LIFE-CHANGING CARE FROM PROVIDERS WHO CARE MORE

Whether you’re struggling with a complex healthcare challenge or are just looking for preventive care, we’re here with you every step of the way. Our goal is to give you the individual attention and care that you deserve.

That’s why we offer a coordinated, hands-on approach to care. At our Care Centers, you’ll find a number of primary care providers ready to get to know you and help you achieve better health outcomes. By working directly with them, you’ll find shorter wait times and longer appointments where you’ll feel heard.

If you already have a primary care provider, our staff will work directly with them to complement your existing care plan. We offer nationally recognized programs to help with things like diabetes, kidney disease, COPD, high blood pressure and End Stage Renal disease, along with quick and easy medication reviews, virtual visits and home visits.

Still discovering all that CareMore Health has to offer? Hear directly from fellow CareMore patient, Katherine, at vimeo.com/734752583. You can also scan the QR code to access her story.

SCAN ME
to hear her story.

Katherine
CareMore Patient

CareMore Anytime | 1-800-589-3148* | Get answers to your health questions.
*Available in CA, AZ, NV and VA. For other areas, call the Nurse Line number listed on your member ID card.
The COVID-19 pandemic was a time of uncertainty for everyone, including the healthcare community. At CareMore Health, our Care Team of physicians, advanced practice clinicians, social workers and more stepped up to protect the health and safety of the people we care for during those challenging times. “From the moment COVID-19 vaccines were available, we were vaccinating people in our Care Centers,” Sumedh Mankar, DO, MPH, FCAPM, ARMO and CareMore’s go-to expert for the flu for the past five seasons, explains. “The feedback we got from our patients was that they wanted to come to our Care Centers to get the vaccines because they trusted us to deliver vaccines in a safe manner. They felt safe under the care of their physicians and Care Teams.”

It is feedback like that which makes us proud of the work we do. It’s also what keeps everyone at CareMore dedicated to continually educating our patients and community members. While COVID-19 remains at the forefront of public safety, we’re also heading into flu season. “The flu shot is one of the most important ways that you can protect yourself against getting the flu or the complications thereof,” says Dr. Mankar.

Before COVID-19 vaccines were made available during the pandemic, Dr. Mankar and our Care Teams partnered with local pharmacies to offer drive-thru flu vaccine events. “Providing our patients the chance to receive a vaccine in the safest way possible was our number one priority,” he explains.

As we gear up for another busy flu season, we look forward to providing you with a safe and trusted resource for annual flu shots, along with your COVID-19 vaccine and boosters. Visit caremore.com/patients/flu.aspx for more information about both vaccines. Don’t delay - get your vaccines and stay up to date today.

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Through the ongoing pandemic, we have all seen firsthand the positive impact that vaccines have on our health and safety. Evidence shows that COVID-19 vaccines are highly effective against severe illness from the virus. Hospitalization rates have been much higher among those who are unvaccinated compared to those who are fully vaccinated and boosted.

Going back, the first vaccine was created in 1796 to fight against smallpox. Since then, vaccines have greatly reduced the prevalence of diseases across the world. The World Health Organization estimates that vaccination prevents 2-3 million deaths annually.

You have the power to protect yourself against preventable diseases by getting vaccinated. Working with your body’s natural defenses, vaccines help you develop protection from diseases like shingles, pneumonia, flu and COVID-19. All vaccines – including the COVID-19 vaccines – are fully tested before approval. They are then carefully observed to ensure they are working properly and safely.

While vaccines are very important early in life because they help to build immunity at a young age, they aren’t just for kids. Adults may need vaccines to protect themselves against things like tetanus, shingles, the flu and more. Staying current on recommended vaccinations is especially important for adults with certain long-term health conditions. Some conditions, like diabetes or heart disease, can make it harder to fight off vaccine-preventable diseases.

Talk to your doctor or Care Team about what vaccines you may need based on your age, health conditions and lifestyle. They can help ensure that you and your family are up to date on recommended vaccines.

Flu season is coming and the best way to protect yourself is by getting your annual flu shot. The CDC recommends everyone get a seasonal flu vaccine by the end of October. It is especially vital for people 65 years and older since they are typically at higher risk of having serious flu complications.

To make it even easier, CareMore will be offering special flu events this fall. Sign up to receive vaccine alerts at info.caremore.com/vaccine.
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Want to read more about CareMore Health programs and events? Looking for nutrition advice and easy recipes? Let us know what type of content you’d like to see more of in your Chronicles newsletter. Simply use your smartphone’s camera and scan the QR code to fill out a short survey or visit bit.ly/3Br1r3O.