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CHRONICLES

The story of your good health throughout the year



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COVID-19 UPDATE

Find out the latest about traveling for the holidays.

Shoo the flu. See inside.



WAYS TO KEEP MOVING FORWARD: Food and Exercise

So much in your life can impact your health and well-being. For example, do you have access to healthy food? Are there people in your life who you can talk to? Are you able to exercise regularly? All of these things can affect your physical, emotional and mental health. That's why CareMore Health offers services to address all of these things and more.

Dietary and Nutrition Guidance

Did you know that nutritional counseling is about more than showing you how to lose weight. CareMore's clinicians can help you control your blood sugar or get you on a diet

that may reduce your medications. Your Care Team can assist you with menu planning, teach you how to read food labels and provide tips that will help you make healthy food choices.

Nifty after Fifty®

Sometimes finding the motivation to stay active can be difficult. Nifty after Fifty, a fitness program designed for seniors, can help you maintain or regain your strength, flexibility and balance. In-person sessions are available, as well as online group fitness classes that you can do right from your own home. Visit niftyafterfifty.com to learn more.

COVID-19 UPDATE

The information in this article is current as of the date of publication. Because CDC guidelines are frequently updated, visit [cdc.gov](https://www.cdc.gov) for up-to-the-minute news or talk with your provider.

The safest way to celebrate the holidays is by making sure you're vaccinated.

Booster shots are now available for all three vaccines and recommended for people 65 and older, along with people with underlying medical conditions or those who work or live in high-risk settings. The booster shot will help build your protection since the effectiveness of the vaccine may decrease over time. If you are immunocompromised, you should get a third dose of the vaccine to help improve your response to your initial two doses.

According to the Centers for Disease Control and Prevention (CDC), you can feel comfortable traveling within the United States this holiday season if you are fully vaccinated. Just take

extra steps to help protect others while you travel, like wearing a mask on public transportation and social distancing.

Other tips for safely gathering include:

- Wear a well-fitting mask over your nose and mouth indoors if not vaccinated.
- Try an outdoor gathering instead of indoor.
- Avoid crowded spaces, especially with poor ventilation.
- If you are sick or have symptoms, stay home.

Visit info.caremore.com/vaccine to find your nearest vaccination site.



SHOO THE FLU AND STAY HEALTHY THIS WINTER

Protect yourself from the flu this winter by getting your flu shot. According to Sumedh Mankar, DO, MPH, FCAPM, Extensivist at CareMore, “Each vaccine that we receive protects us against specific viruses. COVID vaccines don’t protect us from the flu virus, and flu viruses don’t protect us against the COVID virus. Make sure you get all of your vaccines to ensure that you and your family are protected this year.” Other steps you can take to stay healthy and avoid the flu include:

1. Avoid close contact with those who are sick and touching your eyes, nose or mouth to prevent spreading germs.

2. Wash your hands often with soap and water. Keep hand sanitizer with you for when soap and water are unavailable.
3. Clean and disinfect surfaces around your home that are frequently touched.
4. Practice healthy habits – get lots of sleep, stay physically active, stay hydrated and eat nutritious food.
5. If you become sick and suspect you may have the flu, don’t delay in contacting your healthcare provider.

WHAT TO KNOW ABOUT CHRONIC DISEASE MANAGEMENT

Learning you have a chronic disease doesn’t have to be overwhelming. CareMore’s **Chronic Disease Management (CDM)** program provides care coordination and education to help you improve your health and proactively manage:

- Pre-diabetes
- Diabetes
- Chronic Kidney Disease
- End Stage Renal Disease
- Chronic Obstructive Pulmonary Disease (COPD)
- Congestive Heart Failure (CHF)
- Hypertension (High Blood Pressure)

At CareMore, we know that managing a chronic condition requires more than a simple doctor’s visit or prescription. Your Care Team is ready to deliver ongoing

treatment and support. They’ll be there for you with preventive screenings and education to help you effectively manage your chronic disease. We even offer fall prevention tips to make sure you’re as safe as you are healthy.

Some ways CareMore’s CDM program can improve your health include:

- Diabetic patients reduce their A1c levels by **23%**.
- CHF patients spend **50%** less time in the hospital.
- COPD patients return to the hospital **11%** less often than Medicare COPD patients.

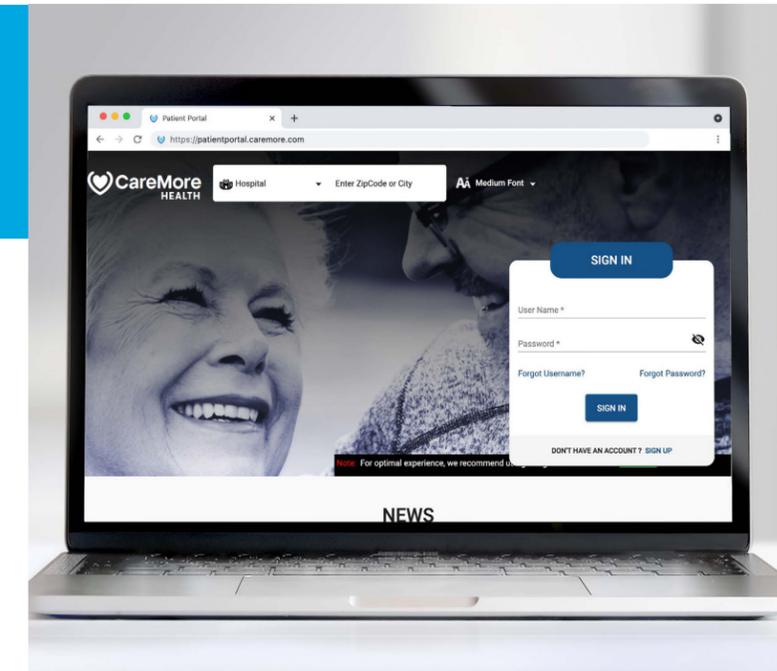
Contact your Care Team to learn more about the program and how it can help you.

CAREMORE ANYTIME IS JUST A CLICK AWAY

CareMore Anytime is now available and gives you 24/7 access to your health information. With CareMore Anytime, you can:

- Keep up-to-date on past and future appointments
- View and refill your medications
- Find care near you and more

Go to patientportal.caremore.com or [CareMore.com](https://caremore.com), and click on CareMore Anytime Login. Also, a CareMore staff member can help you set up your smartphone using the **Enrollment Token** option.



Please reach out to your local CareMore clinic if you have any questions.