HERE FOR YOU:
IngenioRx Home Delivery

By switching your prescriptions to home delivery services, you can potentially save money and benefit from the convenience of your medications being delivered right to your door. You’ll no longer need to take the time to travel to a pharmacy. Plus, some prescriptions are actually cheaper through home delivery.

With IngenioRx home delivery, 90 or 100 day supplies of medications are sent to you with free shipping. By selecting these larger quantities, costs are often more economical when compared to the 30 day supply that is more common at physical pharmacies. You can also set up automatic refills through home delivery, which ensures your medications are consistently being delivered.

People who use the IngenioRx home delivery service tend to be better at taking their medications as recommended by their doctor, feel healthier and lower their healthcare costs. To sign up for IngenioRx home delivery, talk to your CareMore Care Team.

Celebrating National Hispanic Heritage Month
September 15 to October 15

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.
As summer ends and fall begins, the Centers for Disease Control and Prevention (CDC) has released a new set of guidelines for public safety and COVID-19, and an updated booster is now available. This updated (bivalent) booster replaces the original (monovalent) booster, targeting the most recent variants of COVID-19.

It is still important to stay up to date with your COVID-19 vaccination and boosters. The CDC recommends anyone 5 and older who has completed their primary series of Moderna, Pfizer or Novavax receive an updated booster at least two months after their last COVID-19 vaccine. For adults 50 and older who received a Johnson & Johnson vaccine, you should first receive the original booster before an updated booster. If you have any questions about staying up to date with your vaccine and booster, call your local Care Team.

What should I do if I’m exposed to COVID-19?
If exposed to COVID-19, you no longer need to quarantine at home, but you should wear a well-fitting mask (like an N95) when going out in public. Test five days after exposure.

What do I do if I test positive?
First, if you’re more likely to get very sick, contact your doctor to discuss treatment options. After testing positive, you should isolate away from others for at least five days. Isolation can end if you are fever-free after five days, but be sure to wear a high-quality mask for another five days if you have to be around others. For those who experience moderate or severe illness, you should isolate for 10 days.

Visit caremore.com/patients/covid.aspx for more information and guidelines.

CAREMORE TIPS: HEALTHY AGING

Is there a new hobby you’ve always wanted to try? Are you looking for new and exciting ways to make exercise a part of your daily routine? It’s never too late to take control of your health and happiness. In fact, the key to healthy aging is staying active and involved.

In honor of Healthy Aging Month, here are some other tips to embrace aging and feel your best:

1. Schedule your Healthy Journey appointment each year. It’s more than just an annual physical. It’s a head-to-toe assessment that includes a medical evaluation, physical exam, medication review and more. It’s a great way to stay on top of preventive health screenings and any health concerns you may have. Call 1-888-291-1387 today to set up your Healthy Journey appointment or your Healthy Start™ appointment if you haven’t yet had your initial assessment.

2. Get active. Regular exercise can lower your risk of or help manage chronic diseases while also improving your mobility and stamina. Even if you’re starting from square one, your CareMore Care Team can help you determine what exercises and pace are best for you. This fall, attend a live or online CareMove exercise class designed for all mobility levels. The classes are free and fun - bring a friend! See sidebar for class dates and locations, and visit CareMore.com/CareMove to register and learn more.

3. Stay social. Take time to talk to friends, family and neighbors. If you’re looking for more social interaction, consider joining a club, taking a class or volunteering.

4. Eat healthy. Try a variety of fresh fruits and veggies, lean protein and whole grains. Avoid processed foods and things that contain a lot of added sugar. Don’t forget to stay hydrated and drink plenty of water.

Schedule Your First Appointment for a Healthy Start™

Using your mobile phone camera, scan this QR code to sign up for your Healthy Start visit or call 1-888-291-1387. Your Care Team is ready to help you.

PAIN AWARENESS MONTH

Nearly one in four Americans are living with chronic pain, or pain that lasts for three months or more. In addition to the discomfort it can cause your body, chronic pain can also lead to depression, trouble sleeping, difficulty concentrating and more.

Everyone experiences pain differently. That’s why at CareMore Health, your Care Team works with you to create an individualized pain management plan. If you are suffering from chronic pain, contact your Care Team today to schedule a pain assessment.

You can also try these techniques for managing your chronic pain at home:
• Guided imagery - imagine yourself in a quiet, peaceful place.
• Progressive body relaxation - tense your leg muscles, hold it a few seconds and relax them. Then, move to another area of your body until your whole body is relaxed.
• Deep breathing - inhale through your nose, hold your breath for a few seconds and then exhale through your mouth; repeat.

Flu Shots Now Available
Getting a flu shot is the best way to stay protected against your chance of getting sick with the flu, being hospitalized with the flu and spreading it to your loved ones.

Flu shots are now available at your local CareMore Care Center and you can even get your shot at the same time as a COVID-19 vaccine or booster. Availability may vary at Care Centers. To schedule an appointment call 1-888-605-1030 or 901-946-1375 if in Memphis, TN.

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What to Know About AEP

The Annual Enrollment Period (AEP) for Medicare begins October 15. If you are happy with your Medicare Advantage plan that includes CareMore Health and don’t want to change – no action is needed. Your plan will automatically renew. Just keep enjoying the great care you’re receiving from your CareMore Care Team.