DESTINATION: GOOD HEALTH

The story of your good health throughout the year

Now you can receive a digital edition of Chronicles instead of by mail.
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Your CareMore experience has gone digital in a big way – meaning care, information, and convenience in more ways than ever before. Whether you’re adding virtual services to your healthcare mix for easier consultations, follow-ups, medication reviews, and more; or you’d like to receive the health information that’s important to you right in your in-box; or you’d like to receive Chronicles digitally from now on, we have it all!

**WHAT’S YOUR PREFERENCE?**

Have a look at the new Preference Center on the CareMore website where you can choose the healthcare information you want to hear about. Select any or all of the topics to start receiving email updates in your in-box. Keeping up with current health information can provide you with updates related to your health, connect you with useful resources, and help you achieve your health goals.

### THE NEW CAREMORE PREFERENCE CENTER

- **COVID-19 & THE VACCINE**
  The when and where of vaccine availability in your area.

- **CAREMORE COMMUNICATIONS & EVENTS - ONLY FOR CURRENT PATIENTS**
  Stay in touch with email updates about CareMore programs and services, events, important health information, and reminders.

- **CAREMORE IN THE NEWS**
  People are talking about CareMore, writing about our innovative programs, and featuring our healthcare leadership in all kinds of media, from prestigious news and industry publications to national morning shows. Check the box to get the stories.

- **CHRONIC CONDITIONS**
  Check any or all of the boxes below to receive email updates with important information from the clinical experts in our Chronic Disease Management program.
  - Heart Failure
  - Diabetes
  - COPD
  - Chronic Kidney Disease and End Stage Renal Failure

- **CAREGIVER SUPPORT**
  Learn about caregiver support services, tips for self-care, and ways to help your loved one.
The mailbox is so yesterday! Now you can receive a digital version of Chronicles every month. Rain or shine. No need to put on shoes and go outside to collect it. Or fight with those little plastic tabs to get it open. No recycling either. Nothing but great information, the easy way. Go to info.caremore.com/chronicles and sign up to receive your digital Chronicles instead of in print.
IT’S ALL IN THE MIX

Healthcare that works with you and the way you like to live is why CareMore offers a mix of virtual, remote, and in-person care options, plus 24/7 access to a CareMore clinician through our CareMore Anytime phone line (1-800-589-3148). Virtual visits are great for consultations, medication reviews, follow-ups, remote monitoring check-ins, post-discharge care, and care transitions. With no need for transportation, and scheduling that’s super-fast, it’s easier than ever to keep your appointments and stay current with your regular health screenings. If you need an in-person visit, your Care Team is available at your Care Center, and your Mobile Team is ready to come to you, whether at your home, a hospital or a care facility.

This mix of virtual care, in-person, and telephonic CareMore services and programs means we’re here for you, wherever “here” is. So make sure you’re expanding your own idea of what healthcare means, and make use of all these care options. Putting it all together gives you more ways to help improve your health.

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

CAREMORE ANYTIME

24/7 phone line is always available. Call us at 1-800-589-3148 to connect with a CareMore clinician.
Our pandemic year of lockdown, social isolation, anxiety, and loss have made us more aware than ever of the state of our own mental health. It’s also brought home the big impact that emotional issues can have on our physical health and overall well-being. That’s why, during May we’re calling special attention to all the options for mental health care that CareMore has available to you. First is our Behavioral Health (BH) program and its team of clinicians, therapists, clinical pharmacists, social workers and community health workers, who are there to support you through any issues you’re facing. Behavioral Health services are integrated into your medical care from the beginning, which can help make a significant difference in achieving a positive health outcome. Behavioral Health visits are especially easy to have virtually, making it simple to connect with your CareMore BH professional whenever you need care.

This month CareMore joins the National Alliance on Mental Health (NAMI) to fight stigma, and provide support, education, and care to people who are experiencing mental health issues. There’s a lot happening, so stay connected with us on Facebook to find out about Mental Health Awareness Month events, or with NAMI at https://nami.org.
Community health workers

Because every part of your life is part of your health, CareMore’s Community Health Workers (CHWs) are available to help you with social needs, finding helpful community resources, care coordination, and education.

Gage Osburn
- Community Health Worker

“All I’ve wanted to do in my life is help, and at CareMore I can do just that. I am part of a team that supports and advocates for every patient. I take pride knowing that what I do can improve their quality of life.”

Liz Sosa-Chavez
- Community Health Worker

“Something I enjoy doing as a CHW is to help meet patients where they are and find ways to meet their needs and let them know we are here to help.”
It’s easy to think that because you don’t have symptoms for a particular health issue, you don’t need to keep up with your regular health screenings. But this is exactly why you do. Staying current with your health screenings will help you stay at your healthy best. Early detection is key to positive outcomes. By the time symptoms make themselves known, a disease might not be in its earliest, most treatable stages.

**Important screenings for women’s health**
- Blood pressure
- Breast cancer
- Cholesterol and heart disease prevention
- Colorectal cancer
- Diabetes
- Lung cancer
- Osteoporosis

Call your Care Team to make an appointment for the health screenings you need.
Covid-19 vaccine by the numbers

- As of April 21st, more than 950 million vaccine doses have been given worldwide.
- There have been ZERO deaths due to vaccine; but 2.8 million people have lost their lives due to the disease.
- In early April in the US we are vaccinating more than 3 million people per day.
- After April 19th, all adults will be eligible for a vaccine.
- Currently, three vaccines are authorized and recommended in the United States to prevent COVID-19: Pfizer-BioNTech, Moderna, Johnson & Johnson/Janssen.
- Johnson & Johnson’s Janssen COVID-19 Vaccine: CDC and FDA have recommended a pause in the use of Johnson & Johnson’s J&J/Janssen COVID-19 Vaccine in the United States out of an abundance of caution, effective Tuesday, April 13. The Advisory Committee on Immunization Practices (ACIP) will hold its second emergency meeting to discuss J&J/Janssen COVID-19 Vaccine on April 23, 2021. People who have received the J&J/Janssen COVID-19 Vaccine within the past three weeks who develop severe headache, abdominal pain, leg pain, or shortness of breath should seek medical care right away.

Even after you get your vaccine, it’s still very important to continue following all public health safety measures, including washing your hands, wearing a well-fitting mask, and staying 6 feet apart in crowds.

Some of these measures have been changed for those who have been fully vaccinated:
- Visit inside a home or private setting without a mask with other fully vaccinated people of any age.
- Visit a home or private setting without a mask with one household of unvaccinated people who are not at risk for severe illness.
- Travel domestically without a pre- or post-travel test.
- Travel domestically without quarantining after travel.
- Travel internationally without a pre-travel test depending on destination.
- Travel internationally without quarantining after travel.

As more of the population gets vaccinated, more of the restrictions will be lifted. Do your part in keeping our communities safe and resilient against COVID-19. Get vaccinated!
A RECIPE FOR HEALTH

SPRING APPLE BAKE
You don’t have to wait until Fall to enjoy baked apples. It’s always the right time to go a little nuts for a healthy desert.

Ingredients

- 6 fresh apples
- 2 cups of finely ground walnuts
- 1 cup coconut sugar (or 2/3 cup honey, maple syrup or agave nectar - adjust for density)
- 1 teaspoon of cinnamon
- 1 tablespoon of vanilla
- 1/4 cup extra virgin olive oil or regular olive

Directions

- Preheat oven to 350°
- Peel and core apples, set aside
- In a large bowl mix walnuts, coconut sugar or liquid sweetener, and vanilla
- Tightly pack the walnut filling inside the cored apples
- Set apples in a deep baking pan or dish
- Drizzle apples with olive oil
Down
2. A healthy Spring dessert
3. The best way to stay safe against COVID-19
4. Your 24/7 access to a CareMore clinician

Across
1. Even after getting vaccinated, you should continue wearing a ______
4. A CareMore resource dedicated to helping with social issues, community resources and education
5. The place to choose the health information you want
6. An important health screening for women
7. Chronicles is now available in a ______ version
8. Mental Health Awareness Month
9. Put this in your mix of healthcare services
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**  
15230 Hawthorne Blvd  
Lawndale, CA 90260-2138  
(424) 269-3600

**LONG BEACH**  
4540 E. 7th St.  
Long Beach, CA 90804-4327  
(562) 344-1150

**LOS ANGELES**  
303 S. Union Ave.  
Los Angeles, CA 90017-1111  
(213) 355-2600

**MONTEBELLO**  
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. # 1000  
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 95363-8877  
(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

**EUCLID**  
1530 E. Euclid Ave.  
Des Moines, IA 50313-4726  
(515) 989-6001

### NEVADA

**FLAMINGO**  
3041 E. Flamingo Rd. # A  
Las Vegas, NV 89121-7447  
(702) 436-0835

**HENDERSON**  
220 N. Green Valley Pk.  
# 235  
Henderson, NV 89074-7704  
(702) 754-2200

**TENNESSEE**

**JEFFERSON**  
1169 Jefferson Ave.  
Memphis, TN 38104-7217  
(901) 425-1880

### TEXAS

**FORT WORTH**  
5620 Brook Rd.  
Fort Worth, TX 76227-2273  
(804) 767-8400

### 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

### WASHINGTON, D.C.

**D.C.HECHINGER MALL**  
1505 Maryland Ave. N.E.  
Washington, D.C. 20002  
(202) 396-1780

(918) 844-2778
CareMore is all about YOU! Choose the health information you’d like to know about. Check out our new Preference Center at info.caremore.com/preference

Getting vaccinated for COVID-19 is the most important thing you can do to keep yourself and your loved ones safe. If you haven’t been vaccinated, find out more about availability in your area at info.caremore.com/vaccine