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JULY 2022

CHRONICLES

The story of your good health throughout the year



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COVID-19 UPDATE

Find out about pandemic fatigue.

What does healthy eating look like? Learn more inside.

Here for you, virtually.

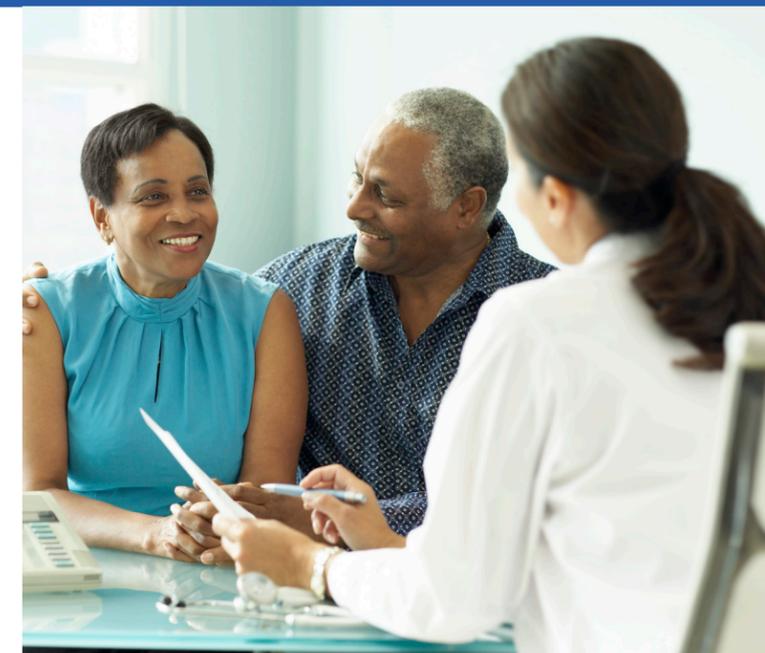
Can't make it into your local CareMore Care Center? **Contact your Care Team to schedule a virtual visit.** Meet with your doctor from the comfort of your own home - no waiting room and no need for transportation.

COMPREHENSIVE CARE When, Where and How You Need It

Whether you're dealing with a chronic condition or are fairly healthy, your Care Team is here to deliver you integrated, personalized care and resources. From doctors and nurses to specialists, every member of your team is focused on helping you reach your health goals.

At CareMore, we know how important it is to get to know you. That's why our providers spend 30 to 60 minutes with patients per visit - more than twice the national average. When you come for your appointment, you won't feel rushed and your concerns will be heard. At your **Healthy Start™** visit, your Care Team will take the time to ask you questions, learn more about your health history and goals, and work to develop the best care plan to meet your needs. If you haven't scheduled your Healthy Start appointment yet, call **1-888-291-1387** or visit <https://bit.ly/3b2uFuG> to schedule today.

If you can't make it into your local Care Center for an appointment, virtual visits are a great option for consultations, medication



reviews and follow-up appointments. You'll be able to skip the waiting room and meet with your Care Team virtually from the comfort of your own home. Your Care Team can also come to your home when you can't make it into the clinic and need in-person care.

CareMore Anytime

Have a health concern? With CareMore, you can connect to a clinician 24 hours a day, 7 days a week. Call CareMore Anytime at **1-800-589-3148**. This service is available in English and Spanish in CA, AZ, NV and VA. For other areas, call the Nurse Line number listed on your member ID card.

COVID-19 UPDATE

After over two years of living with COVID-19, pandemic fatigue is very real. Having our lives disrupted for so long can make it hard to stay proactive and motivated. While we're all looking for a sense of normalcy, staying vigilant is still important.

"Although people who have been immunized typically have milder cases of COVID-19 illness, elderly people and those with underlying conditions continue to make up the majority of hospitalizations," Dr. Gabriel Waterman, CareMore's National Medical Director for COVID-19, explains. "When you let your guard down, you open yourself up to the risk of coming in contact with someone who has the virus."



Gabriel Waterman, MD, MBA

Dr. Waterman advises continuing to follow the Centers for Disease Control and Prevention's (CDC) recommendations

What is Monkeypox?

The CDC is closely monitoring a rise in cases of monkeypox, a disease caused by infection with monkeypox virus that is very rare in the United States. Symptoms begin with fever, headache, muscle aches and exhaustion, then progress to a developing rash and lesions that spread across the body. Monkeypox primarily spreads between people through direct contact with infectious sores or body fluids, like during close physical or intimate interactions. While the overall health risk to the public in the U.S. remains low, the CDC will continue to track and report new cases.

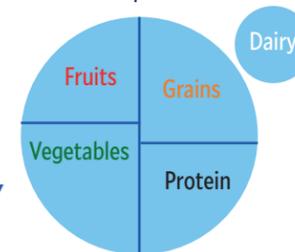
related to COVID-19 safety, including their vaccination and booster guidelines. Currently, everyone 5 and older should get a booster after completing their primary COVID-19 vaccine series. The CDC strongly recommends a second booster for all adults 50 and older, along with people 12 and older who are moderately or severely immunocompromised and those who received the Johnson & Johnson vaccine for their primary dose and booster.

Visit [caremore.com/patients/covid.aspx](https://www.caremore.com/patients/covid.aspx) for more information and guidelines.

WHAT DOES HEALTHY EATING LOOK LIKE?

What you eat and drink plays a vital role in your overall health. Getting the right nutrients and maintaining a healthy weight can help reduce your risk of chronic diseases – like high blood pressure, diabetes and heart disease. Consider these tips that will guide you in finding what's best for your body.

1. Follow the U.S. Department of Agriculture's MyPlate guide. This simple visual will help you see what should be filling your plate and how much of it. A healthy meal should include lean protein like chicken, seafood, beans or eggs, fruits and veggies, whole grains, and low-fat dairy. Visit [myplate.gov](https://www.myplate.gov) for full details.



2. Fill your cart with whole foods, which are typically found in produce, meat and dairy sections. When looking at packaged foods, read the labels and pick items that are lower in fat, sodium and added sugars. If you have trouble accessing healthy food options, contact your Care Team. They can help with things like transportation and nutrition planning.



3. Stay hydrated and drink water often.

Other hydrating beverages include low or fat-free milk or a lactose-free alternative and 100% juice. Avoid sugary drinks.

4. Focus on nutrients like potassium, calcium, vitamin D, vitamin B12 and dietary fiber. Talk to your Care Team to determine if you need any extra supplements.

5. Be active. Set a goal for 150 minutes a week of moderate-intensity aerobic activity, like golfing, swimming or brisk walking. Add at least two days a week of activities that will strengthen your muscles like lifting weights. Lastly, try some activities that will help improve your balance, like standing on one leg or walking backward.

Not sure where to start? **Nifty after Fifty®** is a great fitness program available near several of our clinics, as well as virtually with online classes and videos. Visit [niftyafterfifty.com](https://www.niftyafterfifty.com) or call 855-236-4389 to learn more and find a location near you.

CAREMORE ANYTIME PATIENT PORTAL NOW AVAILABLE



You can connect and access your health information 24/7 through the **CareMore Anytime app**. This patient portal allows you to:

- Keep up to date on past and upcoming appointments.
- View and refill your medications.
- Find care near you and more.

Scan the QR code with your smartphone camera to access the patient portal, or visit patientportal.caremore.com or [CareMore.com](https://www.caremore.com), and click on CareMore Anytime Login. You can also download the CareMore Anytime app through Google Play (for Android devices) or the App Store (for Apple devices).



SCAN ME

Schedule a Medication Review

Did you know that as part of your CareMore benefits, you can get a free medication review? This easy virtual appointment with a CareMore pharmacist is the perfect opportunity to go over your current medications. At your appointment, your

pharmacist will help ensure you're only taking what you need and taking them properly. We can also advise you on lower-cost drug options and home delivery. **To schedule, call the Member Services number on the back of your ID card.**

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.