PREPARE FOR THE NEW YEAR WITH CAREMORE

CareMore Health provides leading primary care that is personalized to help you maintain a healthy and active lifestyle. Your Care Team is ready to help you kick-start a healthier year with a variety of programs and services.

**Healthy Start™ or Healthy Journey**
A Healthy Start exam is the best way to build a better foundation for a healthier new year. At your Healthy Start appointment, your Care Team will go through your full health history and assess your current health. They’ll also determine any physical, social and emotional factors that could be affecting your well-being. If you haven’t already scheduled your appointment, call 888-291-1387 or visit CareMore.com/HealthyStart to sign up.

After you’ve completed your Healthy Start, your Care Team will have you return annually for a Healthy Journey appointment. This allows your doctors the ability to stay on top of your health and adjust your care plan as needed.

**Special Patient Programs**
- **CareMove** – Get active with a fun program designed for people of all fitness levels. Sign up for this free in-person or virtual class at CareMore.com/CareMove.
- **Food As Medicine** – Lend a helping hand to a neighbor experiencing food insecurity by donating nonperishable foods during one of our food drives. To learn more about upcoming events in your area, visit CareMore.com/FoodAsMedicine.

**Care Where You Need It**
We’re here for you where and when you need us – at our clinics, virtually, in the hospital or in your home. You can also get 24/7 access to trusted care using our CareMore Anytime nurse line. Call 1-800-589-3148 any day, any time. Available in CA, AZ, NV and VA. For other areas, call the Nurse Line number listed on your Member ID card.

*Programs and services offered vary by market.*
FLU AND COVID-19 UPDATE

Flu season is often unpredictable and this year it is already in full swing for most of the country, which is earlier than expected. National Influenza Vaccination Week comes in December as a reminder that it is not too late to protect yourself this winter with a flu shot. Looking for more information about the flu or COVID-19 vaccine? Here are some frequently asked questions and answers.

1. Can I skip my free flu shot this year?
   No, don't skip your shot! You need a flu shot every year to give you the best protection and help you from spreading it to others.

2. What complications can the flu cause, especially if I have a chronic illness?
   Those with chronic illness can get severely ill with the flu. In more serious cases, it can lead to pneumonia, heart attacks, inflammation, organ failure and blood infections. Heart and lung complications may also arise from the flu.

3. Is the flu shot safe if I have an egg allergy?
   Yes, you can get the flu shot even if you have an egg allergy. It’s best to get it at your local CareMore Care Center, pharmacy or doctor’s office. For more information, visit CareMore.com/current-patients/flu.aspx or call 1-888-605-1030 to schedule. (Call 901-946-1375 if you’re in Memphis, TN.)

4. Can I get the flu shot and my COVID-19 booster at the same time?
   Yes, you can get both vaccines at the same time. Updated COVID-19 booster shots are also now available and highly recommended.

5. If I had the flu, do I need a flu shot?
   Yes, there are many circulating strains of influenza, the virus that causes the flu. You can get sick with more than one strain in any given flu season, so getting the flu shot can help decrease your chances of getting the flu again.

6. Where can I go to get my free flu shot?
   You can get your free flu shot at your local CareMore Care Center, pharmacy or doctor’s office. For more information, visit CareMore.com/current-patients/flu.aspx or call 1-888-605-1030 to schedule. (Call 901-946-1375 if you’re in Memphis, TN.)

7. Can I get the flu shot and my COVID-19 booster at the same time?
   Yes, you can get both vaccines at the same time. Updated COVID-19 booster shots are also now available and highly recommended.

8. What is the updated COVID-19 booster and why is it needed?
   The virus that causes COVID-19 has changed over time. The updated booster is called bivalent and protects you against both the original virus and newer Omicron variants. The updated booster provides wider protection.

How to deal with loneliness

While the holidays are often thought of as a joyous time, for many they can be a time of loneliness or stress. Maybe you live far from family and friends, have recently lost someone you love or don’t enjoy holiday celebrations. Whatever the reason, it’s important to take care of yourself this holiday season. Consider these tips to stress less and feel better:

• Don’t be afraid to reach out to someone about how you’re feeling, especially your Care Team. Part of CareMore Health’s whole-health approach includes behavioral health services. For your convenience, your Care Team is available at any moment through CareMore Anytime®, along with virtually, in-person, in your home or through your CareMore Anytime patient portal.

• Use technology to feel connected with those you’re missing. If something is preventing you from getting together with family or friends, call, text or video chat with them instead.

• Keep up with healthy habits. When you feel lonely or stressed, it’s easy to slide into bad habits. Try to maintain a good diet and moderate activity – two things that can help improve your mood and emotional health.

• Take time to do something you love and find joy in like walking, reading or taking a relaxing bath.

Care for your mind and body

At CareMore Health, we know that good health goes beyond how you are physically feeling. The connection between your mind and body plays an important role in your overall well-being, which is why we include behavioral health services in your care plan.

Your CareMore primary care provider works with a team of clinicians, therapists, clinical pharmacists, social workers and community health workers who are committed to supporting you. Behavioral health visits are especially easy to schedule virtually, allowing you to connect with your Care Team when you need them most and without delay.

No matter what issues you’re facing, your Care Team is here for you. Call them today to schedule an in-person or virtual appointment.

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.
Tell Us What You Think!

As we get ready for a new year, we’d love to hear from you about what you’d like to read about in Chronicles. Are you looking for more information about CareMore Health programs, services or events? Do you want nutrition advice and easy recipes? We’d love your feedback! Use your smartphone’s camera and scan the QR code or visit https://chkmkt.com/chron-survey to fill out a short survey letting us know what you’d like to read about.