

CHRONICLES

The story of your good health throughout the year

YOU'RE IN THE RIGHT HANDS

You might get a lot of information about health plans during Annual Enrollment Period (AEP). But if you're happy with your care services through CareMore Health, you don't have to make any changes. Here are just a few reasons to stick with CareMore Health.

1. Care provided where and when you need

it, including Care Centers, at home and virtual visits. Some CareMore Health areas are also served through Mobile Care Centers, bringing the clinic on wheels to communities. Your Care Team may also arrange for transportation to your appointments as needed. And if you have a need after hours, you can get assistance 24/7 through CareMore Anytime* via phone (**1-800-589-3148**) or the online patient portal (patientportal.caremore.com).

2. CareMore doctors and nurses take time to know you, forming **a trusted relationship between you and your provider**. You will not feel rushed during your appointments at a Care Center, and we make it easy to schedule an in-person or virtual appointment.

3. **Case management** – We help you connect with community resources, provide referrals, and offer emotional and behavioral support to ensure you have access to anything you may need to live a healthier, safer life. Your local Care Team will follow up to check on your progress.

Head over to the new CareMore blog at CareMore.com/Connect/Blog.aspx for more reasons to choose CareMore Health.

National Check Your Meds Day

October 21 is National Check Your Meds Day, a good reminder to review the contents of your medicine cabinets at home. Do you have expired medications? Unsure if you should continue your prescriptions? We encourage you to bring current prescription and over-the-counter medications or supplements to one of our Care Centers. Select Care Centers will have a pharmacist available to review

your medications with you and provide education on how to safely dispose of your expired medications. If you are unable to visit one of our Care Centers in person, you may also schedule a virtual visit with a pharmacist to discuss how our CareMore pharmacists support your care. To learn more, call 888-377-7934 or go to CareMore.com/CheckMeds.

Check Your
Meds Day



COVID-19 UPDATE

The Centers for Disease Control and Prevention (CDC) recently provided new recommendations for the use of an updated COVID-19 booster. The new bivalent boosters continue to protect against the original strain of the virus, while also targeting the Omicron BA.4 and BA.5 subvariants that now dominate the United States. Getting the latest booster will help increase your protection by targeting a wider range of strains of the virus.

The CDC recommends that anyone 18 and older get the updated Pfizer or Moderna booster if it has been at least two months since receiving the primary vaccine series or booster. The updated Pfizer booster is also available to children as young as 12. The updated booster dose that you get does not need to be from the same manufacturer of your original vaccine series. For example, if you received two initial doses of Moderna, you can get either the Moderna or Pfizer bivalent booster.

Staying up to date with COVID-19 vaccines and boosters is important for everyone, but



remains especially vital for those who are immunocompromised, along with adults 65 and older. If you're unsure whether you're due for a booster, your Care Team is here to help. Call them to discuss your vaccine schedule or visit [CareMore.com/current-patients/covid.aspx](https://www.caremore.com/current-patients/covid.aspx) for more information.

Get Your Flu Shot Today

Now is the time to sign up for your annual flu shot! For optimal protection throughout flu season, it is recommended you get your vaccine by the end of October. Getting a flu shot is especially important for people 65 and older. To make things even easier, you can get vaccinated for the flu and COVID-19 at the same time.

To schedule your flu shot at a Care Center near you, call **1-888-605-1030** or **901-946-1375** if you're in Memphis, TN. Availability may vary.



NATIONAL PRIMARY CARE DOCTOR WEEK

National Primary Care Doctor Week was October 2-8. CareMore Health values our primary care nurses and doctors who personalize their care for you. Hear Jackie's first-hand experience with her Care Team – developing a kinship with her provider.



SCAN HERE

Scan or visit
vimeo.com/756480454

BREAST CANCER AWARENESS MONTH

Breast cancer is one of the most common cancers among women in the United States. While it most often occurs among women who are 50 or older, it can also affect younger women and even some men.

When detected early, breast cancer can be easier to treat. According to the American Cancer Society, when it is detected early, the five-year survival rate is 99%.

It is recommended that women 50 to 74 years old who are at average risk for breast cancer get a mammogram every two years. Women 40 to 49 should talk to their doctor about when they should start based on their personal risk factors.



Examining your own breasts once a month can also be useful in early detection of breast cancer. Self-exams involve visually inspecting your breasts in front of a mirror, along with physically inspecting them while lying down and standing. During a physical self-exam, move the pads of your fingers around the entire breast area and armpit of each breast, using light, medium and firm pressure.

If you notice any of the following during your self-exam, bring them to your Care Team's attention:

- A new lump in your breast or armpit.
- Breast or nipple pain.
- Swelling of all or part of the breast.
- Nipple retraction where your nipple turns inward or other nipple changes.
- Dimpling of the skin, which can sometimes look like an orange peel.
- Irritated, red, flaking or thickened skin.
- Nipple discharge (other than breast milk).

Did you know? Mammograms have helped reduce the risk of dying from breast cancer in the United States by nearly **40%** since 1990. Your Care Team can help you determine when you should schedule one. Contact them today.

Get Active with CareMove

Join our free, high-energy CareMove exercise class designed for people of all abilities!

Tuesday, November 8, 7-7:30 a.m. (PT)/10-10:30 a.m. (ET).

Participate at home via Zoom! Sign up by visiting [CareMore.com/CareMove](https://www.caremore.com/CareMove).



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.



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Schedule Your Healthy Start™ Today

The Healthy Start™ visit is your first step to a healthier you. This head-to-toe assessment is one of the many support services available to you as a CareMore Health patient to help you feel your best. Call to schedule your Healthy Start exam either in your local Care Center or your home.

Using your mobile phone camera, scan this QR code to sign up for your Healthy Start visit or call **888-291-1387**.

