

# CHRONICLES

The story of your good health throughout the year

## HEART HEALTHY INSPIRATION

during Black History Month  
and Heart Health Month



Happy Black History Month! It is a special time to celebrate the contributions and sacrifices of African Americans throughout

our history that have helped shape our nation. For instance, in the field of medicine, Dr. Daniel Hale Williams performed the first successful open-heart surgery at Provident Hospital in Chicago, IL in 1893. Dr. Charles Drew was a leading surgeon and pioneer in the field of blood transfusions.

Even with the life-saving contributions of doctors like Drs. Drew and Williams and continuing advancements in the cardiac field, living heart healthy is something **everyone** can do to improve their quality of life during Heart Health Month and beyond.

- **Eat healthy** – Choose foods like fruits, vegetables, whole grains, lean meats and low-fat dairy. Eating less salt and sugar is also good for your heart.
- **Move more, and sit less** – Sitting is the new smoking when it comes to your heart.



Look for opportunities to get up and move around throughout the day. Your heart is a muscle and it wants to exercise. To help you get moving and have some fun, please join us for our free in-person and online CareMove classes. To learn more and to register, visit [CareMore.com/CareMove](https://www.caremore.com/CareMove).

- **Manage high blood pressure and high cholesterol** – If your doctor has prescribed medication to manage high blood pressure or high cholesterol, make sure you take it as directed. Medication can be very effective in controlling heart disease.
- **Quit smoking** – Your Care Team can offer valuable tips to help you quit successfully.

To stay up-to-date on upcoming appointments like blood pressure checks, to refill prescriptions or to find a provider near you to talk with about your heart health, visit the CareMore Anytime patient portal at [patientportal.caremore.com](https://patientportal.caremore.com).

# SEASONAL FLU VS. NEW COVID-19 VARIANT

The seasonal flu is in high gear and a new COVID-19 variant, called XBB.1.5, has surfaced. Understanding your risk for each of them is the best way to stay healthy.

## SEASONAL FLU

This year, the flu has been challenging. Nationwide there has been more hospitalizations due to the flu than any time in the last decade. While the number of cases is starting to level off, the flu season will be around until May. Fortunately, this year's flu shot appears to be a "very good match" to strains of the flu according to the CDC.

## COVID-19 VARIANT

The good news about the new COVID-19 variant is that it seems to cause milder illness than the original strain. However, there has been a rise of infection rates from 4% up to 18% in the last month – a reminder that we still need to take COVID-19 seriously.



## CHECK YOUR MEDS

A yearly medication review is an important step in maintaining good health. By talking with a CareMore pharmacist, you can make sure you're taking the right medications at the right time.

During a medication review, you can:

- discuss any side effects or health concerns
- identify any potential drug interactions or duplicate prescriptions
- make an up-to-date list of medications for your wallet to have handy in case of an emergency

To schedule a medication review, call **833-644-0089** or go to **CareMore.com/CheckMeds**.

*In person consultations available at select CareMore Care Centers in California, Arizona, Nevada and Texas. Online consultation appointment available coast-to-coast.*

## Three Steps to Staying Healthy This Winter

1. Hand washing is always a good idea to reduce the spread of germs – especially during flu season.
2. If you are older, or have a weakened immune system, the CDC is still recommending wearing a mask in public places. It is an effective way to reduce your exposure to illness.
3. It is not too late to get vaccinated against both the flu or COVID-19. You can even safely get them both at the same appointment.

Updated booster vaccines are now available that target the original variant and the Omicron variant. If you have not had an updated booster and your last dose was more than two months ago, you are due for an updated booster. Visit **CareMore.com/Flu** or call **1-888-605-1030** to schedule your flu or COVID-19 shot. (Call 901-946-1375 if you're in Memphis, TN.)

**Your local CareMore Care Centers, primary care doctor and local pharmacies are still offering BOTH FLU SHOTS AND COVID-19 VACCINES. Choose the location most convenient for you!**

# HELP US HELP YOU BY COMPLETING YOUR HEALTH RISK ASSESSMENT

We may be a month into the new year, but it is still not too late to plan for a healthy 2023. CareMore's annual **Healthy Start™** appointment for new enrollees, or **Healthy Journey** appointment for returning patients is a great way to start on the path to a healthier lifestyle.

The first step begins with a Health Risk Assessment, or questionnaire, that helps identify any health concerns you may have or any recent changes in your health. You may receive a call from a CareMore staff member who will ask specific questions related to your health and well-being. You may also receive the questionnaire in the mail if we are unable to reach you. Please answer the questions and return it in the postage paid envelope so we can provide you with assistance.

Once the questionnaire is completed, a registered nurse will reach out to you to review. Based on your responses, the nurse may ask additional questions and will then



complete a care plan. This care plan will help identify personalized health goals for the coming year. These goals could be related to a diagnosis such as diabetes or high blood pressure or they may focus on helping you maintain your current level of health.

**Completing this questionnaire is the best way for CareMore to ensure your care is individualized just for you.** Once you complete the care plan with the nurse, it will be mailed to you and shared with your primary care provider. Your registered nurse will keep in contact with you and continue to provide support, education and assistance centered on your needs and any new goals or challenges you may have. **Schedule your Healthy Start™ or Healthy Journey appointment at 1-888-291-1387.**



## CREOLE STEAK WITH JAMBALAYA RICE

- 1-1/2 c. cooked brown rice
- 1 c. chopped celery
- 2-1/2 tsp Creole seasoning, divided
- 1 c. chopped green bell pepper
- 1 c. chopped onion
- 1 lb. sirloin tip steaks, cut 1/4 inch thick
- 1 can (14-1/2 ounce) no salt added diced tomatoes
- 2 Tbsp vegetable oil, divided

1. Heat 1 Tbsp oil over medium heat in a 3-quart saucepan until hot. Add onion, celery, bell pepper and 1 tsp Creole seasoning. Cook 8-10 minutes or until vegetables are crisp and tender, stirring occasionally.
2. Stir in tomatoes and rice. Cover and continue cooking 2-4 minutes until heated through, stirring occasionally. Keep warm.
3. Meanwhile, press remaining 1-1/2 tsp Creole seasoning evenly onto beef steaks. Heat 1-1/2 tsp oil in large non-stick skillet over medium high heat until hot. Cooking in batches, place steaks in skillet (do not overcrowd) and cook 1-3 minutes for medium rare (145 degrees) turning once. Do not overcook. Remove from skillet, keep warm. Repeat with remaining steaks and oil.
4. Serve steaks topped with rice mixture.

Heart-check certified by the American Heart Association and provided by the National Cattlemen's Beef Association.



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## CAREMORE ANYTIME

24/7 ACCESS TO TRUSTED CARE

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Call any day, any time to:

- Get answers to your health questions
- Decide whether to visit your provider, CareMore Care Center or Urgent Care



SCAN ME



2022

NET PROMOTER SCORE\*  
CAREMORE HEALTH

**91** OUT OF 100

PATIENTS RECOMMEND CAREMORE  
TO FAMILY AND FRIENDS

\*Service Management Group  
"CareMore Health Patient  
Experience Survey"

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