



Heart Disease: Differences Between Men and Women

and



Breast Cancer AWARENESS

Breast cancer is the second most common cancer in the United States. It is the second-leading cause of cancer death in women. ZRPHQ 7KHUH LV QR VXUH ZD\ WR SUHYHOC are ways to lower your risk.



Get regular physical exercise.

Have a healthy weight.

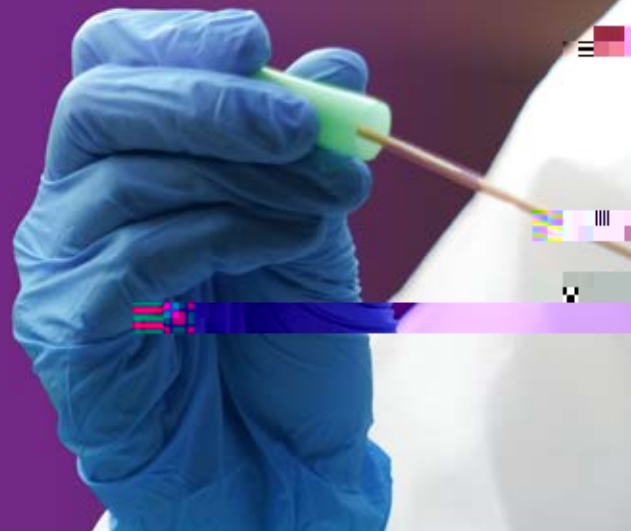
Eat healthy foods.

Limit alcohol.

You have COVID-19, Now What?

Next Steps to Your Recovery

After testing positive for COVID-19, you may wonder what happens next. You've been told to stay home, monitor your symptoms and wash your hands, but what other actions should you take?



1



Contact a provider.

...L \RX DUH LOO ERQWDFW \RXU SULPDU\ P.D. THE SUR...
can help you with your medical needs and answer questions you may have.





<RXBYH OLNHO\ EHHQ
 a lot about the COVID-19
 vaccines. If you are reviewing
 vaccine information on
 WKH ,QWHUQHW PDNH VXRH LWBV
 from a credible source
 with regular updates. The
 Centers for Disease Control
 DQG 3UHYHQWLRQ &'&
 your local and state health
 departments are great
 resources to learn more about
 the vaccination program and
 plans. We also want to help
 you stay informed.

Understanding

COVID-19 Vaccines

Below are a few things you should know:

- 1 7KH 86)RRG 'UXJ \$GPLQLVWUDWLRQ)
vaccines.
- 2 ,Q WKH HDUO\ SKDVHV RI WKH YDFFLQH
but that will increase in the months to come.
- 3 The COVID-19 vaccines are safe and effective and are being
thoughtfully distributed.
- 4 7R KDYH WKH PRVW SURWHFWLRQ IURP &
are required.
- 5 The COVID-19 vaccine will be available at no charge.

Getting the vaccine is one of the many important ways to help stop the pandemic. Continuing to wear masks
 DQG VRFLDO GLVWDQFH ZLOO UHGXFH WKH FKDQFH RI EHLQJ H[SRVH
 PHDVXUHV FRXSOGH ZLWK WKH YDFFLQH ZLOO SURYLGH WKH EHVW



)RU PRUH LQIRUPDWLRQ DERXW WKH &29,' YDFFLQH
 ZZZ FGF JRY FRURQDYLUXV QFRY YDFFLQHV LQGH[

Source www.cdc.gov/coronavirus/2019-ncov/vaccines/8-things.html

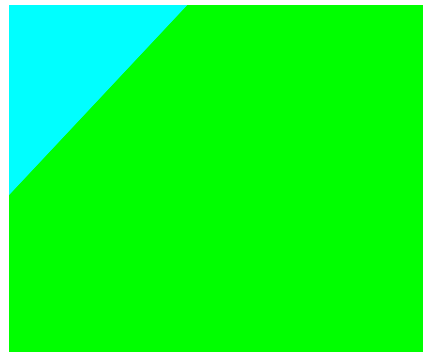
For more information, visit CareSource.com



How to Stay Active All Day



1 WALK MORE.



2 STAND UP:

3 CLEAN YOUR HOME:

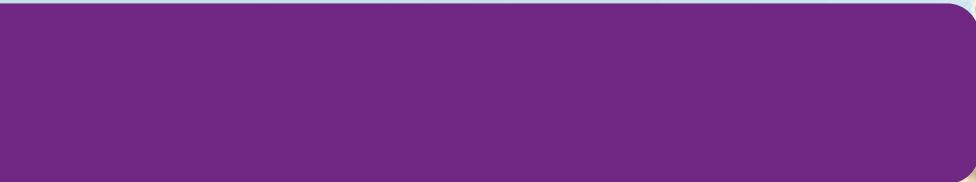
4 COMMERCIAL BREAK SESSION:



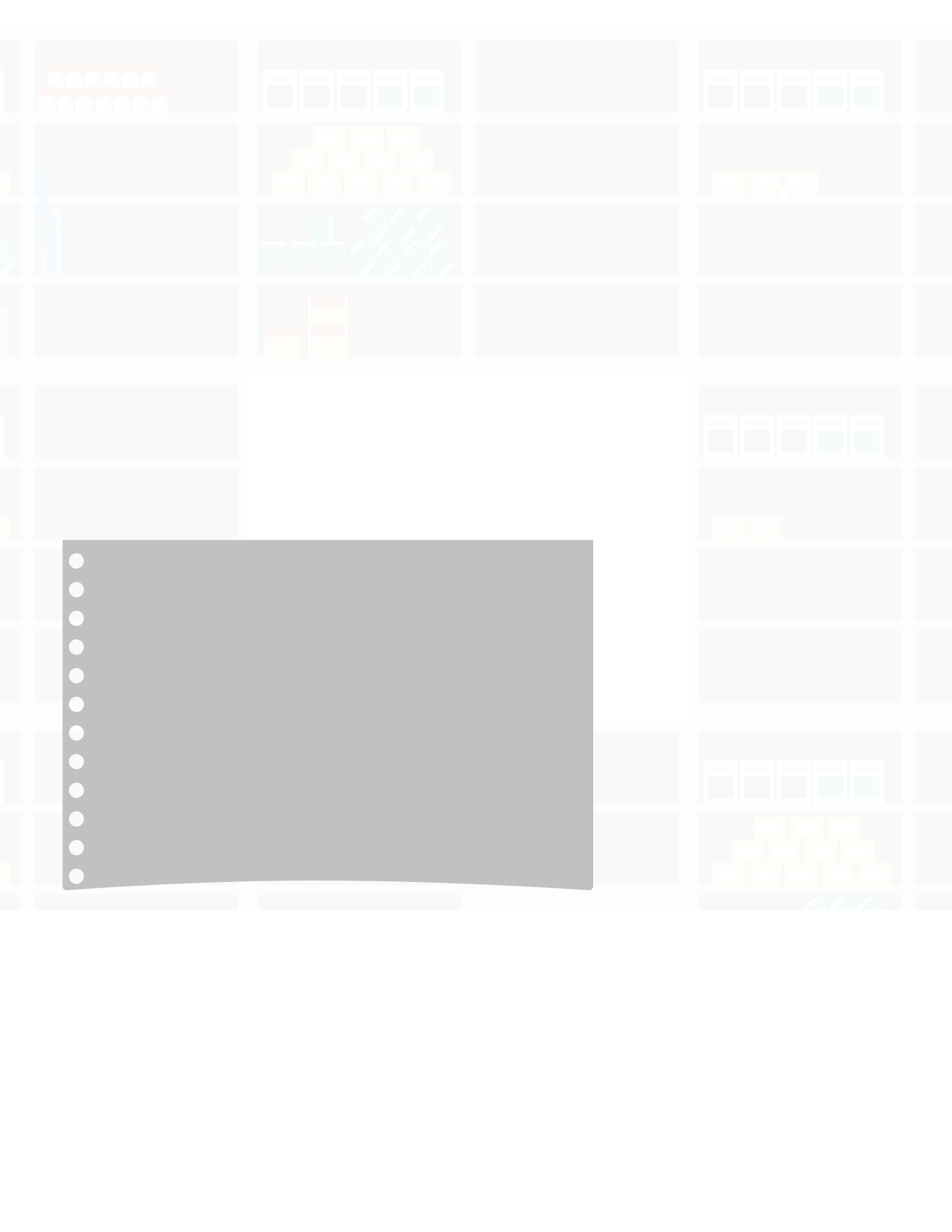
Tips to **Limit Stress** Without Smoking

%

anxiety without relapsing and you can too! Tips to de







3 Tips

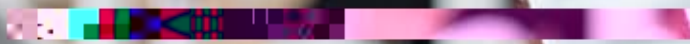
for Choosing a New
Primary Care Provider (PCP)

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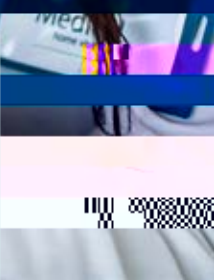
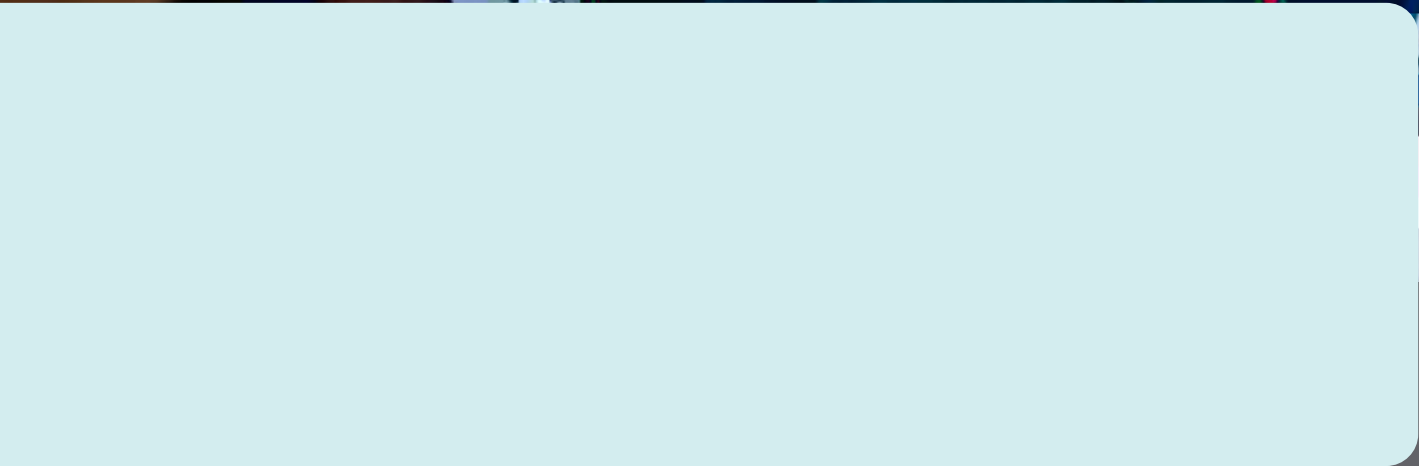
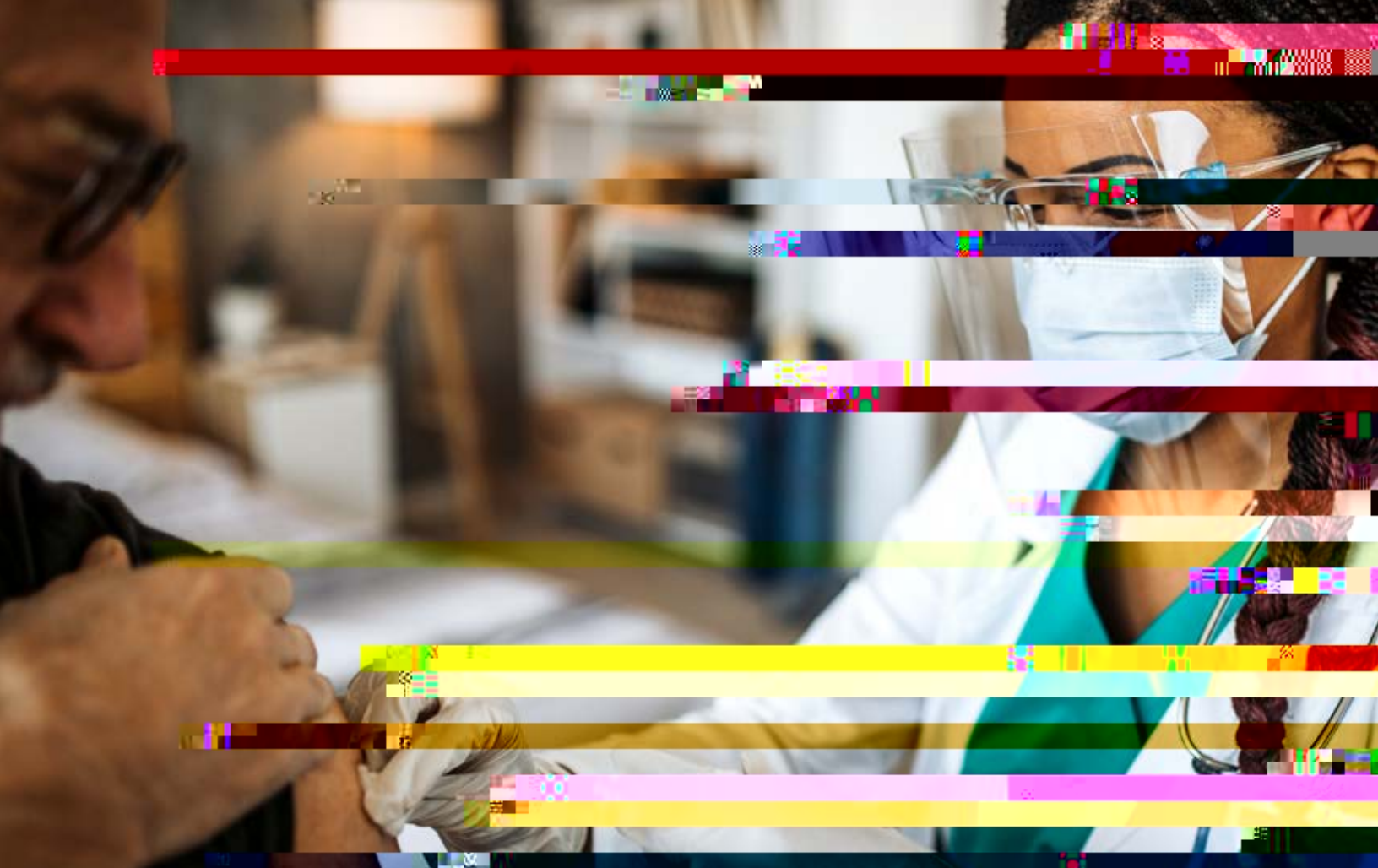
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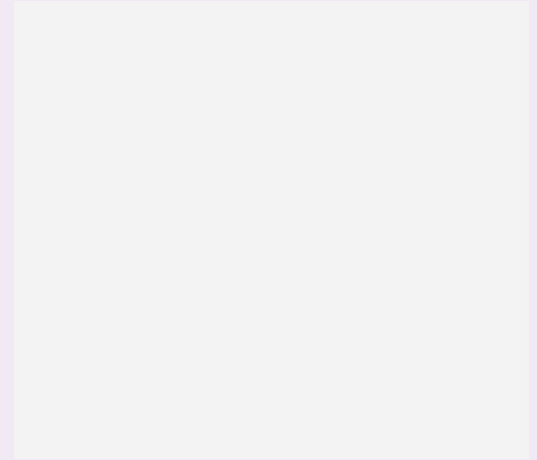
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