STAY HEALTHY WITH PREVENTIVE SCREENINGS

One of the most important ways to stay on top of your health is through routine screenings. With early detection, many health issues can be easily treated.

An annual wellness visit with your Care Team is the best time to discuss preventive screenings and recommended tests. Based on your chronic conditions, medical history and overall health, we can determine the best care plan for you.

Your Care Team can also provide guidance on the frequency of labs and screenings required to maintain a healthy lifestyle. In order to do so, it is highly recommended that you follow up with regularly scheduled appointments to prevent falling victim to new or severe illnesses.

Even if you’re feeling fine, keeping up with regular checkups and health screenings is key to having a better quality of life. Suggested screenings include lab work, breast cancer screenings, colorectal cancer screenings, bone density tests, eye exams, medication reviews, and physical and mental health assessments.

Don’t wait until it’s too late. Contact your Care Team today for an appointment.
As summer starts, travel and gatherings typically increase. Protect yourself this season by considering these COVID-19 safety tips.

1. **Get vaccinated.** COVID-19 vaccines remain effective in protecting you from getting seriously ill from the virus, especially if you are also boosted. The Centers for Disease Control and Prevention (CDC) recommends all adults get their primary vaccine series, along with a booster dose - some people, including adults ages 50 and older, are now encouraged to receive two booster shots. Those who are moderately or severely immunocompromised and adults over 18 who received two doses of the Johnson & Johnson vaccine are also eligible for a second booster.

   Visit caremore.com/patients/covid.aspx to learn more about COVID-19, vaccines, when to get a booster shot, and how to sign up for your appointment.

2. **Wear a mask.** While face masks are no longer required on planes or public transportation, the CDC still recommends wearing them when taking public transportation or when in crowded spaces where there is a high community COVID-19 level. Masks can especially be helpful if you are at a higher risk of developing severe illness from COVID-19.

3. **Wash your hands.** COVID-19 cases may be decreasing, but practicing good handwashing is still an effective way to protect yourself from getting sick. Scrub your hands for at least 20 seconds – approximately the time it takes to sing the “Happy Birthday” song twice.

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**ALL ABOUT ALZHEIMER’S**

Alzheimer’s disease is the most common type of dementia and affects as many as 5.8 million people in the United States. It’s progressive, meaning it may start with mild memory loss before potentially leading to losing the ability to carry out daily activities.

Aging is the best known risk factor for Alzheimer’s, typically developing in people 65 and older. There is still a lot of unknown surrounding Alzheimer’s and researchers don’t yet fully know what causes the disease.

In addition to memory problems – typically the first warning signs of Alzheimer’s and other dementias – other warning signs include:

- Memory loss that is getting worse and disrupting daily life
- Challenges in planning or solving problems, like paying your normal bills or cooking your favorite recipes
- Difficulty completing familiar tasks
- Confusion with time or place
- Decreased or poor judgment
- Inability to retrace your steps to find something you’ve misplaced

Having some of these symptoms doesn’t mean you have Alzheimer’s disease. It’s best to talk to your CareMore Care Team about any symptoms or concerns you may be experiencing.
June is Men’s Health Month, observed nationally in order raise awareness about men’s health issues. It’s an especially important time to talk about preventable health problems. According to the CDC, in the United States, men are 1.5 times more likely than women to die from cancer, heart disease and respiratory diseases.

One reason for this may be because of how reluctant men can be to visit their doctor. Take charge of your health this month and call 1-888-291-1387 or visit https://bit.ly/3yj1E7H to schedule a Healthy Start™ or Healthy Journey annual appointment.

In addition to keeping up with annual wellness visits, consider these tips for a healthier lifestyle:

- **Schedule a free medication review through CareMore.** Taking your medications as directed is another important step to staying healthy. Call the Member Services number on the back of your ID card to schedule your review today.
- **Maintain a healthy diet.** Incorporate lots of fresh fruits and vegetables, lean proteins, whole grains and low-fat dairy. Avoid processed foods and added sugars.
- **Stay active.** Try for at least 30 minutes of physical activity a day, five days a week.
- **Get a good night’s sleep.** A solid sleep schedule is important to your overall health. Aim for 7-8 hours a night.

We know that many historically marginalized groups experience health inequities. LGBTQ+ individuals are at a higher risk for cancer, mental illness and other diseases. Your Care Team can help you create a customized care plan to access resources and address your specific health goals during June’s Pride Month and beyond. Connect with CareMore 24/7 through CareMore Anytime® or online at patientportal.caremore.com.
COVID-19 UPDATE
See inside for how to safely enjoy the summer.

June is Men’s Health Month.
Learn tips for a healthier lifestyle.