The story of your good health throughout the year.

MORE CAREMORE CARING

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The Flu Bug Is Everywhere! Find 10 Hidden in This Issue

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Every edition of *Chronicles* is full of timely information about your health, but our October issue is especially important. We know that October is the start of the Medicare Annual Enrollment Period (AEP) and that you are offered many choices when it comes to your healthcare. The decision is an important one. This is why we would like to take the opportunity to thank you for entrusting us with your care. We are constantly striving to bring you the highest-quality service to maintain your best health.

Whether you need treatment, prevention, or assistance with the parts of your life that affect your health — access to healthy food; support managing medication costs; counseling to address loneliness or family issues — we will ensure you get the help you need. At CareMore, treating your health means treating your whole life. You have our commitment to serve you well and be by your side when you need us most.

We hope that this AEP you will remain a CareMore patient and honor us by recommending us to your friends and family.

If there is ever anything I can personally do to make your experience with CareMore better, please call me at (562) 207-3711. You can also email me any time at Sachin.Jain@caremore.com. I can assure you, I will respond to you personally.

With gratitude,
We know that whether you’re experiencing medical issues or emotional problems, they’re all part of your health. And they all have to be addressed because treating your health means treating your whole life. That’s why we’ve integrated Behavioral Health services right up front with your medical care, and made it available at every Care Center.

If you have a clinical need for Behavioral Health, CareMore will work collaboratively with your Primary Care Physician to provide individual diagnosis and treatment, and support you in a number of different ways based on the collaborative decision-making between you and your Care Team. Whether the treatment options that would work best for you include individual, group or family therapies, group classes, medication evaluation and treatment, nutrition counseling, an exercise program to help reduce stress, help with loneliness and social isolation, or a combination of several of these options, we’re here for you with Whole Life Care.

**BEHAVIORAL HEALTH SERVICES PROVIDE TOTAL CARE**

In addition to our licensed Marriage and Family Therapists, Social Workers, Psychologists, Psychiatric Nurse Practitioners, and Psychiatrists, additional services that can enhance your Behavioral Health treatment include:

- Nutrition Counseling and Dietary Management from licensed Dietitians and Nutritionists
- Togetherness Program phone calls and opportunities for community engagement
- Medication Reviews with licensed Pharmacists
- Case Management and specialized support for hospitalization, after care and special needs support
A HEALTHY START AND A HEALTHY JOURNEY

HEALTHY START EXAM

The Healthy Start Exam you have when you join CareMore is just the beginning of our ongoing relationship. It’s when we take the time to assess the many different parts of your health: medical conditions, medications, nutrition needs, exercise habits, transportation situation, even aspects of your home, family and community life that may be impacting your health. Each year after that you’ll have a Healthy Journey Exam, another complete update of your health. Even if you’ve been a CareMore patient for a while but you still haven’t had your Healthy Start Exam, call us today. It’s never too late for a Healthy Start!

HOW TO GET A HEALTHY START WITH CAREMORE:

1. Call 1-888-291-1387 to schedule an appointment with your CareMore clinician.
   A Healthy Start Exam will ensure you get the care you need to live a healthy life!

2. Make a list of everything you want to talk to your clinician about. Yes, everything!
   We want to get to know you. All of you. Heck, bring pictures of your grandkids.

3. Bring your medications and any health history that you may have.

4. Look forward to meeting friendly, caring people at CareMore.
THE TOGETHERNESS PROGRAM

It’s a proven fact that loneliness and social isolation have tremendous impact on physical and emotional health. That’s why CareMore created the Togetherness Program, the first clinical program to combat loneliness. We made it a clinical program because in the same way the physical and emotional affects are real, so is the cure. People connecting with other people, creating meaningful personal relationships that bring joy and happiness back into your life. If you’re experiencing loneliness or social isolation, please call your Care Team and find out more about the Togetherness Program. It works!

APPROACHING LONELINESS AS A TREATABLE CONDITION

EXERCISING YOUR OPTIONS

Whether you’re into hiking, cardio, yoga or a brisk walk around the neighborhood, regular exercise is a major factor in staying healthy. As a CareMore patient, you have lots of great options for getting your regular workouts in the way that makes sense for you, with our nearby (most of the time right in your Care Center or next door) partner facilities, like Nifty after Fifty™ that can create a tailored exercise program just for you.

NUTRITION COUNSELING: A RECIPE FOR GOOD HEALTH

So much goes into eating healthy, it’s not always easy to know the best foods for your particular medical conditions or challenges, the amounts you should be eating every day, and the right foods to help you achieve or maintain a healthy weight. That’s why CareMore offers nutrition counseling at all our Care Centers. Qualified experts who can help you get where you’d like to be, or stay where you need to be, and show you how to feel great by eating the right foods.
Cancer begins in the cells, which are the basic building blocks of tissue. Sometimes, the process of cell growth goes wrong and new cells form when the body doesn’t need them, or old or damaged cells don’t die as they should. When this occurs, a buildup of cells often forms a mass of tissue called a lump, growth, or tumor. With breast cancer, abnormal cells form in the tissue of the breast. These can spread by breaking away from the original tumor and entering blood or lymph vessels, damaging other tissues and organs.

THE GOOD NEWS
In recent years, death rates from breast cancer have been declining, in part due to better screening and early detection, increased awareness and improved treatment options. Having supportive personal networks is also important to the treatment and healing process. This is where your CareMore Care Team comes in. Whether it’s at the beginning to help you receive recommended screenings or during treatment or remission, we're available with information, guidance, nutritional assistance, emotional support and social support. Call us with any questions or concerns. Or make an appointment to start a conversation. We’re here for you.

QUESTIONS FOR YOUR CAREMORE CARE TEAM:

MY APPOINTMENT IS SCHEDULED ON:
1 IN 8 WOMEN WILL BE DIAGNOSED WITH BREAST CANCER

MOST COMMONLY DIAGNOSED

Breast cancer is the most commonly diagnosed cancer in women and the second leading cause of death among women. Each year more than 252,710 women in the United States will be diagnosed with breast cancer and more than 40,500 will die.

MEN GET BREAST CANCER, TOO

Although breast cancer in men is rare, an estimated 2,470 will be diagnosed with breast cancer and 460 will die each year.

MORE THAN 3.3 MILLION BREAST CANCER SURVIVORS ARE ALIVE IN THE UNITED STATES TODAY.

WOW (WORDS OF WISDOM)

Thank you to our contributors. And for everyone who hasn’t sent in some WOW, feel free to jump in!

Trouble extends itself by fear and pity. — BKJ
A grateful attitude is not readily found, but must be cultivated. — BKJ

You can e-mail your Words of Wisdom to wow@caremore.com
Influenza, simply known as the flu, is a virus that causes illness in millions of Americans every year and claims thousands of lives. People over the age of 65 or those with chronic diseases have a weaker immune system and are more likely to get sick from the virus. Even healthy people can get sick, get hospitalized, or die from influenza. There is something you can do to protect yourself and your loved ones. The best way to reduce your chances of getting the flu is to get your yearly flu vaccine before the end of October. Don't worry, you can still get it later, but remember it takes your body two weeks to mount a full response against the flu. The vaccine is safe and effective, and even those with egg allergies may safely receive a vaccine. Flu vaccine reduces your chance of going to the hospital, developing a life-threatening illness or spreading it to your loved ones. The best way to protect your family and community against the flu is to get vaccinated yourself. At CareMore, our goal is to help you live a healthy, happy and independent life through preventive care so we are offering the flu vaccine at NO COST to you. You can get your flu vaccine at any of your local CareMore Care Centers, at your personal doctor’s office or a preferred pharmacy as designated by your health plan.

SCHEDULE YOUR YEARLY FLU VACCINE:

DATE:  
TIME:  
LOCATION:
As a valued CareMore patient, you can visit with trained pharmacists who are ready to go above and beyond to serve you. Our goal is to work with you and your Care Team to ensure that you are getting the best results from your medications. CareMore provides a wide range of pharmacy services and programs with clinical pharmacists who can:

- Help you manage your chronic conditions
- Answer questions you may have about your medications
- Work with your Care Team so you are given only the medications that you need
- Review your medications to ensure that they are safe and beneficial for you
- Arrange to have your medications sent to your local pharmacy, mailed to your home or delivered to you
- Review the cost of your medications to ensure that you are not spending more than you need to
- Provide care that is based on your needs

If you would like to schedule a meeting with one of our clinical pharmacists, please call your local Care Center today (there is a listing on the last page).

QUESTIONS FOR YOUR CAREMORE PHARMACIST:
ARIZONA MAMMOGRAMS

Mammogram Exams are available at the Arizona Care Centers on the dates below. Call now to make an appointment!

**Stone CCC** – 4821 N. Stone Ave, Tucson AZ, 85704, 8am-5pm, RSVP (520) 314-3300
*Dates: October 19, December 6*

**Irvington CCC** – 315 W. Irvington Rd, Tucson AZ, 85706, 8am-5pm, RSVP (520) 294-1740
*Dates: November 16, December 14*

**Speedway CCC** – 7091 E. Speedway Blvd, Tucson AZ, 85710, 8am-5pm, RSVP (520) 721-5777
*Date: November 9*

**NOTE:** A one-hour lunch break will be taken each day.

ARIZONA’S GROUP THERAPY — MONTHLY SCHEDULE

**STONE CCC** – 4821 N. Stone Ave, Tucson, AZ, 85704, RSVP (520) 314-3300

- **Monday’s:** Chair Yoga 11am-12pm, Pain Management 1-2:20pm (by referral only)
- **1st Wednesday:** Depression Support Group 1-2pm, **2nd Wednesday:** Better Breathers Club 1-2pm, **3rd Wednesday:** Bipolar Support Group 1-2pm, **4th Wednesday:** Family Support Group 1-2pm, **Friday’s:** Trauma Group 9-10:30am (by referral only)

**SPEEDWAY CCC** – 7091 E. Speedway Blvd, Tucson AZ, 85710, RSVP (520) 721-5777

- **Monday’s:** Art Therapy 1:30-3:30pm, **Thursday’s:** Social Group 2:30-4:30pm

VIRGINIA COMMUNITY HEALTH

**Commonwealth West End** –
2400 Gaskins Rd, Richmond VA, 23238, RSVP (520) 314-3300

**OCTOBER 23:** Memory Loss: How To Navigate Around It, 2-4pm

**PURPOSE:** To help family members and caretakers deal with the emotional effects of caring for someone with memory loss. All family members welcome.
CareMore Care Centers
Welcome to the National Healthcare Neighborhood
From preventive screenings and wellness classes to pharmacy-medication management, plus many other services, our Care Centers ensure you get the excellent care you deserve.

ARIZONA
TUCSON–SPEEDWAY
7091 E. Speedway Blvd.,
Tucson, AZ 85710-1241
(520) 721-5777

TUCSON–IRVINGTON
315 W. Irvington Rd., # 101
Tucson, AZ 85706-3150
(520) 294-1740

TUCSON–WEST TUCSON
4821 N. Stone Ave.,
Tucson, AZ 85704-5727
(520) 314-3300

GREEN VALLEY
191 W. Esperanza Blvd.,
Green Valley, AZ 85614-2669
(520) 791-7300

CONNECTICUT
EAST HAVEN
444 Foxon Rd.,
East Haven, CT 06513
(475) 227-0511

EAST HARTFORD
477 Connecticut Blvd., # 119
East Hartford, CT 06108
(860) 216-9925

SOUTHERN CALIFORNIA
ANAHEIM
1182 N. Euclid St.,
Anaheim, CA 92801-1900
(714) 399-9222

APPLE VALLEY
19059 Bear Valley Rd.,
Apple Valley, CA 92308-2716
(714) 529-3971

BREA
380 W. Central Ave.,
Brea, CA 92821-3001
(714) 529-3971

DOWNEY
10000 Lakewood Blvd.,
Downey, CA 90240-4020
(562) 862-3684

EAST LA
3513 E. 1st St.,
Los Angeles, CA 90063-4101
(323) 859-2660

GLENDALE
406 E. Colorado St.,
Glendale, CA 91205-1605
(818) 844-2778

HESPERIA
14466 Main St., # 102
Hesperia, CA 92345
(760) 981-1284

LA MIRADA
15034 Imperial Hwy.,
La Mirada, CA 90638-1301
(562) 902-4929

LONG BEACH
4540 E. 7th St.,
Long Beach, CA 90804-4327
(562) 344-1150

LAWNDALE
2444 W. Beverly Blvd.,
Lawndale, CA 90260-2138
(818) 844-2778

LAKEWOOD
3300 South St., # 203
Long Beach, CA 90805-4589
(562) 232-1144

LAKESIDE
477 Connecticut Blvd.,
East Hartford, CT 06108
(860) 216-9925

LAS VEGAS
FLAMINGO
3041 E. Flamingo Rd., # A
Las Vegas, NV 89121-7447
(702) 436-0835

HENDERSON
100 N. Green Valley Pk.,
Henderson, NV 89074-7704
(702) 754-2200

TENAYA
2601 N. Tenaya Way
Las Vegas, NV 89128-0427
(702) 233-4950

TENNESSEE
COVINGTON PIKE
2922 Covington Pike
Memphis, TN 38128-6007
(901) 425-0200

QUINCE
6544 Quince Rd.,
Memphis, TN 38119-8211
(901) 425-0190

JEFFERSON
1169 Jefferson Ave.,
Memphis, TN 38104-7217
(901) 425-1880

TEXAS
FORT WORTH
512 W. Rosedale St.,
Fort Worth, TX 76104
(817) 289-8300

WASHINGTON, D.C.
HECHINGER MALL
1505 Maryland Ave. N.E.,
Washington, D.C. 20002
(202) 396-1780

WHITTIER
9209 Colima Rd., # 1000
Whittier, CA 90605-1813
(562) 696-1104

NORTHERN CALIFORNIA
MODESTO
1801 H St., # C-1
Modesto, CA 95354
(209) 544-2554

TURLOCK
1000 Delbon Ave., # 2
Turlock, CA 95382-2008
(209) 664-7700

PATTYSON
1700 Key Stone Pacific Pkwy., # A-2
Patterson, CA 95363-8877
(209) 664-7700

SAN JOSE–WHITE
255 N. White Rd., # 200
San Jose, CA 95127-1966
(408) 503-7600

SAN JOSE–ATHERTON
4855 Atherton Ave., # 101
San Jose, CA 95130-1026
(408) 963-2400

GILROY
7888 Wren Ave., # C-131
Gilroy, CA 95020-4965
(408) 665-4400

HOLLISTER
930 Sunnyslope Rd., # A-4
Hollister, CA 95023
(408) 665-4400

IOWA
EUCILD
1530 E. Euclid Ave.,
Des Moines, IA 50313-4726
(515) 989-6001

NEWTON
300 N. 4th Ave. E., # 3
Newton, IA 50208
(515) 989-6001

NEVADA
FLAMINGO
3041 E. Flamingo Rd., # A
Las Vegas, NV 89121-7447
(702) 436-0835

WASHINGTON, D.C.
"CareMore treats me like family. I want to shout from the rooftops how great they are." -MB

"It's so comforting knowing that beautiful, caring souls like you can truly bring care and hope to your patients." -MJF

"You're absolutely wonderful because you take the time to hear me and understand me, and that is so important to me... I want to thank you and everyone else who has helped me through this really, really bad time" -VP

"Everyone is so patient and really nice. Having a team that can empathize with me means a lot." -AB

WE COULD SAY A LOT OF GREAT THINGS ABOUT CAREMORE, BUT OUR PATIENTS SAY IT BEST!