On average, primary care providers spend just 17 minutes per visit with their patients, according to a national survey.

At CareMore Health, we know that by getting to know you better, we can provide the best care for all your health needs. That’s why a normal visit with one of our providers is twice as long as the national average.

To make sure you get the most out of your next doctor’s appointment, try the following:

- Write down the health concerns you’d like to talk about.
- Bring a list of your medications, or simply bring the containers.
- Know your health history, like when you had your last mammogram.

CareMore’s approach to care includes a team of doctors, specialists and support staff who work together to make sure all your questions are answered and needs are met.

To find a CareMore Care Center near you, visit caremore.com. Or, to connect with a provider virtually, call 1-800-589-3148.
COVID-19 UPDATE

The Centers for Disease Control (CDC) now recommends a third dose of the COVID-19 vaccine for people who are immunocompromised. Additionally, the Department of Health and Human Services has announced a plan to begin offering vaccine boosters to individuals who received their second dose of the Moderna or Pfizer vaccine eight or more months ago. For both groups, the third dose or booster will lessen the chance of getting the coronavirus or having serious symptoms.

CareMore strongly encourages you to get a third vaccine dose if you:
- Have moderate or severe primary immunodeficiency, such as with DiGeorge syndrome and Wiskott-Aldrich syndrome.
- Have an advanced or untreated HIV infection.
- Are being treated for cancer.
- Received an organ or stem cell transplant within the last two years and are taking medicine to suppress your immune system.

According to the CDC, your third vaccine dose or booster should be the same type as your first two shots (such as Moderna or Pfizer).

Starting October 4, 2021, you can schedule your third vaccine dose or booster at a CareMore Care Center by calling 1-888-501-0104.

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

QUALITY CARE, VIRTUALLY ANYWHERE

Not every routine health concern requires an in-person appointment. With CareMore’s virtual visits, you can meet with your providers online, from the comfort of your home, for regular screenings, medication reviews, follow-ups and more.

To learn more about virtual visits, go to caremore.com/Patients/Virtual.aspx or contact your local Care Team.

CAREMORE TIPS

Five Ways to Age Well and Live Healthy

1. Get a medication check-up. Use CareMore’s free virtual medication review and consultation service to meet with your CareMore pharmacist right from home. Schedule your review today by calling the Member Services number on the back of your ID card.

2. Stay active. Check out the Nifty after Fifty® program, which offers supervised fitness programs tailored to your needs so you can maintain your independence. Visit niftyafterfifty.com to find a location near you.

3. Create a healthy eating plan. Focus on adding more fruits, veggies, whole grains and low-fat dairy to your meals. For protein, include lean meats, poultry, eggs, legumes, seafood, nuts and seeds. And don’t forget to avoid processed foods that often have added sugars, saturated fats and salt.

4. Exercise your brain. Keep your mind engaged with books, word searches, puzzles and trivia. Start a new hobby — especially one that will help reduce stress.

5. Don’t act your age. Age is just a number, after all! Focus on activities that make you happy — not on any limitations you may have.

See your doctor easily by using your smartphone, computer or tablet.

If you need help, a CareMore team member will be on the line to walk you through the steps.

1. Answer your phone to begin the session.
2. Click on the link in your text messages.
4. Press the green “Join Video Visit” button.

Ditch the paper and go digital!

Visit info.caremore.com/chronicles to sign up to receive your newsletter by email.

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