# Warming Up to Summer Health!

**The Inside Story**

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IT’S SO EASY, SO MANY PATIENTS ARE USING IT

When you call your Care Team, ask to schedule a virtual visit. It’s simple and it eliminates the need for transportation. A virtual visit makes it super-easy to have regular communication with your Care Team so you can receive all the advantages of our many programs and services,

Have a look at our Telehealth Tutorial and see how easy it is to connect at: https://www.caremore.com/Patients/Virtual.aspx with your Care Team wherever, whenever, and however it works best for you.
EYES ON THE HEALTHY PRIZE

July is the time to keep your eyes on one of the most important health screenings of the year: your annual eye exam. An eye exam is critical to maintaining your overall health, especially if you’re facing the challenges of diabetes. It can also provide clues to the onset of the disease.

Every Healthy Start and Healthy Journey exam includes your annual eye screening. The Healthy Start exam is a full health assessment for new CareMore patients (or for patients who have been with us for a while but haven’t yet been assessed). After this first assessment, we’ll stay up to date with your health with an annual Healthy Journey exam. A lot can change in a year, including your eyes. That’s why these exams are so important.

SCHEDULE YOUR ANNUAL EYE EXAM

If you haven’t already had your annual eye exam, please reach out to your Care Team to schedule this important health screening. Or schedule your Healthy Start or Healthy Journey exam at 1-888-291-1387.
Thanks to the availability of vaccines, safety precautions for COVID-19 are changing FAST! That’s great news, but it also means we have to stay up to date with the Center for Disease Control (CDC)-approved practices.

While the CDC has set forth new guidelines for what people who have been fully vaccinated can do, the guidelines still vary by state and are slightly different for those in healthcare settings. CareMore will be revising our Care Center policies and protocols as directed by the individual state and federal guidelines. This means you might be asked a different set of screening questions when you visit your Care Center or notice changes around availability of appointments. If you have any questions, contact your Care Team. They’re here for you!

COVID BY THE NUMBERS

- US – 151 million people fully vaccinated
- US deaths – 603,000
- Global deaths – 3.9 million
- Caremore patients who have been vaccinated – over 60%

Check info.caremore.com/vaccine for more information about COVID-19. To find a vaccine location near you, visit www.vaccines.gov
HEALTHY HABITS: GOOD NUTRITION/QUIT SMOKING

WHOLE, HEALTHY FOOD. YOUR BODY WILL EAT IT UP

A healthy lifestyle is the key to maintaining a healthy weight! It’s a combination of healthy eating, regular physical activity, and balancing the number of calories you eat with the number of calories your body uses. Fill your plate with lean proteins, colorful produce, high-quality fats, and complex carbohydrates. **And this is really important:** avoid processed foods, refined grains, and added sugars.

EATING HABITS: TRUE OR FALSE

Eating late at night will make me gain weight.
False – Eating too many calories will make you gain weight, no matter what the timing.

I will lose weight by eliminating carbohydrates.
False – You may lose weight initially but will regain that weight and maybe more when you introduce carbs back into your diet.

A fad diet will help me lose weight and keep it off.
False – Most fad diets are short-term programs that don’t focus on nutrition or behavior changes.

QUIT SMOKING. BE HEALTHIER THE MINUTE YOU STOP!

According to the U.S. Department of Health and Human Services:

- **20 Minutes After Quitting:**
  Your heart rate drops to a normal level

- **2 - 24 Hours After Quitting:**
  The carbon monoxide level in your blood drops to normal

- **2 Weeks to 3 Months After Quitting:**
  Your lung function begins to improve

- **1 - 9 Months After Quitting:**
  Your coughing and shortness of breath decrease

- **1 Year After Quitting:**
  Your added risk of coronary heart disease is half that of a smoker’s

Have a discussion with your PCP or your Care Team about making a plan to stop smoking. We can help with a referral for services to help you quit.

CALORIE CALCULUS

Our bodies need calories for energy, but eating too many calories will lead to weight gain. The best approach is a combination of eating healthy and regular activity:

- Walk 1 mile = 100 calories
- 15 minutes dishwashing = 20 calories
- 30 minutes vacuuming = 100 calories
- 10 minutes on stair-stepper or going up stairs = 30 calories
- 1 minute low-impact chair exercises = 4 - 7 calories
From preventive screenings to medication management, plus many other services, our Care Centers ensure you get the excellent care you deserve.
Correction on the Nifty after Fifty™ phone number in last month’s Chronicles. Here’s the right number: 1-855-BE-NIFTY (236-4389). Call to find out about all the new programs that make it easy to make fitness part of your health.

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

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