A JOURNEY TO GOOD HEALTH

The story of your good health throughout the year

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When you join CareMore, or even if you've been a CareMore patient for a while but still haven't had your first complete health assessment, your first exam is called a Healthy Start. Then, every year, we'll update all your health information with a Healthy Journey exam.

Your annual Healthy Journey exam is important because a lot can change in a year. Your Healthy Journey visit is our opportunity to address any changes that can affect your health. At this visit, our clinicians will screen for new chronic health conditions, and monitor your existing conditions. Based on your needs, we can connect you with other healthcare professionals on your Care Team, as well as helpful resources.

Schedule your Healthy Journey or Healthy Start exam today at 1-888-291-1387 and stay on the road to achieving your health goals.
MEET YOUR CARE TEAM

If you can answer a cell phone, you’re on your way to having a virtual visit. It really is that easy. And just to make sure you’re comfortable and confident, a CareMore Clinical Partner will be on the line with you to guide you through the quick and easy process:

- Answer the phone
- Click on the link
- Allow your camera
- Allow your microphone
- Press the button to JOIN THE CALL

38,000 patients have already said, “Hello!” to a CareMore virtual visit.

VIRTUAL CARE VIRTUALLY ANYWHERE

Case Managers are an important part of your care.

Eleanor Carandang – Case Manager
“When they tell me I’ve made a difference in their care, is why I love Case Management.”

Francisco Caraan Constantino – Case Manager
“Coordinating much-needed care for patients, despite the complexities of their issues, I so appreciate every simple and sincere Thank You.”

Although you may not see them every time you go to the Care Center or have a virtual visit, your CareMore Case Manager is always in the picture, helping to coordinate your care. Case Managers will reach out to you if you’ve missed an appointment. They’ll be in touch to keep you up to date with your regular screening appointments. They can answer your questions about prior authorizations or even help walk you through the process. Our Case Managers are among our most dedicated CareMore staffers. This is a good time to meet two of the best.
Once you see how easy it is, you’ll be one of the thousands of patients who connect with their Care Team, virtually anywhere. A virtual visit is especially good for medication adjustments, behavioral health, and post-hospital follow-ups

- Convenient scheduling
- No transportation (independence)
- No waiting room time
- You can add family members or caregivers
- Super-convenient way to keep up with regular health screenings
- Regular contact with your Care Team helps maintain your overall health and well-being

Staying in touch with your Care Team has never been easier or more convenient. Call your Care Team today to set up your virtual visit.

**Aimee Zepnick**
Nurse Practitioner | CareMore Health

Virtual visits are a great way to help patients control their diabetes. A lot of my patients who are on daily multiple insulin injections wear continuous glucose monitors. During a virtual visit, I can guide the patient in how to check their history on the glucose reader. This gives me a lot of important information such as their average glucose during the past three months or if there are times during the day when their readings are more elevated than usual. The information helps determine if we need to make any changes to their treatment plan.

A regular virtual visit can help you stay up to date with changing conditions and prevent health difficulties from getting worse. Schedule a virtual visit with your Care Team today so you can enjoy your best health.
Even if you don’t have kidney disease, it’s important to keep your kidneys healthy because kidney disease can affect so many other aspects of your health. Diabetes and high blood pressure are the most common causes of chronic kidney disease (CKD), so it’s especially important to manage these conditions to prevent kidney damage. Scheduling a convenient virtual visit with your Care Team to keep up with your regular health screenings and provide updated information about any health issues you may have can go a long way toward preventing kidney disease, especially because early kidney disease may not have any symptoms. If you suffer from CKD, or have just been diagnosed with CKD or a related condition, call your Care Team to find out more about our Chronic Disease Management program. CareMore’s chronic disease management program helps kidney patients with the medical care, education, and the ongoing support needed to manage the many challenges of kidney disease.

How to Keep Your Kidneys Healthy

- Make healthy food choices
- Get physical activity
- Aim for a healthy weight
- Stop smoking
- Get enough sleep
- Limit alcohol
- Manage stress
- Manage your diabetes, high blood pressure and heart disease

Now you can receive a digital edition of Chronicles instead of by mail. To sign up, visit info.caremore.com/Chronicles
Bow-tie pasta salad

This light and delicious salad is recommended for patients with CKD or diabetes, or anyone who’d like to stay low on salt and light on calories but go heavy on enjoyment. An easy main course for lunch or dinner, it’s also great as a salad, side dish or snack.

Ingredients

• 2 cups cooked bow-tie pasta
• ¼ cup chopped celery
• 2 tablespoons chopped green pepper
• 2 tablespoons shredded carrot
• 2 tablespoons minced onion
• ⅛ teaspoon pepper
• ⅔ cup mayonnaise, low-fat
• ½ teaspoon sugar
• 1 tablespoon lemon juice

Directions

• Mix pasta, celery, green pepper, carrot and onion in a bowl
• In separate small bowl, blend pepper, mayonnaise, sugar and lemon juice until smooth
• Pour over pasta and vegetables
• Mix until well coated
• Chill before serving

Nutritional information

Calories 94
Carbohydrates 11.2 g
Dietary Fiber 0.7 g
Protein 1.7 g
Fat 4.7 g
Saturated Fat 0.7 g
Sodium 169.8 mg
Potassium 42.3 mg
Calcium 6.1 mg
Phosphorus 21.4 mg
Exercise your options

If you’re experiencing the challenges of kidney disease, regular exercise can help you feel better, stronger, and more in control of your health. To exercise safely, you just have to tailor the exercise to your needs. Choose continuous activity such as walking, swimming, bicycling (indoors or out), skiing, aerobic dancing or any other activities in which you move large muscle groups continuously. Low-level strengthening exercises may also be beneficial. Use light weights, do high repetitions, and avoid heavy lifting.

Then there’s the question of how long to exercise. Although there is nothing magical about exercising for 30 minutes, it’s a good goal to gradually build up to. If you feel like walking longer, like 45 or 60 minutes, go ahead as long as it doesn’t overtax you.

These guidelines are helpful:

- Your breathing should not be so hard that you cannot talk with someone who is exercising with you. You should feel completely normal within one hour after exercising. If you don’t, slow down next time.
- You should not feel so much muscle soreness that it keeps you from exercising the next session.
- The intensity should be a “comfortable push” level.
- Start out slowly each session to warm up, then pick up your pace, then slow down again when you are about to finish.

The most important thing is to start slowly and progress gradually, allowing your body to adapt to the increased levels of activity. When you first start exercising, try for three days a week. This is the minimum requirement to achieve benefits from your exercise. These should be non-consecutive days, for example, Monday, Wednesday and Friday.

Regular exercise keeps your muscles strong and helps to protect your heart by lowering blood pressure, controlling cholesterol, preventing diabetes, and improving the condition of the blood vessels. That’s a LOT of good health!
Putting it all together

Because the mind-body connection is such an important part of good health, CareMore includes Behavioral Health services in your regular medical treatment plan. You won’t have to go anywhere else or make any extra appointments. Your CareMore Behavioral Health team is led by a primary care provider (PCP) and includes behavioral health care manager and psychiatrists, as well as other mental health professionals.

It’s especially easy to receive Behavioral Health services virtually. If you’re experiencing emotional issues, schedule a virtual visit with a Behavioral Health clinician today. Just call your Care Team. They’re here for you.
COVID-19 vaccine supplies are being distributed through local health departments. Your CareMore Care Center will receive the vaccine, and some already have, but the exact dates will be different in each community. The vaccine has been shown to be safe and effective, and we encourage all eligible patients to receive it. You’ll need two doses to achieve up to the 95% effective rate.

In the meantime...
It’s important to continue following COVID-19 safety practices while waiting for your vaccine and even after being vaccinated:

- Wear a mask
- Stay physically distanced by six feet
- Wash your hands frequently

Keep checking www.caremore.com/Patients/COVID/Vaccine for updates about availability of the COVID-19 vaccine in your area, as well as vaccine safety information and FAQs.
Across
3. Two doses of the COVID-19 vaccine provide an effective rate of _ %
5. The Care Team member who helps you set up your virtual visit
6. Annual exam that updates your comprehensive health history
8. A common cause of Chronic Kidney Disease (CKD)
10. National Kidney Month

Down
1. CareMore's 24/7 phone line that you can depend on for support
2. The COVID-19 vaccine is safe and _
4. Kidney-friendly recipes are light on _
7. With a CareMore virtual visit you can have care _
9. Even after being vaccinated you should still wear a _

Answers:
ACROSS
1. CareMoreAnytime (one word)  5. ClinicalPartner (one word)  6. HealthyJourney (one word)  8. Diabetes  10. March
ACROSS
From preventive screenings and wellness classes to pharmacy-medication management, plus many other services, our Care Centers ensure you get the excellent care you deserve.
The view from you

You may have noticed that our Chronicles newsletter has a new look. Tell us what you think. Email your thoughts to: digitalchronicles@caremore.com

A Healthy Journey exam can make a big difference

Get a head start on your best health. Call (888) 291-1387 to schedule your Healthy Journey or Healthy Start exam

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