SCHEDULE A MEDICATION REVIEW

Spring is the perfect time to schedule a free virtual medication review with a CareMore pharmacist. Not only can they help ensure you are only taking the medications you need and taking them properly, they can possibly even lower your drug cost. Your pharmacist can talk with you about home delivery options and options for ordering a 90-day supply.

Change to a Longer Day Supply
You can get up to a 90/100-day supply dispensed at drug stores or through mail order. Check with your insurance plan to see if they offer this.

Why should you do this?
• Save money by getting a longer day supply of up to 90/100 days.
• Save time by making fewer trips to the drug store.
• Lower plastic waste.

Taking your medicine as directed every day can lead to lower hospital stays, better health and lower the cost of your health care. To schedule a medication review, call the Member Services number on the back of your ID card.

April 30 is National Prescription Take Back Day
Old and unused medications pose a danger in your home. Safely discarding these medications removes the risk of:
• Taking the wrong medication by accident.
• Medications getting in the wrong hands.

Visit dea.gov/takebackday to find a collection site near you to safely discard your unused medications.
FIND OUT THE FACTS

Myth: COVID-19 vaccines aren’t safe because they were developed too rapidly.
Fact: There are three COVID-19 vaccines that are approved in the U.S. by the Food and Drug Administration after undergoing a rigorous study to ensure they are safe and effective. The messenger RNA (mRNA) technology that is used in two of the vaccines has been under study for more than four decades.

Myth: The vaccines alter DNA.
Fact: COVID-19 vaccines do not change or interact with your DNA. Both types of vaccines work by instructing our cells to create a protein that builds protection against the virus that causes COVID-19. With mRNA vaccines, proteins form outside the nucleus, away from where human DNA is stored.

Myth: The natural immunity from getting COVID-19 is better than the immunity from getting vaccinated.
Fact: Getting vaccinated is a better way to build immunity to COVID-19 than getting sick with the virus. Doses of the vaccine ensure your body develops an immune response and builds the memory cells needed for long-term protection. If you have already had COVID-19, the vaccine will boost your immune system and add a significant amount of protection from re-infection, hospitalization and death.


COVID-19 UPDATE

Give Your Community a Boost!
Vaccinations, including booster shots, remain the most effective tool in ending the COVID-19 pandemic. You can protect yourself – and your community – by following the recommended vaccination schedule.

PFIZER & MODERNA

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<thead>
<tr>
<th>Vaccine Type</th>
<th>Dose Schedule</th>
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<tbody>
<tr>
<td>Pfizer Primary Series</td>
<td>2 doses; 3-8 weeks apart</td>
</tr>
<tr>
<td>Moderna Primary Series</td>
<td>2 doses; 4-8 weeks apart</td>
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Booster Dose
Booster dose of Pfizer or Moderna at least 5 months after the last dose in your primary series

JOHNSON & JOHNSON

<table>
<thead>
<tr>
<th>Vaccine Type</th>
<th>Dose Schedule</th>
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<tr>
<td>Primary Series - 1 dose</td>
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Booster Dose
Booster dose of Pfizer or Moderna at least 2 months after the last dose in their primary series

CAREMORE ANYTIME
Help is a Phone Call Away

CareMore Anytime is your 24/7 access to trusted care. Call 1-800-589-3148* any day, any time to:
• Understand your symptoms and receive advice on appropriate care options.
• Decide whether to visit your provider, CareMore Care Center or urgent care.
• Get answers to urgent health questions from the comfort of your home.

*Available in CA, AZ, NV and VA. For other areas, call the Nurse Line number listed on your member ID card.
HOW TO MANAGE YOUR STRESS

Stress can impact both your mental and physical health, which is why it is important to not ignore it. Consider these tips the next time you’re feeling overwhelmed.

1. Take care of yourself. Get 7-8 hours of sleep each night. Eat healthy foods that make you feel strong and exercise regularly. If you’re having trouble starting an exercise routine, try the Nifty after Fifty® fitness program, which is available in most areas as part of your CareMore benefits. Visit niftyafterfifty.com for more information.

2. Talk to someone. Share how you’re feeling with a family member, friend or someone from your Care Team. CareMore offers behavioral health services with psychologists, therapists, social workers and community health workers who can help address your needs.

3. Relax. When you are stressed, relaxing seems like the hardest thing to do. There are techniques that bring peace to your mind and body. Try meditation, breathing exercises or yoga to help you unwind.

4. Contact your doctor. Your Care Team is here to help you manage stress and address any issues that arise due to it. Call CareMore Anytime 24/7 at 1-800-589-3148* if you need immediate nursing assistance when you are feeling stressed. You can also contact your Care Team to set up a virtual, in-clinic or mobile appointment.

NATIONAL ALCOHOL AWARENESS MONTH
What’s considered too much?

Drinking alcohol is the third leading cause of preventable death in the United States. While most adults drink moderately and without issues, others drink excessively through binge drinking or drinking heavily.

Binge drinking is drinking 4 or more drinks during a single occasion if you’re a woman – 5 or more if you are a man. Heavy drinking is considered having 8 or more drinks per week for women and 15 or more per week for men.

Excessive alcohol use can cause numerous health problems including high blood pressure, heart disease, liver disease, cancer, weakened immune system, memory problems, mental health issues and alcohol dependence. Many common prescription medications and over-the-counter drugs, like acetaminophen, can also enhance the negative impact alcohol can have on your health.

If you’re concerned about your drinking, please contact your Care Team. Our clinicians and behavioral health team are available to help with medical assistance and mental health services.