BE PREPARED WITH A MEDICATION REVIEW

Did you know that the #1 reason for taking medications incorrectly is forgetfulness?*
In the United States, not taking your medications as prescribed by your healthcare provider is the reason for 10% of hospitalizations and causes nearly 125,000 deaths each year.

If you skip, change or ignore your medicine, it can be harmful for your health. Be prepared with tools and a plan to remember to take your medications. Consider these tips:
• Ask your doctor about a 90- or 100-day supply.
• Fill your medications through home delivery.
• Use weekly pillboxes or talk to your pharmacist to see if blister packaging is available.
• Create reminders with notes or alarms.
• Bring a list of all of your medications to every health visit.

*pillxea.com/blog/7-causes-of-medication-nonadherence

Schedule a free medication review with a CareMore Health pharmacist by calling 888-377-7934. During this easy, virtual appointment, one of our extensively trained pharmacists will help ensure you’re only taking what you need and taking it properly.

Exercise with CareMove

Join us for in-person and online high-energy exercise classes designed for people of all abilities. These free classes are open to the public, so bring a friend!

Visit CareMore.com/CareMove to see upcoming classes in your area or to register.
COVID-19 UPDATE

As the holiday season approaches, with it also comes flu season and winter colds. Before you gather with your friends and family to celebrate, consider taking these extra precautions to stay safe and healthy.

1. Get your COVID-19 and flu shots. Updated bivalent booster shots that target the latest variants of COVID-19 are now available and recommended for all adults. If it’s been at least two months since getting your primary vaccine series, now is the perfect time to get the updated booster.

Flu shots are also available and highly recommended, especially for adults over the age of 65. You can even get your flu shot at the same time as your COVID-19 vaccine. Visit CareMore.com/current-patients/covid.aspx to learn more about the COVID-19 and flu vaccines or reach out to your Care Team. There is no better time than now to stay up to date with your vaccines.

2. Practice good hand hygiene. Wash your hands with soap and running water for 20 seconds after using the bathroom or before eating.

3. Wear a well-fitting mask if you are not fully vaccinated, have a weakened immune system, or will be gathering indoors in an area with high COVID-19 transmission rate.

4. Stay home if you’re feeling ill to help prevent any illness from spreading.

FOOD AS MEDICINE

When you’re not sure where your next healthy meal will come from, it is hard to focus on your health. At CareMore Health, we take a whole-health approach to care that takes into consideration the social and emotional issues that can impact your well-being and that begins by helping you get access to nutritious food. Healthy food can keep you energized and strong, and when you lack nutritious options, your health can suffer.

In addition to offering our members education and dietitian counseling, CareMore is sponsoring several food distribution events hosted by local food banks for people experiencing food insecurity. To learn more about upcoming Food As Medicine events in your area, visit CareMore.com/FoodAsMedicine.

AMERICAN DIABETES MONTH

Over 37 million Americans are living with diabetes and another 96 million are prediabetic. With how common it is, it’s important to understand what it is and how to manage it.

Diabetes is a metabolic disorder that makes your blood glucose (sugar) level higher than it should be. When you have too much blood sugar in your bloodstream, it can cause serious health issues over time, like heart disease, kidney disease, vision problems and more.

The most common type of diabetes is type 2 diabetes, which makes up 90-95 percent of all cases. Often you may not notice any symptoms, which is why it is important to get your blood sugar tested, especially if you are at risk. You’re more at risk if you:

• Have prediabetes, which occurs when your blood sugar levels are higher than normal, but not high enough to be diagnosed with type 2 diabetes.
• Are overweight.
• Have a family history of type 2 diabetes.
• Are 45 or older.
• Exercise less than three times a week.
• Have had gestational diabetes.
• Are African American, Hispanic or Latino, American Indian or Alaska Native.

Have you already been diagnosed with diabetes? CareMore Health has a great diabetes management program available to you. Your Care Team is ready to help you manage your blood sugar levels and prevent further health complications. Contact them to learn more about nutrition education, foot care, eye exams and more.

Interested in learning more about the diabetes management program? Hear from fellow CareMore patient, Steven, at vimeo.com/754414764 or by scanning the QR code.

Don’t Delay – Get Your Healthy Start™ Now

Prepare for a healthy new year by scheduling your Healthy Start™ exam now. This initial appointment allows your Care Team to get a full picture of your health and create a personalized care plan to help you feel your best. To sign up, call 888-291-1387 or visit CareMore.com/HealthyStart.

90% of patients who complete Healthy Start are satisfied with CareMore.
Get Chronicles Digitally

Ditch the paper and help our environment by signing up to receive your monthly copy of Chronicles by email.

To sign up and remove yourself from the mailing list, follow these steps:
Scan the QR code with your mobile phone camera or visit lp.caremore.com/Chronicles.html. Complete the form, then click submit.