YOUR FIRST CONNECTION TO BETTER HEALTH

The best place to start in your health journey is by scheduling your Healthy Start™ appointment. This comprehensive health assessment will allow your Care Team to get to know you and learn about your concerns. We ask a lot of questions so that we can help you reach your whole health potential.

Can’t make it to your local Care Center? We’ll come to you! You won’t feel rushed. Your Care Team will put together your full health history and learn more about your health goals.

At CareMore, we understand that a number of factors affect your health. That’s why we also go over any challenges you may be facing that could be getting in the way of you achieving your goals - things like access to transportation or healthy food.

By setting up a Healthy Start appointment, you'll give your Care Team the information needed to create a personalized care plan that we can share with your primary care provider. We'll work with your doctor to make sure you’re able to reach the best health outcomes.

We make it easy. Schedule your appointment today. Call 1-888-291-1387 or visit https://bit.ly/3yj1E7H (link is case sensitive).

National Senior Health & Fitness Day

CareMore is passionate about health and wellness, which is why we celebrate National Senior Health & Fitness Day on May 25. We’re excited about our partnership with Nifty after Fifty®, a supervised fitness program created by doctors for mature adults. Nifty after Fifty is available near many of our CareMore Care Center locations. Visit niftyafterfifty.com or call 855-236-4389 to learn more and find a location near you.
According to the Centers for Disease Control and Prevention, during the recent Omicron variant surge, those who had gotten a COVID-19 booster shot were 21-times less likely to die from COVID-19 than those who were unvaccinated. They were 7-times less likely to be hospitalized.

**ALL ABOUT BOOSTERS**
Evidence continues to show that vaccination and booster doses are the best way to protect yourself from COVID-19 infection and severe symptoms.

**Who is eligible for a second booster?**
The CDC strongly recommends that all eligible individuals should receive a first booster dose, for which there is extensive evidence that they are safe and effective in reducing severe disease, hospitalizations and deaths due to COVID-19. The CDC states that eligible individuals may receive a second booster dose, but leaves this decision to the individual:
- People who are moderately or severely immunocompromised.
- Adults ages 50 and older.
- People who received the Johnson & Johnson vaccine for their first vaccine and booster.

For all of the groups listed above, at least four months must have passed since their first booster before they can get their second.

**Am I considered fully vaccinated if I don’t get a second booster?**
If you fall into one of those categories and it has been at least four months since your initial booster, we recommend you consider getting another booster dose. If you choose not to get a second booster, you will still be considered up to date on your vaccinations, but your protection from the virus may be decreasing. Contact your Care Team if you have questions about a second booster.

**ALL ABOUT THE LATEST VARIANT**
**What is BA.2 and BA.2.12.1?**
New subvariants of Omicron - known as BA.2 and BA.2.12.1 - are quickly becoming the dominant strains of COVID-19 in the United States. Other strains, BA.4 and BA.5, are being studied to determine what risks they pose.

**Are these strains more contagious?**
BA.2 and BA.2.12.1 are more contagious than the original Omicron BA.1. variant. While they are easily spread, these subvariants have not shown to cause more severe illness or death.

**Are vaccines effective against BA.2 and BA.2.12.1?**
Absolutely! Studies show that people who are boosted have strong protection against severe disease and hospitalization, similarly to the protection we saw against the Omicron BA.1 variant.

Visit caremore.com/patients/covid.aspx to learn more about COVID-19, vaccines and how to sign up for your next booster.
WOMEN’S HEALTH SCREENINGS

Whether you’re feeling great or dealing with chronic illness, regular checkups and health screenings are important for everyone, especially women. Preventive care is the best way to avoid problems in the future. The earlier issues are detected, the more likely for positive outcomes.

This month, take charge of your health and prioritize your regular health screenings.

Start by calling 1-888-291-1387 to schedule your Healthy Start™ appointment today. Your Care Team can help you come up with a plan for staying as healthy as possible.

Important women’s health screenings include:
- Breast cancer
- Cervical cancer
- Osteoporosis
- Diabetes
- Blood pressure
- Cholesterol
- Colorectal cancer
- Lung cancer
- Urinary incontinence
- Vision

COPING WITH LONELINESS

After two years of living in a pandemic, the stress, isolation and uncertainty has taken a toll on many. While things are opening up more every day, feelings of loneliness may still linger, which can damage our physical and mental well-being. Chronic loneliness can lead to an increased risk of heart attack, stroke, dementia and other cognitive impairments.

That’s why it is important to learn how to cope with loneliness. Consider these tips:
- **Set aside time to check in** and chat with friends or family every day.
- **Find a hobby you enjoy** – cooking, reading, music. Not only are hobbies a great form of self-care, but they can help you stay connected with others who share the same passions. Consider sharing a recipe with a friend or participating in a book club.

- **Take a walk outside.** Spending time outside and exercising are both great mood boosters and can help decrease anxiety.
- **Ask for help.** CareMore has a team of clinicians, therapists, social workers and community health workers who are ready to support you. **Call your Care Team to set up a virtual or in-person visit today.**