With CareMore, the goal is for you to stay healthy in every area of your life.

At your very first appointment with CareMore, you begin with our Healthy Start™ exam. Here we learn your health history and about all the factors in your life that might impact your health, like your access to healthy food, transportation to doctor’s appointments and a support system.

From there, we can recommend other programs and services we offer. Things like behavioral health, strength and exercise programs, medication reviews, dietary counseling and more.

Then, every year we check in with a Healthy Journey exam. This allows us to keep a full understanding of how you’re doing in all aspects of your life.

We take more time to get to know you so that we can work to understand the root cause of your health concerns and provide you with the best care.

To schedule your Healthy Start or Healthy Journey exam, call 1-888-291-1387.
COVID-19 UPDATE

What is the difference between the third dose vaccine and the booster shot?
The third dose is critical for people with weakened immune systems in order for them to be considered fully vaccinated. This is because they may not develop the same level of protection with two doses of the vaccine. The booster shot is for the general population to help build protection since the effectiveness of the vaccine decreases over time.

Who can get a COVID-19 third dose or booster shot?
You need a third dose of the COVID-19 vaccine if you are immunocompromised and got your last Pfizer or Moderna shot more than 28 days ago. Booster shots are recommended for people who are at least 65 years old, or high risk, and who were vaccinated at least six months ago.

Can I mix and match the COVID-19 vaccines?
No, you should get the same type – either Pfizer or Moderna – for your third dose.

Can the COVID-19 vaccine protect me against the flu?
No, COVID-19 and flu are caused by different viruses. You should schedule a flu shot to protect yourself from the flu this season.

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

The information in this article is current as of the date of publication. At present, the only booster to be FDA approved is Pfizer. Because CDC guidelines are frequently updated, visit cdc.gov for up-to-the-minute news or talk with your provider.

BREATHE EASIER WITH COPD

If you are one of the 16 million Americans suffering from chronic obstructive pulmonary disease (COPD), we’re here to help.

CareMore’s Chronic Disease Management program helps people control their COPD to breathe easier and stay out of the hospital. Here are some helpful tips to help manage your COPD:

- **Keep active.** While exercising may feel difficult when you are short of breath, it can actually improve your breathing. Your CareMore clinician can help you find exercises that are best for you.
- **Maintain your medications.** Schedule a free virtual medication review with a CareMore pharmacist to make sure you’re taking the right meds and dosages.

Contact your Care Team to learn more about living with COPD.

CareMore’s patients with COPD are 11% less likely to be readmitted to the hospital than those who are not CareMore patients.

CAREMORE TIPS

National Breast Cancer Awareness Month

According to the American Cancer Society, about one in eight women will be diagnosed with breast cancer in her lifetime. The good news is that more women are surviving breast cancer, due in large part to early detection. This October, make sure you are doing all you can to lower your risk for getting breast cancer.

Tips include:
- Maintain a healthy weight
- Stay active
- Eat fruits and vegetables
- Don’t smoke
- Limit alcoholic beverages

Make sure your preventive health routine includes:
- A monthly breast self-exam to check for lumps
- A regular clinical exam of your breast by a healthcare professional
- A mammogram every one to two years after the age of 40

When diagnosed early, breast cancer is treatable. Schedule your mammogram and other preventive screenings by calling your CareMore care team.

Go green and go digital!
Visit info.caremore.com/chronicles to sign up to receive your newsletter by email.

facebook.com/caremorehealth

ABOUT 1 IN 8 WOMEN will be diagnosed with breast cancer in her lifetime*. *American Cancer Society