

Enrollee Newsletter

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Community Care Plan, 'the health plan with a heart'

Protect you and your family

The Centers for Disease Control and Prevention (CDC) says that a yearly flu vaccine is the first and most important step in protecting against flu viruses.

The CDC also recommends that everyone 6 months of age or older should get a flu vaccine. People who are most at risk are young children, pregnant women, and people with chronic health conditions. Some of these health conditions are asthma, diabetes, and heart and lung disease. People ages 65 and over are also at risk of serious flu complications.

Things you can do to protect yourself

- Get your flu shot every year
- Avoid close contact with sick people
- Wash your hands with soap and water
- Avoid touching your eyes, nose, and mouth
- Clean and disinfect surfaces and objects that may have germs on them

What to watch for

- Fever
- Cough
- Sore Throat
- Runny or Stuffy nose
- Body Aches
- Headaches
- Chills
- Fatigue



What to do if you get the flu

- If you feel that you have flu like symptoms, see a doctor as soon as possible. Going early means that an anti-viral medication can be given to you. This type of medication works best if taken within the first 48 hours from the time you get symptoms.
- If you are not feeling well before getting your flu shot, talk to your doctor about your symptoms.
- Remember pregnant women are at increased risk during flu season. **If you are or think you may be pregnant, please call 1-866-899-4828** to let us know. CCP offers specialized nurse case managers to help you with your needs during pregnancy. You may even qualify for additional help or services during and after your pregnancy.

Your Flu Shot is FREE!

All you have to do is visit your Primary Care Doctor or CVS Minute Clinic.

Always consult your physician before making changes to your lifestyle or healthcare routine. This information is available for free in other languages. Please contact our customer service number at 1-866-899-4828 /TTY/TDD, 1-855-655-5303, Monday through Friday from 8:00 a.m. to 7:00 p.m. ET. Esta información está disponible gratis en otras lenguas. Por favor, contacte a nuestro departamento de servicio al cliente al 1-866-899-4828 TTY/TDD 1-855-655-5303 de Lunes a Viernes desde las 8:00 a.m. a 7:00 p.m.

Did you Know?

Breast Cancer Screenings

A screening is an exam to find a disease that a person does not show any symptoms of. A breast cancer screening is used to find and diagnose the disease early. Finding breast cancer early may make it easier to treat.

The American Cancer Society gives screening recommendation for women at an average risk of breast cancer.

A woman is considered **average risk** if:

1. There is no personal or strong family history of breast cancer.
2. She does not have a genetic mutation with increased risk of breast cancer (i.e. BRCA gene).
3. She has not had chest radiation therapy prior to turning 30 years old.

The American Cancer Society Screening Recommendations include:

- **Optional yearly:** Women 40-44
- **Yearly:** Women 45-54
- **Yearly or every other year:** Women 55 or older

Mammograms

The main breast cancer screening is a Mammogram. A mammogram is a special x-ray that can find breast cancer early. The screening is not always perfect, but it can help find changes in your body before you can see them. Your doctor can help you to schedule an appointment to get your mammogram.



Sources:

<https://www.cdc.gov/flu/consumer/vaccinations.htm>

<https://www.cancer.org/cancer/breast-cancer/screening-tests-and-early-detection/american-cancer-society-recommendations-for-the-early-detection-of-breast-cancer.html>

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