SUMMER FORECAST: HEALTHY & BRIGHT

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COVID-19 vaccines have gone a long way toward conquering the virus, but we’re still battling unfounded fears and misinformation about vaccines. They are safe and effective. Not being fully vaccinated puts you and people close to you at risk. Being fully vaccinated is the most effective way to protect yourself and others from COVID-19 and its variants.

THE DELTA VARIANT

- All viruses mutate. It’s how they survive to keep passing along their genes. The more people who are infected and not vaccinated gives the virus a chance to mutate, changing how it looks and behaves.
- The Delta variant is concerning because it is more transmissible. For comparison, with the original SARS-CoV2 virus, one person can infect two to three people. The Delta variant is two to three times more contagious. This means that every person infected with the Delta variant can infect five to eight others. As of early July, the prevalence of the Delta variant is doubling every two weeks.
- There is no evidence or recommendation from CDC that a person needs to get a two-dose Pfizer/Moderna vaccine after getting the one-dose Johnson & Johnson vaccine to fight the Delta variant.
- As of April 2021, there were millions of Americans who skipped the second dose of their two-dose vaccine series

Vaccines remain safe and effective. If you haven’t done so already, the time is now to get your COVID-19 vaccine.
CHANGES AT YOUR CAREMORE CARE CENTER

- As the world reopens in the midst of this COVID-19 pandemic, best practices for staying safe, as well as CDC guidelines, are different for different places, situations, and depending on your vaccination status. Here are some guidelines that will help you navigate the new normal.

- Regardless of mask practices in other public places, healthcare spaces fall under a separate category. The overall risk of various illnesses and transmission of disease is higher in a healthcare setting. While at a CareMore Care Center, regardless of vaccination status, we request that all our patients remain masked. A surgical mask will be provided if you don’t have one. All of our staff will be masked while serving you.

- Restrictions on how many people in a room have been relaxed, so there is no limit on the number of accompanying visitors.

- The Care Centers will be moving from active screening to passive screening, meaning we will no longer call you before a visit to ask about possible symptoms. We will no longer have someone at the door taking your temperature. However, we request that if you are feeling ill, think you have come down with something, be it a cold, flu, or COVID, please alert our teams prior to your visit.

COVID-19 VACCINES BY THE NUMBERS

- Global Vaccinations-3.8 billion
- US Vaccinations-340 million doses
- Global deaths due to COVID-4.14 million
- US deaths due to COVID-610,000

Thousands of CareMore patients have been fully vaccinated. BE ONE OF THEM!
Vaccines have been around since 1796 when the smallpox vaccine was developed by Edward Jenner. His vaccine decreased the death rate from smallpox from three in 10 people to one in 50. Since the introduction of vaccines for various diseases, billions of doses have been administered and literally billions of lives have been saved. Vaccinations have been the one of the most impactful, life-saving public health measures we have implemented.

Given the ongoing threat caused by SARS-CoV2 and its variants, it is now more important than ever to make sure we get vaccinated against the diseases that can make us sick and/or end our lives. Since August is National Immunization Awareness Month, please participate in this annual health observance by getting vaccinated for the COVID-19 virus and protecting yourself, your family, and your community against this deadly virus.

The most important vaccine for you to receive right now is the COVID-19 VACCINATION: PFIZER/MODERNA BOTH DOSES or a SINGLE J&J DOSE.

After you’ve been fully vaccinated for COVID-19, remember to stay up to date with these vaccines: ● Flu Vaccine ● Pneumonia ● Shingles

We encourage you to talk with your personal physician, nurse or other healthcare professional to ensure that you and your family are up to date on recommended vaccines.
What makes virtual care at CareMore so different is the way we keep it personal, while making it super-easy for all our patients. Meet one of our virtual care Champions, our Iowa Nurse Practitioner Jinxia Peng and see how virtual care is making a difference for her patients:

Many of my patients have not kept up with their regular appointments, or they’ve used Urgent Care or the Emergency Room as their primary care because it can be difficult to organize an appointment for a visit, arrange transportation or coordinate schedules with caregivers or family members. After they learned how easy and convenient it is to have a visit on their smart phone, they said to me, “Wow, this is much better than a trip to the emergency room. And so easy!”.

Your CareMore Care Team is always available to help explain how a virtual visit works. If you haven’t had a virtual visit yet, please call your Care Team to schedule one. Including virtual visits in the mix of healthcare services you receive from CareMore can make a big difference!
Across

2. Vaccines have saved _______ of lives
3. Your annual health assessment every year after your Healthy Start exam
4. The COVID-19 variant 2-3 times more contagious than the original virus
6. At your CareMore Care Center, you’ll still be required to wear a ____
8. Care Centers are moving from active screening to ______ screening
10. Your first complete CareMore health assessment

Down

1. The most effective way to protect yourself from COVID-19 and its variants is by _________
5. In August we celebrate National ____________ Month
7. The vaccine developed in 1796 by Dr. Edward Jenner was for_____
9. CareMore virtual care is personal and super ____
From preventive screenings to medication management, plus many other services, our Care Centers ensure you get the excellent care you deserve.
It’s really important to be fully vaccinated. To find a vaccine location near you, visit www.vaccines.gov.

Have you made an appointment for your HEALTHY START or HEALTHY JOURNEY exam? Call 1-888-291-1387