WARMING UP FOR YOUR BEST HEALTH

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WELCOME FROM THE NEW CAREMORE PRESIDENT

As the new president of CareMore Health, I’d like to take a moment to introduce myself. I began my career as a neurosurgeon, serving as Chief of Neurosurgery and a Major in the United States Army, leading trauma teams in combat zones. When I returned home, I continued my education at Duke University, where I earned an M.B.A. from the Fuqua School of Business. I come to CareMore by way of Goldman Sachs’ Healthcare Group, Cardinal Health as Chief Medical Officer, and AXA as Managing Director, Asia Health and Global Health Innovation. All this is to say, in our ever-changing healthcare world, I look forward to bringing a range of important skills and experience to help CareMore help you in achieving your best health.

I’m especially proud to welcome you to the first bi-monthly issue of Chronicles and share important information about CareMore’s many programs and services. Especially now, when the care you want and need has to be available to you wherever you are, our expanded service options will make it easy and safe for you to receive the high quality care you expect from CareMore.

SHADEN MARZOUK, MD, MBA
President, CareMore Health

Shaden Marzouk
AVOID THE SILENT KILLER:
MANAGE HIGH BLOOD PRESSURE AND HEART DISEASE

High blood pressure, also known as hypertension, affects nearly 50% American adults. But without regular screenings, you might not even know you have it. Left undetected and untreated, high blood pressure can result in serious health issues like heart attack and stroke, and it can cause permanent damage to your arteries and brain.

The symptoms of hypertension can be obvious, and also indicators of other conditions. They include headaches, shortness of breath, nosebleeds, flushing, dizziness, chest pain, visual changes and blood in the urine. So the best way to know if you have high blood pressure is by having your blood pressure checked regularly. If there's a history of high blood pressure and heart problems in your family, it’s recommended to be screened at least twice a year.

Awareness is important. The more you know about your blood pressure, the more you'll be able to prevent health issues like heart disease and chronic conditions that result from hypertension.

- Know your goal for blood pressure. Your clinician can determine this with regular screenings
- Know your medications. Write them down, and take them as directed

The good news is that high blood pressure is a treatable condition. Regular screenings, knowing how to control your blood pressure and healthy lifestyle changes can keep your blood pressure under control and help prevent unwanted complications!

HEALTHY LIFESTYLE CHANGES CAN ALSO MAKE AN IMPORTANT DIFFERENCE:

- Add more fruits, veggies, whole grains and lean meats (like fish) to your plate
- Decrease the salt (sodium) in your diet
- Limit alcohol consumption
- Stop smoking
- Get regular exercise
- Use stress management techniques like mindfulness and meditation
FEELING LONELY? ONLY PHYSICAL DISTANCING IS HEALTHY

Let’s not get confused. During the COVID-19 crisis, healthcare professionals encourage physical distancing but not social distancing. It’s very important to continue reaching out to your social network via phone or video because shelter-at-home loneliness can contribute to feelings of depression or anxiety.

If you’re feeling lonely or anxious, please call CareMore Anytime at 1-800-589-3148, and speak to someone about our Togetherness Program. It can connect you to new people and fun activities to join. Our Togetherness care professionals can even help you consult with a CareMore behavioral health expert, who’s already part of your care team. We’re here for you!

FALL PREVENTION

Not only do more than one in three people age 65 years or older experience a fall each year, but the risk rises with age. What might be even more important is that fall-related incidents can often be the start of more serious health issues.

Risk factors for falls include muscle weakness, problems with balance and gait, and blood pressure that drops too much when getting up from a lying down or sitting position, called *postural hypotension*. If you are experiencing any of these issues, please talk to your doctor about what you can do to address these issues and decrease your risk of falling.

It’s important to maintain your overall health in order to lower your risk of falling:

- Be sure to get your sight and hearing checked regularly
- Get plenty of sleep: If you’re sleepy or drowsy, you’ll increase your chances of falling
- Drink moderately: Drinking will affect your balance and reflexes. Studies have shown an increase of injury due to alcohol use
- Wear shoes that offer good support with soles that grip and cushion your feet
While nothing can stop the clock, it’s never too late to make a few healthy changes that can have a positive impact on how your body ages:

**Healthy Eating:** Overeating can accelerate the aging process. We get it, cravings happen. But if you can control your portion sizes and be disciplined, it can help you live longer and healthier. Even losing just 5% of your body weight can lower your risk of diabetes and heart disease.

**Getting Regular Exercise:** The comfort of your couch can be a big obstacle to healthy aging. Getting regular, moderate exercise can keep you looking and feeling young and healthy, while weight training can help maintain your muscle mass at the cellular level.

**Stop smoking:** Smokers are roughly 50% more likely to develop diabetes than nonsmokers, and heavy smokers have an even higher risk. Other health problems related to smoking include: high blood pressure, lung and other cancers, heart disease and chronic kidney disease.
As dedicated support services for your primary care physician, CareMore has comprehensive specialty programs that provide you with all the services you need to manage your conditions. This includes support for cardiac care and diabetes, behavioral health, wound care, and much more. If you have any conditions that require assistance from our specialty programs, please reach out to your Care Team and make sure you’re getting all the care that CareMore is designed to deliver.

A BIG SHOT OF PREVENTION

While it may be some time before there’s a vaccine for the Coronavirus, the flu vaccine is already here. And now it’s more important than ever. Getting a flu shot can reduce your chances of getting the flu, and lower your risk of a compromised immune system.
BEING CLOSE AND STAYING SAFE

Know how it spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to spread mainly from person-to-person.
  - Between people who are in close contact with one another (within about 6 feet).
  - Through respiratory droplets produced when an infected person coughs, sneezes or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Everyone should:

1. Clean your hands often

- Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

2. Avoid close contact

- Avoid close contact with people who are sick.
- Stay at home as much as possible.
- Put distance between yourself and other people.

- Remember that some people without symptoms may be able to spread the virus.
- This is especially important for people who are at higher risk of getting very sick.

3. Cover your mouth and nose with a cloth face cover when around others

- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a cloth face cover when they have to go out in public, for example, to the grocery store or to pick up other necessities.
- Cloth face coverings should not be placed on children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- The cloth face cover is meant to protect other people in case you are infected.
- Do NOT use a face mask meant for a healthcare worker.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

4. Cover coughs and sneezes

- If you are in a private setting and are not wearing your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.
As a valued CareMore patient, you’ll always be able to connect with a clinician. Any hour. Any day of the year. Our 24/7 CareMore Anytime phone and virtual video visit service is the same great personal CareMore care you’ve come to expect, that comes to you wherever you are, whenever you need us. Questions. Concerns. Condition management needs or supplies? Call us at 1-800-589-3148. Anytime!

MORE WAYS TO STAY FIT

Exercise options through our Nifty after Fifty® are now coming to you wherever you are, however they work for you. And right now, you don’t even have to be a CareMore patient to be able to take these amazing classes! With all the ways that regular exercise helps to keep your overall health at its best, please take advantage of this great new offer.
SIMPLE VEGETARIAN SPINACH LASAGNA

There’s nothing like lasagna to soothe a craving for a creamy, dreamy meal. With a foundation of vitamin C-rich tomato sauce loaded with the carotenoid lycopene, this Italian classic gets healthy with veggies nestled in its layers.

Chock full of leafy green spinach, this dish is good for your brain health because eating a serving of veggies each day has shown to fend off cognitive decline. Spinach is also loaded with iron and calcium for a total body wellness boost.

YIELD: 9 servings (1 cup each)

Ingredients

1 package no-boil lasagna noodles
2 28-ounce cans tomato sauce
1/8 teaspoon kosher salt
1 teaspoon oregano
2 cloves garlic, finely minced
1 15-ounce container part-skim ricotta cheese
1 cup part-skim mozzarella cheese, grated
3 cups raw baby spinach leaves

Preparation

Preheat the oven to 350 F.

On the stovetop over medium heat, pour the tomato sauce into a saucepan. Add salt, oregano, and garlic. Bring to a light boil, lower the heat, and simmer for a few minutes. Stir occasionally.

On the bottom of a 9x13 pan put a layer of tomato sauce. Place a layer of noodles on top, covering the bottom of the pan. Spread ricotta cheese on top of the noodles, top with spinach, and sprinkle with mozzarella cheese and coat with a small ladle full of sauce. Repeat the layers until you get to the top of the pan. Sprinkle the final layer with mozzarella cheese.

Place in the oven and bake for 45 minutes or until bubbly and the cheese is golden brown on top.

Remove from the oven and allow to cool for 10 minutes before serving.

Ingredient Substitutions

- Make this dish higher in fiber with whole wheat noodles, although they may only be available in the boil variety
- Add other vegetables like sliced carrots, zucchini or eggplant
- For an alternative green, use baby kale or arugula
- Spread pesto between the layers or incorporate it into the tomato sauce for a rich, nutty flavor
- Add meat, cooked, diced chicken breast or ground turkey to the sauce
- For a non-dairy twist, use vegan cheese instead of ricotta and mozzarella cheese
Across
4. 1-800-589-3148 is the number for _
6. Losing _ percent of your body weight can help reduce the risk of diabetes and heart disease
8. CareMore program to fight loneliness
9. Recommended twice a year if there’s a family history of heart problems
10. Veggies and spinach make a heart-healthy _

Down
1. Risk factor for falls
2. Symptoms of hypertension
3. For healthy aging, quit _
5. High blood pressure is also known as hypertension
7. Prevents lowering your immune system

Answers: Across: 4) caremoreanytime 6) five 8) togetherness 9) screenings 10) lasagna
Down: 1) muscletweakness (one word) 2) headachedizziness (one word) 3) smoking (one word)
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.

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TUCSON–IRVINGTON
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Tucson, AZ 85706-3150
(520) 294-1740

TUCSON–WEST TUCSON
4821 N. Stone Ave.,
Tucson, AZ 85704-5727
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WORDS OF WISDOM

Do what you can with all you have, wherever you are.
*Theodore Roosevelt*

You are never too old to set a new goal or to dream a new dream.
*C.S. Lewis*

Today’s accomplishments were yesterday’s impossibilities.
*Robert H. Schuller*

Send some WOW (words of wisdom) of your own to wow@caremore.com