



Enrollee Newsletter

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CCP: THE HEALTH PLAN WITH A HEART

IN THIS ISSUE: FLU SHOT, MEMBER SURVEY

Protect you & 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 viruses¹.

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 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, go 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 you should talk to your doctor about your symptoms.



Your Flu Shot is FREE ! All you have to do is visit your Primary Care Doctor or CVS minute clinic.

For a list of local minute clinics you can visit: <http://ccpcares.org/enrollee/find-a-minute-clinic>

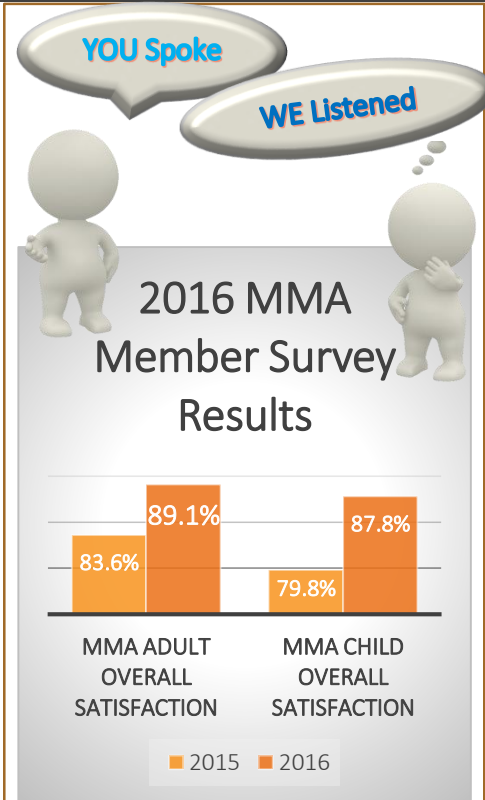
Remember pregnant women are at increased risk during the Flu season. **If you are or think you may be pregnant**, please call **1-866-899-4828** to let us know. CCP offers specialized nurse case managers to help you with your needs during pregnancy. You may even qualify for additional help or services during and after your pregnancy.



This information is available for free in other languages. Please contact our customer service number at 1-866-899-4828 / TTY/TDD 1-800-424-0328 Monday through Friday from 8:00am to 7:00pm ET. Esta información está disponible gratis en otras lenguas. Por favor contacte a nuestro departamento de servicio al cliente al 1-866-554-2673 TTY/TDD 1-800-424-0328 de Lunes a Viernes desde las 8:00am a 7:00pm

Content source: ¹<http://cdc.gov>

Always consult your physician before making any changes to your lifestyle or healthcare routine.



Community Care Plan works hard everyday to make our plan better for you!

In our 2016 Member Survey you told us that we improved in overall satisfaction for both adult and child member care.

CCP also exceeded the National Benchmark for member satisfaction in both areas!

Member Advisory Panel

Do you have ideas for how to make CCP better? We would like to work with you on our **Member Advisory Panel**.

If you would like to join our team, please call: (954)-622-3239.