SPRING BRINGS SO MANY WAYS TO CARE

The story of your good health throughout the year

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THE COVID-19 VACCINE AT YOUR CARE CENTER

Most of the CareMore Care Centers have started to administer the COVID-19 vaccines. We are currently administering the Moderna and the Johnson & Johnson (“Janssen” or “J&J”) vaccines, depending on availability. Both of these vaccines, as well as the Pfizer vaccine, have been proven to be safe and effective. We’ve already vaccinated more than 7,000 patients at our local vaccine clinics and hope you will take advantage of the opportunity when it becomes available to you.

To decrease your risk of COVID-19 we strongly recommend that you receive whichever vaccine is most immediately available to you as opposed to waiting for a particular brand. This will decrease your risk of infection immediately, instead of waiting for another brand of vaccine to become available. Both of these vaccines are extraordinarily effective and safe. In clinical trials of almost 70,000 patients, both of these vaccines were shown to be 100% effective in preventing hospitalization and death due to COVID-19.

CareMore has carefully designed a clinic flow that will keep you safe against COVID-19 when you come to receive your vaccine. We maintain all public health measures of wearing masks, physical distancing, and hand washing. Come in now to get your vaccine!

As our Care Centers receive the vaccine, we will reach out to you through phone and text messages, as well as with postcards and flyers.

To schedule a vaccination in your area, please follow the prompts when you receive a call or a text.

Or visit: info.caremore.com/vaccine where you can find a form to be added to the Wait List.
Easy Every Time

Try a virtual visit one time and you’ll see why so many patients have become virtual regulars. If you haven’t had a virtual visit yet, bring your smart phone with you to the Care Center and one of our Clinical Care Partners will show you how easy it is.

Healthcare delivered to you, wherever it works best for your life, is what CareMore virtual care is all about.

One of the best things about virtual care is the “right now” aspect of it. No worries about transportation. No waiting. And it’s easy to add a family member or caregiver.

Virtual care is making it so convenient for you to keep your appointments and stay up to date with regular health screenings. The regular engagement with your Care Team that virtual visits make possible can prevent existing health problems from getting worse and help keep you out of the hospital.

A virtual visit can address most care needs, from chronic disease management, Behavioral Health and Pharmacy consultations, to Post-Discharge Follow-ups. So if you’ve just returned from a hospital stay, you can visit with your CareMore clinician from the comfort of your own home.

I’ve had many virtual visits with Dr. Smith. It works great. The virtual visits are much better than a phone call. I can look at Dr. Smith. It adds a personal touch.

– Colorado Patient

CALL YOUR CARE TEAM TO MAKE AN APPOINTMENT FOR A VIRTUAL VISIT
Emotional stress can impact your physical health in so many ways. If you are experiencing stress, receiving Behavioral Health services that are integrated with your medical care is very important, so please reach out to your Care Team to make an appointment to speak to a CareMore Behavioral Health team member.

In the meantime, here are some valuable resources and helpful information about stress:


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**CARE MORE CALLING.**

**Maribel Alatorre**

“Working in the HEDIS outreach department fulfills my passion for caring for members. I am privileged to be able to help members maintain their health through preventative screenings and to ensure I do my part to improve every individual’s well-being”

**Jesus Ramirez**

“I am honored to lead a team of clinical outreach professionals that work diligently to deliver on the needs of our members and who do so while providing them the best member experience day in and day out!”

**The outreach team is always reaching out to you**

Whether it’s about a health screening that’s coming up or an appointment you might have missed, our Outreach Team is on it! You’ll be hearing from the team about tests or treatments that are important to complete so you can achieve your health goals, as well as important updates about COVID-19, availability of the vaccine, and the upcoming clinics in your area.

We know it’s difficult to keep up with everything, so we're here to reach out to you with the help you need.
Every April since 1987, the National Council on Alcohol and Drug Dependence, Inc. (NCADD) has sponsored Alcohol Awareness Month to increase awareness and understanding of alcoholism and alcohol-related issues. If you have any concerns or questions about your drinking, please reach out to your Care Team. Our clinicians can help with medical assistance, and our Behavioral Health team is here for you with mental health services and emotional support.

## Long-Term Health Risks

Over time, excessive alcohol use can lead to the development of chronic diseases and other serious problems including:
- High blood pressure, heart disease, stroke, liver disease, and digestive problems
- Weakening of the immune system, increasing the chances of getting sick
- Learning and memory problems, including dementia
- Mental health problems, including depression and anxiety
- Social and family problems
- Alcohol use disorders or alcohol dependence

## What is moderate drinking?

- 1 Drink or less in a day for women
- 2 Drinks or less in a day for men

## What is excessive drinking?

Heavy drinking is defined as consuming:
- For women, 8 or more drinks per week
- For men, 15 or more drinks per week

Binge drinking is defined as consuming:
- For women, 4 or more drinks during a single occasion
- For men, 5 or more drinks during a single occasion
Healthy starts make for a healthy journey

Our full health assessment for new CareMore patients (or for patients who have been with us for a while but haven’t yet been assessed) is a Healthy Start exam. It’s a full picture of your health, as well as the factors in your life that influence your health, including access to healthy food, transportation, and if there are people nearby who can help with important tasks like collecting your medications.

A Healthy Start exam helps us to address all these things so you can achieve your health goals. We’ll also share the information we collect with your Primary Care Provider (PCP) so we can work together to provide you with great care.

Then, every year, we’ll stay up to date with your health with an annual Healthy Journey exam. This exam is just as important as your Healthy Start because a lot can change in a year. With the most current information, we can make sure you’re receiving the most effective and efficient care.

SCHEDULE YOUR HEALTHY START OR HEALTHY JOURNEY EXAM TODAY. CALL (888) 291-1387
Make it virtual and make it easy.

Because your medications are the foundation of your treatment plan, it’s important that you’re only taking the medications you need, and that the dosages and the intervals at which you take them are up to date. That’s why a medication review is so necessary to a positive health outcome.

Being able to do a medication review virtually is making it easier than ever.

- You don’t have to take all your prescriptions to the Care Center
- Your CareMore clinical pharmacist can suggest lower-cost options
- You can learn about delivery options
- If you’d like a consultation about an individual prescription, you can do that virtually, too

A virtual medication review is your prescription for convenience!

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If you’re experiencing a health issue but you don’t know if it’s serious enough for you to go to the Emergency Room, or if Urgent Care would be a better choice, or if you should call your doctor first, we have the answer to all of these situations.

**CAREMORE ANYTIME 24/7.**
It’s our “always open” phone line that will provide you with personalized, compassionate care from one of our CareMore clinicians. Even if you just have a question or concern about your health, call us at **1-800-589-3148 ANYTIME.**
We’re here for you!
Stress-Relieving Green Smoothie

Try this superfood-packed smoothie that can naturally reduce stress and anxiety. It's vegetarian, vegan-friendly and gluten free.

Ingredients
- 2 cups fresh spinach packed
- 1/2 cup full-fat plain Greek yogurt or vegan yogurt
- 1/2 medium avocado peeled and pitted
- 1 frozen medium banana
- 3/4 cup unsweetened almond milk
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon ground turmeric
- 1/8 teaspoon ground nutmeg

Directions
1. Place all ingredients into your blender
2. Blend on high speed for about 45 seconds or until smooth and creamy
3. Pour into two serving glasses

Yield
Serves 2
Down
1. The most important way to prevent COVID-19
2. A prescription for convenience
3. Stress Awareness Month
4. The next year after your Healthy Start exam you'll have a____
5. CareMore Care Centers are now receiving the____
6. 24/7 connection to a CareMore clinician
7. One way CareMore reaches out to you to schedule a vaccination
8. Stress-relieving food
9. The CareMore people calling you
10. Patients who love their virtual visits

Across
1. Vaccination
2. VirtualMedicationReview (one word)
3. April
4. HealthyJourneyExam (one word)
5. Covid19Vaccine (one word)
6. CareMoreAnytime (one word)
7. Text
8. Pasta
9. OutreachTeam (one word)
10. VirtuelRegulars (one word)
From preventive screenings to medication management, plus many other services, our Care Centers ensure you get the excellent care you deserve.

### Arizona
- **Tucson-Speedway**
  7091 E. Speedway Blvd.
  Tucson, AZ 85710-1241
  (520) 721-5777
- **Tucson-The Landing**
  4705 S. Landing Way
  Tucson, AZ 85714
  (520) 294-1740
- **Tucson-West Tucson**
  4821 N. Stone Ave.
  Tucson, AZ 85704-5727
  (520) 314-3300
- **Green Valley**
  191 W. Esperanza Blvd.
  Green Valley, AZ 85614-2669
  (520) 791-7300

### Southern California
- **Apple Valley**
  19059 Bear Valley Rd.
  Apple Valley, CA 92308-2716
  (760) 515-5000
- **Brea**
  380 W. Central Ave.
  Brea, CA 92821-3001
  (714) 529-3971
- **Downey**
  10000 Lakewood Blvd.
  Downey, CA 90240-4020
  (562) 862-3684
- **East LA**
  3513 E. 1st St.
  Los Angeles, CA 90063-4101
  (323) 859-2660
- **Fullerton**
  1521 S. Harbor Blvd.
  Fullerton, CA 92832-3402
  (714) 399-9222
- **Glendale**
  406 E. Colorado St.
  Glendale, CA 91205-1605
  (818) 844-2778
- **Hesperia**
  14466 Main St. # 102
  Hesperia, CA 92345
  (760) 981-1284
- **La Mirada**
  15034 Imperial Hwy.
  La Mirada, CA 90638-1301
  (562) 902-4929
- **Lawndale**
  303 S. Union Ave.
  Los Angeles, CA 90017-1111
  (213) 355-2600
- **Long Beach**
  4540 E. 7th St.
  Long Beach, CA 90804-4327
  (562) 344-1150
- **Los Angeles**
  2444 W. Beverly Blvd.
  Montebello, CA 90640-2306
  (323) 201-4130
- **Santa Ana**
  1945 E. 17th St. # 101
  Santa Ana, CA 92705-6862
  (714) 888-8900
- **Upland**
  141 W. Foothill Blvd.
  Upland, CA 91786-8705
  (909) 296-8800
- **West Covina**
  301 N. Azusa Ave.
  West Covina, CA 91791-1346
  (626) 214-2600
- **West LA (Cedars)**
  3711 S. La Brea Ave.
  Los Angeles, CA 90016-5309
  (323) 596-4800
- **Whittier**
  9209 Colima Rd. # 100
  Whittier, CA 90605-1813
  (562) 696-1104

### Northern California
- **Modesto**
  1801 H St. # C-1
  Modesto, CA 95354
  (209) 544-2554
- **Turlock**
  1000 Delbon Ave. # 2
  Turlock, CA 95382-2008
  (209) 664-7700
- **Patterson**
  1700 Key Stone Pacific Pkwy. # A-2
  Patterson, CA 95363-8777
  (209) 664-7700
- **San Jose–White**
  255 N. White Rd. # 200
  San Jose, CA 95127-1966
  (408) 503-7600
- **San Jose–Atherton**
  4855 Atherton Ave. # 101
  San Jose, CA 95130-1026
  (408) 963-2400
- **Gilroy**
  7888 Wren Ave. # C-131
  Gilroy, CA 95020-4965
  (408) 665-4400
- **Hollister**
  930 Sunnyslope Rd. # A-4
  Hollister, CA 95023
  (408) 665-4400
- **Iowa**
  1530 E. Euclid Ave.
  Des Moines, IA 50313-4726
  (515) 989-6001
- **Tennessee**
  **Jefferson**
  1169 Jefferson Ave.
  Memphis, TN 38104-7217
  (901) 425-1880
- **Texas**
  **Fort Worth**
  512 W. Rosedale St.
  Fort Worth, TX 76104
  (817) 289-8300
- **Virginia**
  **Richmond–Brook Rd.**
  5620 Brook Rd.
  Richmond, VA 23227-2273
  (804) 767-8400
- **Richmond–Robious Rd.**
  10030 Robious Rd.
  Richmond, VA 23235-4818
  (804) 212-3450
- **Richmond–Jahnke Rd.**
  6315A Jahnke Rd.
  Richmond, VA 23225-4142
  (804) 767-8500
- **Watkins**
  611 Watkins Centre Pkwy.
  Ste. 170
  Midlothian, VA 23119
  (804) 212-3450
- **Washington, D.C.**
  **D.C. Hechinger Mall**
  1505 Maryland Ave. N.E.
  Washington, D.C. 20002
  (202) 396-1780
Important COVID-19 vaccine information inside. See page 2

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