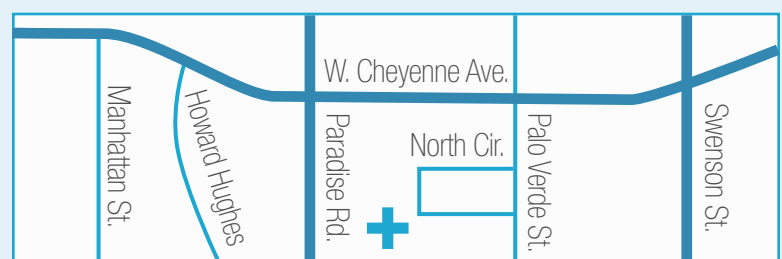
151 Brooks Ave.
North Las Vegas, NV 89030
Phone: (702) 399-6545
After Hours: (702) 739-9957



Hours of Operation: 8:00 a.m.–5:00 p.m. (Mon.–Fri.)

Concentra Medical Center with Urgent Care

3900 Paradise Rd., Suite V
Las Vegas, NV 89169
Phone (702) 369-0560



Hours of Operation: 7:00 a.m.–6:00 p.m. (Mon.–Fri.)

WHEN I WAS A BOY THE
DEAD SEA WAS ONLY SICK.
(GEORGE BURNS)

TUCSON HAS SOME GREAT NEWS!

In an effort to best meet the expanding needs of you, our valued members, CareMore is expanding our already vast Tucson Network of specialists.

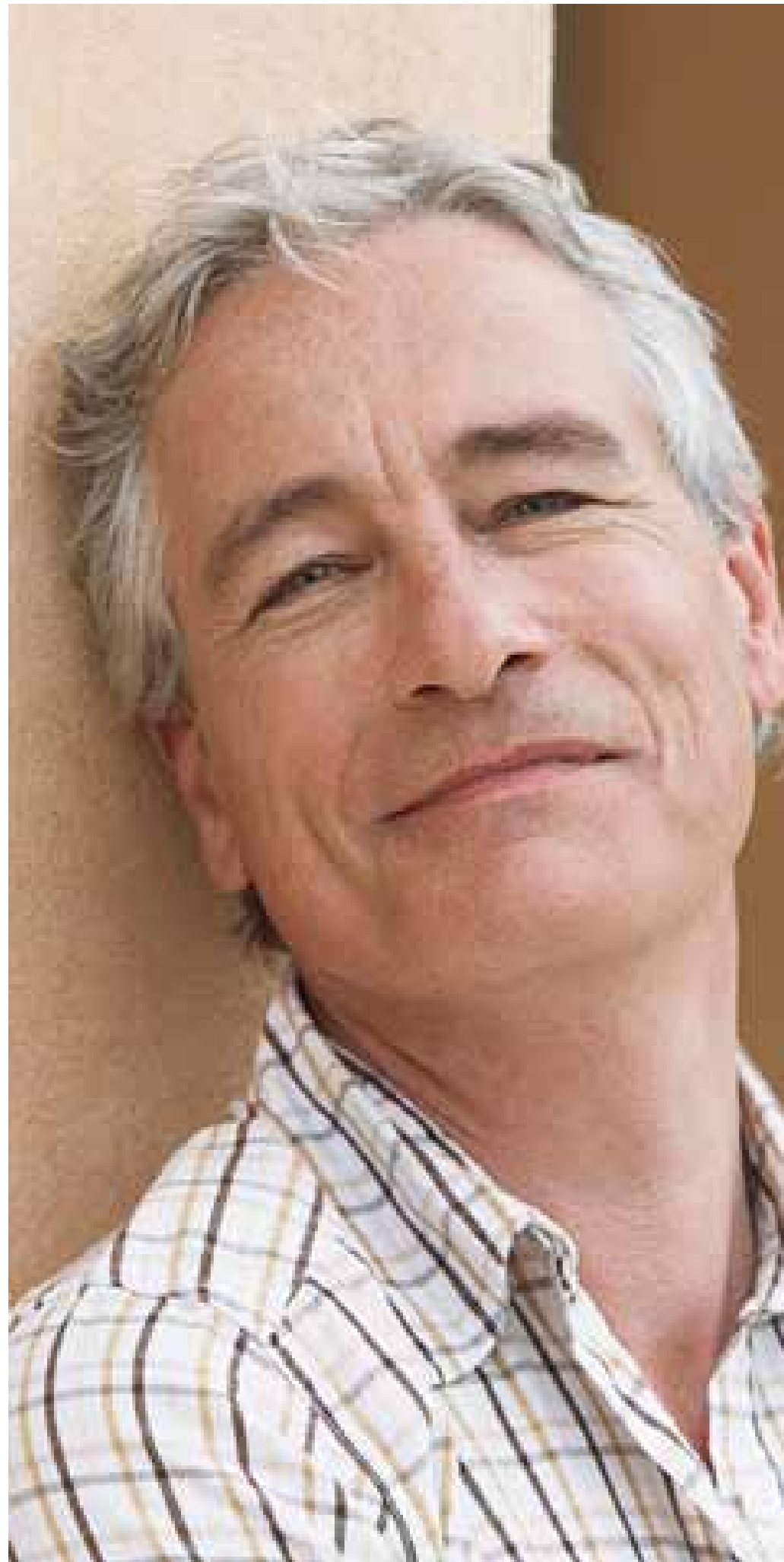
Your Primary Care Physician, when medically necessary, can now offer you referrals to the following categories of specialists:

- + Allergists
- + Cardiologists
- + Dermatologists
- + Endocrinologists
- + Gastroenterologists
- + Surgeons
- + Oncologists
- + Nephrologists
- + Neurologists
- + Gynecologists
- + Ophthalmologists
- + Orthopedist
- + Otolaryngologists
- + Pain Management Specialists
- + Plastic Surgeons
- + Urologists

Additionally, [Podiatrists](#), [Pulmonologists](#), [Psychologists](#) and [Psychiatrists](#) are all available to you in the Tucson-area CareMore Care Centers.

We would also like to announce two future expansion efforts, which include a new CareMore Care Center in the Green Valley Market and expansion of our Primary Care Network in both Tucson and Green Valley. Stay tuned for additional information.

Spread the good news, Tucson!



WE GROW OLD BY DESERTING OUR IDEALS.
YEARS MAY WRINKLE THE SKIN, BUT TO GIVE
UP ENTHUSIASM WRINKLES THE SOUL.

(SAMUEL ULLMAN)

JOIN THE ADA MOVEMENT TO STOP DIABETES

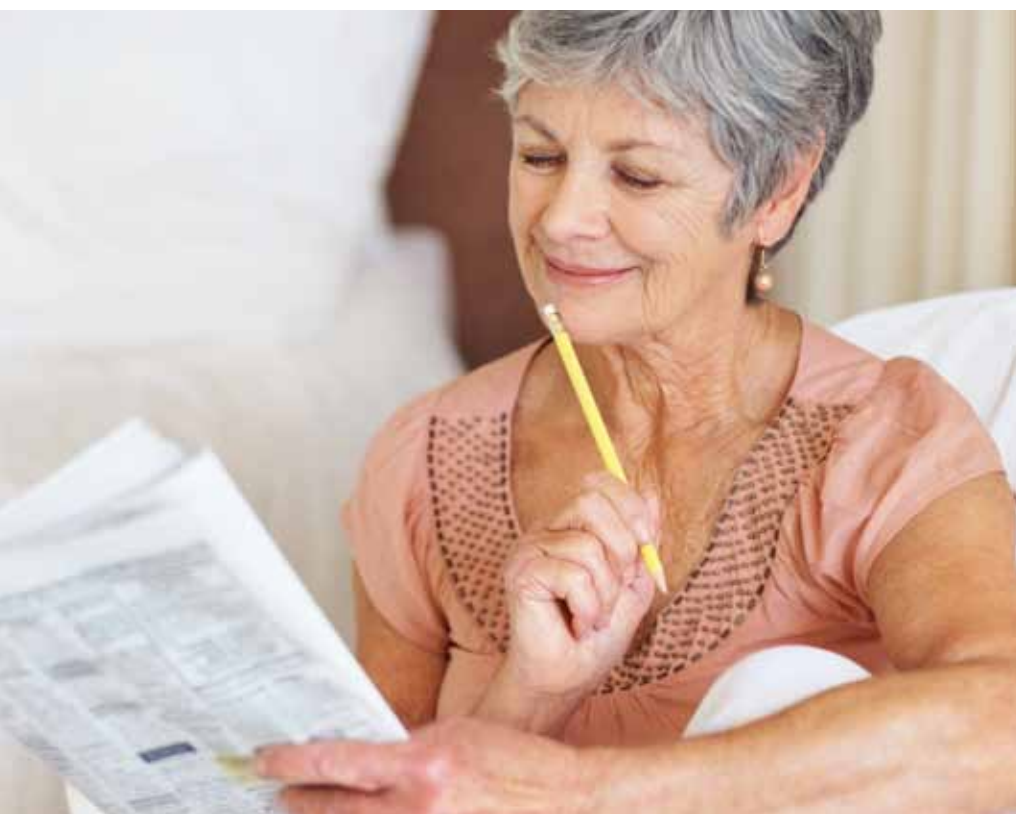
According to the American Diabetes Association (ADA), 23.6 million Americans, or 7.8% of the total population, currently suffer from diabetes. When looking at the 60+ age group, that number skyrockets to a staggering 23.1%, meaning it's likely that someone you know is afflicted. That's why CareMore is encouraging you to join the ADA's 'Stop Diabetes'

movement today. Together, we can raise diabetes awareness, learn healthy lifestyle changes and effectively stop the discrimination, heartache, anxiety, fear and complications that affect those of us who are at risk for, or are currently living with, the disease.

GET
INVOLVED

TO LEARN MORE ABOUT
STOP DIABETES

visit www.StopDiabetes.com



BENEFICIAL BRAIN TEASERS

Keep your mind sharp with these two tests of brain power. Ready. Set. Go!

READY FOR A RIDDLE

The Lion, the Rabbit and the Cabbage

A farmer returns from the market, where he has bought a lion, a rabbit and a cabbage. What a crazy farmer! Or better yet, what a crazy market! On the way home the farmer must cross a river. His boat is small, and won't fit more than himself and one of his purchases. He can't leave the lion alone with the rabbit since it would eat the rabbit, nor can he leave the rabbit alone with the cabbage for she is a very hungry rabbit.

So the question before you is:

How can the farmer get all his new purchases to the other side of the river without any becoming a meal for the other?

Answer on page 15.

YOU KNOW YOU'RE GETTING OLD
WHEN EVERYTHING HURTS. AND WHAT
DOESN'T HURT DOESN'T WORK

(HY GARDNER)

LOGIC PUZZLE

THE SEA
CREATURE
SKETCHES

Mr. Hernandez took his Summer Science Day Camp to the aquarium for their much anticipated monthly field trip. The assignment for the day was to draw or sketch an animal that is commonly found in coral reefs, an ecosystem the class would learn about during the first portion of their guided tour. Five of Mr. H's students were so eager to have free time in the tide pool exhibit that they each turned in their completed assignments before lunch. After he had collected the papers, Mr. H noticed that not only had the students chose unique subjects for their drawings, but unfortunately they each forgot to put their name on their assignment. What's a teacher to do?

Use the following 6 statements and the chart below to help you determine each student's **name** (first and last), the **subject of their drawing**, and the **order** in which they turned in the assignment.

- The five students, in no particular order, were Jaime Barajas, the student who drew the clown fish, the student who turned in the second drawing, the boy whose last name was Lee, and Natasha.
- Michael's last name wasn't Lee. Roxanne didn't draw the clown fish. Natasha's last name wasn't Hickman.
- The boy who drew the Anemone was the last to turn in the assignment.
- The student whose last name was Krikorian didn't draw the clown fish, but was the third to turn in the assignment.
- The person who drew the sea horse turned in the assignment before the person who drew the sting ray, but after Michael.
- Jerron didn't draw the sting ray. The person whose last name was Kollmann drew the shark.

	Hickman	Krikorian	Barajas	Kollmann	Lee	Shark	Sea Horse	Sting Ray	Clown Fish	Anemone	1	2	3	4	5
Roxanne															
Jaime															
Jerron															
Michael															
Natasha															
1															
2															
3															
4															
5															
Shark															
Sea Horse															
Sting Ray															
Clown Fish															
Anemone															

IS THAT YOUR **FINAL ANSWER?**

Once you think you have it all figured out use this chart to organize your thoughts and then compare it to the answers on **page 15**.

Did everything match up?

First Name	Last Name	Reef Animal	Order

CareMore CARE CENTER EDUCATIONAL CLASS SCHEDULE

EAST L.A. 3513 E. 1ST ST., CA 90063 (323) 859-2660

Please call the Care Center to reserve your spot. Centers may cancel classes due to lack of participation.

JULY 2010

Thurs., Jul. 8	2:30 PM	Comprehensive Diabetes Self Management Education I & II
Thurs., Jul. 29	2:30 PM	Comprehensive Diabetes Self Management Education III & IV
Thurs., Jul. 29	2:30 PM	Healthy Living I & II
Thurs., Jul. 29	1:00 PM	Renal (Kidney) I & II

AUGUST 2010

Thurs., Aug. 12	1:00 PM	Hypertension
Thurs., Aug. 12	2:30 PM	Comprehensive Diabetes Self Management Education I & II
Thurs., Aug. 26	2:30 PM	Healthy Living I & II
Thurs., Aug. 26	1:00 PM	Heart Diseases Education
Thurs., Aug. 26	2:30 PM	Comprehensive Diabetes Self Management Education III & IV

SEPTEMBER 2010

Thurs., Sep. 9	2:30 PM	Comprehensive Diabetes Self Management Education I & II
Thurs., Sep. 23	2:30 PM	Comprehensive Diabetes Self Management Education III & IV
Thurs., Sep. 23	2:30 PM	Healthy Living I & II
Thurs., Sep. 23	1:00 PM	Renal (Kidney) I & II

GLENDALE 908 S. CENTRAL AVE., CA 91204 (818) 844-2778

Please call the Care Center to reserve your spot. Centers may cancel classes due to lack of participation.

JULY 2010

Wed., Jul. 14	9:00 AM	Comprehensive Diabetes Self Management Education I & II
Wed., Jul. 28	9:00 AM	Comprehensive Diabetes Self Management Education III & IV
Wed., Jul. 28	9:00 AM	Healthy Living I & II
Wed., Jul. 28	1:00 PM	Renal (Kidney) I & II

AUGUST 2010

Wed., Aug. 11	1:00 PM	Hypertension
Wed., Aug. 11	9:00 AM	Comprehensive Diabetes Self Management Education I & II
Wed., Aug. 25	9:00 AM	Comprehensive Diabetes Self Management Education II & III
Tues., Aug. 25	9:00 AM	Healthy Living I & II
Tues., Aug. 25	1:00 PM	Heart Diseases Education

SEPTEMBER 2010

Wed., Sep. 15	9:00 AM	Comprehensive Diabetes Self Management Education I & II
Wed., Sep. 29	9:00 AM	Comprehensive Diabetes Self Management Education III & IV
Wed., Sep. 29	9:00 AM	Healthy Living I & II
Wed., Sep. 29	1:00 PM	Renal (Kidney) I & II

MONTEBELLO

433 N. 4TH ST., #208, CA 90640
(323) 201-4130

Please call the Care Center to reserve your spot. Centers may cancel classes due to lack of participation.

JULY 2010

Mon., Jul. 19	9:00 AM	Comprehensive Diabetes Self Management Education III & IV
Mon., Jul. 19	9:00 AM	Healthy Living I & II
Mon., Jul. 19	2:30 PM	Renal (Kidney) I & II

AUGUST 2010

Mon., Aug. 2	9:00 AM	Comprehensive Diabetes Self Management Education I & II
Mon., Aug. 2	2:30 PM	Hypertension
Mon., Aug. 16	9:00 AM	Comprehensive Diabetes Self Management Education II & III
Mon., Aug. 16	9:00 AM	Healthy Living 1 and 2
Mon., Aug. 16	2:30 PM	Heart Diseases Education

SEPTEMBER 2010

Mon., Sep. 13	9:00 AM	Comprehensive Diabetes Self Management Education I & II
Mon., Sep. 27	9:00 AM	Comprehensive Diabetes Self Management Education II & III
Mon., Sep. 27	9:00 AM	Healthy Living I & II
Mon., Sep. 27	2:30 PM	Renal (Kidney) I & II

TUCSON

7091 E. SPEEDWAY BLVD., AZ 85710
(520) 721-5777

Please call the Care Center to reserve your spot. Centers may cancel classes due to lack of participation.

JULY 2010

Thurs., Jul. 1	9:00 AM	Comprehensive Diabetes Self Management Education I
Thurs., Jul. 1	1:00 PM	Renal (Kidney) Class I
Thurs., Jul. 8	9:00 AM	Comprehensive Diabetes Self Management Education II
Thurs., Jul. 8	1:00 PM	Renal (Kidney) Class II
Thurs., Jul. 15	9:00 AM	Comprehensive Diabetes Self Management Education III
Thurs., Jul. 15	1:00 PM	Renal (Kidney) Class I
Thurs., Jul. 22	9:00 AM	Comprehensive Diabetes Self Management Education IV
Thurs., Jul. 22	1:00 PM	Renal (Kidney) Class II
Thurs., Jul. 29	8 PM - 5 PM	1 on 1 Schedule

AUGUST 2010

Thurs., Aug. 5	9:00 AM	Comprehensive Diabetes Self Management Education I
Thurs., Aug. 5	1:00 PM	Renal (Kidney) Class I
Thurs., Aug. 12	9:00 AM	Comprehensive Diabetes Self Management Education II
Thurs., Aug. 12	1:00 PM	Renal (Kidney) Class II
Thurs., Aug. 19	9:00 AM	Comprehensive Diabetes Self Management Education III
Thurs., Aug. 19	1:00 PM	Renal (Kidney) Class I
Thurs., Aug. 26	9:00 AM	Comprehensive Diabetes Self Management Education IV
Thurs., Aug. 26	1:00 PM	Renal (Kidney) Class II

CareMore CARE CENTER EDUCATIONAL CLASS SCHEDULE

CONTINUED

TUCSON 7091 E. SPEEDWAY BLVD., AZ 85710 (520) 721-5777

Please call the Care Center to reserve your spot. Centers may cancel classes due to lack of participation.

SEPTEMBER 2010

Thurs., Sep. 2	9:00 AM	Comprehensive Diabetes Self Management Education I
Thurs., Sep. 2	1:00 PM	Renal (Kidney) Class I
Thurs., Sep. 9	9:00 AM	Comprehensive Diabetes Self Management Education II
Thurs., Sep. 9	1:00 PM	Renal (Kidney) Class II
Thurs., Sep. 16	9:00 AM	Comprehensive Diabetes Self Management Education III
Thurs., Sep. 16	1:00 PM	Renal (Kidney) Class I
Thurs., Sep. 23	9:00 AM	Comprehensive Diabetes Self Management Education IV
Thurs., Sep. 23	1:00 PM	Renal (Kidney) Class II
Thurs., Sep. 30	8 AM - 5 PM	1 on 1 Schedule

TUCSON 315 W. Irvington, # 101, AZ 85706 (520) 294-1740

Please call the Care Center to reserve your spot. Centers may cancel classes due to lack of participation.

JULY 2010

Fri., Jul. 2	9:00 AM	Comprehensive Diabetes Self Management Education I
Fri., Jul. 2	1:00 PM	Renal (Kidney) Class I
Fri., Jul. 9	9:00 AM	Comprehensive Diabetes Self Management Education II
Fri., Jul. 9	1:00 PM	Renal (Kidney) Class II
Fri., Jul. 16	9:00 AM	Comprehensive Diabetes Self Management Education III
Fri., Jul. 16	1:00 PM	Renal (Kidney) Class I
Fri., Jul. 23	9:00 AM	Comprehensive Diabetes Self Management Education IV
Fri., Jul. 23	1:00 PM	Renal (Kidney) Class II

AUGUST 2010

Fri., Aug. 6	9:00 AM	Comprehensive Diabetes Self Management Education I
Fri., Aug. 6	1:00 PM	Renal (Kidney) Class I
Fri., Aug. 13	9:00 AM	Comprehensive Diabetes Self Management Education II
Fri., Aug. 13	1:00 PM	Renal (Kidney) Class II
Fri., Aug. 20	9:00 AM	Comprehensive Diabetes Self Management Education III
Fri., Aug. 20	1:00 PM	Renal (Kidney) Class I
Fri., Aug. 27	9:00 AM	Comprehensive Diabetes Self Management Education IV
Fri., Aug. 27	1:00 PM	Renal (Kidney) Class II

SEPTEMBER 2010

Fri., Sep. 3	9:00 AM	Comprehensive Diabetes Self Management Education I
Fri., Sep. 3	1:00 PM	Renal (Kidney) Class I
Fri., Sep. 10	9:00 AM	Comprehensive Diabetes Self Management Education II
Fri., Sep. 17	1:00 PM	Renal (Kidney) Class II
Fri., Sep. 17	9:00 AM	Comprehensive Diabetes Self Management Education III
Fri., Sep. 24	1:00 PM	Renal (Kidney) Class I
Fri., Sep. 24	9:00 AM	Comprehensive Diabetes Self Management Education IV



WHITTIER 14350 WHITTIER BLVD., #100, CA 90605 (562) 691-1104

Please call the Care Center to reserve your spot. Centers may cancel classes due to lack of participation.

JULY 2010

Tues., Jul. 13	2:30 PM	Comprehensive Diabetes Self Management Education I & II
Tues., Jul. 27	2:30 PM	Comprehensive Diabetes Self Management Education III & IV
Tues., Jul. 27	2:30 PM	Healthy Living I & II
Tues., Jul. 27	1:00 PM	Renal (Kidney) I & II

AUGUST 2010

Tues., Aug. 10	1:00 PM	Hypertension
Tues., Aug. 10	2:30 PM	Comprehensive Diabetes Self Management Education I & II
Tues., Aug. 24	2:30 PM	Comprehensive Diabetes Self Management Education II & III
Tues., Aug. 24	2:30 PM	Healthy Living I & II
Tues., Aug. 24	1:00 PM	Heart Diseases Education

SEPTEMBER 2010

Tues., Sep. 14	2:30 PM	Comprehensive Diabetes Self Management Education I & II
Tues., Sep. 28	2:30 PM	Comprehensive Diabetes Self Management Education II & III
Tues., Sep. 28	2:30 PM	Healthy Living I & II
Tues., Sep. 28	1:00 PM	Renal (Kidney) I & II

HOW HAS CAREMORE CHANGED YOUR LIFE?

TELL US.

The people at CareMore look at you as more than health plan members, but rather members of our family. We take pride, and find joy, in not only maintaining your high standard of living, but hopefully in improving it, as well. On that note, we at CareMore are encouraging you to share your personal health and overall fitness related stories with us.

So whether it's beating cancer or shaving three strokes off of your golf handicap, we're interested. Some of your most incredible or heartwarming tales may even be featured in a future newsletter or on our website for all to enjoy and find inspiration in!

Send your stories to:

CareMore Stories
12900 Park Plaza Drive,
Suite 150 MS-6120
Cerritos, CA 90703

ANSWERS

The Lion, the Rabbit, and the Cabbage

First, the farmer takes the rabbit across, leaving the lion and the cabbage. Then he goes back and brings the lion across. Once he reaches the other side, he drops off the lion, picks up the rabbit and takes it with him. He then leaves the rabbit on the other side and takes the cabbage across. Finally, he makes one last trip across to retrieve the rabbit.

The Sea Creature Sketches

First Name	Last Name	Reef Animal	Order
Roxanne	Kollmann	Shark	2
Jaime	Barajas	Sting Ray	4
Jerron	Lee	Anemone	5
Michael	Hickman	Clown Fish	1
Natasha	Krikorian	Sea Horse	3



CAREMORE

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