



## 2021 Spring Member Newsletter

### In This Issue:

Why Are COVID-19 Vaccines Important?	2
High Blood Pressure	4
Colorectal Cancer Screening	4
Members & Health Outcome Surveys	5
Spring Word Search	6

### Contact Us:

MAPD: 1-877-940-9330  
MAP: 1-833-274-5627  
MLTC: 1-855-270-1600

TTY: 711  
7 Days a Week 8am-8pm  
[www.centersplan.com](http://www.centersplan.com)



*"Spring:  
A Lovely reminder of how beautiful  
change can truly be."*

Our passionate member services representatives can provide the assistance and resources you need to get through Spring Madness.

They are always available to help answer COVID-19 questions, advise with health plan information, and to help with other essential services to make the spring months more enjoyable!



Give us a call today and let us jump into Spring together!



**CENTERS PLAN  
FOR HEALTHY  
LIVING**

# WHY ARE COVID-19 VACCINES IMPORTANT?

During this time of constant change, the Care Management Team at Centers Plan for Healthy Living (CPHL) strives to continue to be present for our members, by actively providing you with the most up-to-date information around COVID-19.

Since the onset of the COVID-19 pandemic, and the impact it has had on everyone's lives, many people have been anxiously awaiting the COVID-19 vaccines. With so many different opinions regarding the vaccine, it is important to understand why vaccines are important, how they work, and the role they play in helping fight against dangerous diseases.

When you get a COVID-19 vaccine, your body is challenged by a small piece of the virus called an antigen (this type of protein does not contain live virus). When an antigen is introduced into the body, it causes an immune response. This means that the body creates antibodies that attach or bind to these antigens wherever they might be found in the body. The antibodies created remain in the body and work with the rest of your immune system to fight against the actual virus if it tries to enter the body, preventing you from getting sick.

Getting a COVID-19 Vaccine is an important step to help prevent getting sick from COVID-19.

Common questions surrounding the COVID-19 vaccines:



## 1) Do vaccines have the potential to make me sick?

Many vaccines, including the COVID-19 vaccines, contain only a piece of the virus that your body reacts to, but not the live virus, so you cannot get COVID-19 from the vaccine. It is common, however, to get a local reaction to this vaccine, like other vaccines, that might include some soreness, redness and, possibly, more general symptoms of not feeling well that accompany your body's immune response to the vaccine (see below).

## 2) How long after I receive the vaccine does it take for me to be fully protected from COVID-19?

It usually takes a couple of weeks after your last vaccine dose for the body to build up full immunity against COVID-19. Therefore, it is still possible to be infected with COVID-19 immediately before or after receiving the vaccine. Please take proper precautions.

## 3) Are there any side effects from receiving the COVID-19 vaccine?

You may experience arm soreness or pain at the injection site. Not as commonly, some people might experience a headache, and in some instances, fever. This is very normal and it means the vaccine is working as the body is building up protection against the COVID-19 virus. As with all vaccines, there is a small chance of a severe allergic reaction, called anaphylaxis. Please let your Provider know if you have had any reactions to vaccines in the past so that your Provider can better assess your risk of a more severe reaction.



#### 4) What is “herd immunity”?

Herd Immunity is when enough people in a population are protected or immune against a communicable disease, either through vaccination or infection, that then greatly reduces the ability of the disease to be transmitted in that population. This provides protection for members of the population who are unable to get vaccinated; this is why public health authorities encourage widespread vaccination.

#### 5) Who is eligible for the COVID-19 vaccine(s)?

COVID-19 vaccines will be made available for most age groups by the end of April 2021. However, as this is always changing, CPHL recommends for members to review the CDC website or hotline phone numbers.

#### 6) How many doses are needed for the COVID-19 vaccine(s)?

Depending on the company who makes the COVID-19 vaccine, you might need a second shot three or four weeks after your first shot.

Pfizer	Two Vaccines needed	The second dose must be completed 3 weeks (21 days) after the first COVID vaccine.
Moderna	Two Vaccines needed	The second dose must be completed 4 weeks (28 days) after the first COVID vaccine.
Johnson & Jonson	One Vaccines needed	One Vaccine needed

#### 7) Do I have to pay to be vaccinated?

No, COVID-19 vaccines are free of charge

#### 8) If I already had COVID-19 and recovered, do I still need to get vaccinated?

The CDC is currently recommending that you get vaccinated even if you have already had COVID-19, because of the possibilities of catching it again (perhaps with a different strain/variant) and it is not yet known how long protection will last after vaccination.

Although there are now vaccines for COVID-19, CPHL’s Care Management Team would like to make sure all of our members continue to exercise standard precautions when interacting with others, such as: wearing a mask, social distancing, and practicing good hand hygiene.

You can help protect yourself and the people around you by getting the vaccine at the earliest opportunity! Please contact your Primary Care Physician for further information on how to obtain a vaccine; for additional information on COVID and related resources, visit the CDC website at: <https://www.cdc.gov>

# HIGH BLOOD PRESSURE

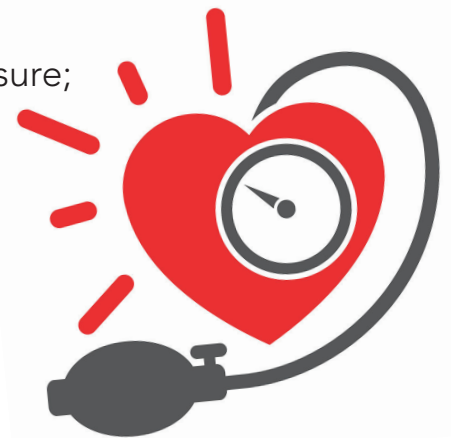
## What is blood pressure?

Blood pressure is the force that moving blood puts on your artery walls (the tubes that carry blood throughout your body). There are 2 numbers that are used to measure it. For example, "120 over 80" is written as: 120/80.

People living with hypertension (high blood pressure) need to test their blood pressure regularly. High blood pressure may not have any symptoms, so if you don't check your blood pressure often, you won't know when it's high. Increased blood pressure can damage the blood vessels, heart, and kidneys, which can lead to heart attack, stroke, kidney disease, and other problems. Monitoring your blood pressure at home is important for you and your doctor to manage your hypertension.

Your doctor can check your blood pressure in the office (or by Telehealth using a blood pressure machine in your home) and tell you what blood pressure numbers are right for you. The exact causes of high blood pressure are not known, but several factors may play a role, including:

- A family history of high blood pressure;
- African-Americans are more likely to have high blood pressure;
- Obesity;
- Lack of physical activity;
- Eating too much sodium (salt);
- Drinking too much alcohol;
- Stress;
- Older age.



## What can you do to prevent high blood pressure?

- See your doctor for regular health checkups.
- Ask what your blood pressure is and what your target blood pressure should be.
- Eat healthy. Avoid foods high in fat, cholesterol and salt.
- Ask your doctor about a safe exercise program.
- Exercise 30 minutes per day most days of the week.
- Lose weight, as needed.
- Don't smoke or use illegal drugs.
- Limit the amount of alcohol you drink. Alcohol includes beer, wine and liquor.
- Always take medicine as prescribed your doctor.

CPHL has specifically designed a Chronic Care Improvement Project (CCIP) for the purpose of helping members with hypertension improve their blood pressure. Our Care Managers may reach out to you to help coordinate your care and also provide teaching on ways to help lower your blood pressure to improve your health.

## Colorectal Cancer Screening

If you are age 50 to 75, get tested regularly for colorectal cancer. You may need to get tested before age 50 if colorectal cancer runs in your family. Talk with your doctor and ask about your risk for colorectal cancer.

How often you get screened will depend on your risk for colorectal cancer. If you act early, you have a good chance of preventing colorectal cancer or finding it when it can be treated more easily.

There are several types of screening tests that are available for checking for Colorectal Cancer:

**Colonoscopy:** A colonoscopy can find polyps (small growths in the intestines), which usually show no symptoms and can turn into cancer if untreated; You should get a colonoscopy every 10 years, between the ages 50 and 75. You may need to start earlier if you're at higher risk due to your medical or family history.

**FIT / FOBT:** A FIT or FOBT test checks for blood in your stool. You can do this yourself in the privacy of your home and then send it to a lab. You should get it every year between ages 50 and 75. You may need to start earlier if you're at higher risk due to your medical or family history.

**FIT-DNA test (Cologuard):** The Cologuard test also checks for blood in your stool. You can do this yourself in the privacy of your home and then send it to a lab. You should get it every 2 years between ages 50 and 75. You may need to start earlier if you're at higher risk due to your medical or family history.

Your Doctor and/or your Care Manager can tell you how to get one of these screenings.

## Encouraging Members to Complete the Health Outcomes Survey

The Medicare Health Outcomes Survey (HOS) was created by the Centers for Medicare & Medicaid Services (CMS), the federal agency that runs Medicare, to monitor and improve the quality of care you receive. Beneficiaries enrolled in Medicare health plan are randomly sampled and you may receive this survey in the mail.

The HOS is intended to measure the quality of care we provide to our beneficiaries by asking questions about your health status over a specific period of time.

If you receive this survey in the mail, please complete it! Your responses will help CMS make sure that you receive high-quality care.



## FRAUD, WASTE & ABUSE

Everyone is responsible to help in the fight against Fraud, Waste and Abuse. If you suspect a provider, member or CPHL staff is engaged in Fraud, Waste, Abuse or any other questionable activity, report it by calling 1-855-699-5046 or by visiting [www.centersplan.ethicspoint.com](http://www.centersplan.ethicspoint.com).

Both modes support anonymous reporting and are available 24 hours a day, 7 days a week.





75 Vanderbilt Avenue  
Staten Island, NY 10304

Presort Standard  
U.S. Postage  
PAID  
Hicksville, NY  
Permit No. 885



Health and Wellness or Prevention Information

## Spring Word Search

N	E	E	X	E	R	C	I	S	E	E	W	E	N
I	R	A	S	C	C	O	V	I	D	A	I	R	P
S	P	R	I	N	G	H	E	T	L	I	N	A	H
A	V	U	V	N	Y	U	S	K	P	C	T	C	Y
G	L	A	D	A	I	H	I	U	Y	I	C	I	S
L	V	N	M	N	C	N	T	E	P	A	L	D	I
E	A	V	S	N	G	C	E	L	T	S	C	E	C
N	A	T	U	R	E	E	I	E	A	R	E	M	A
H	W	I	N	E	V	T	R	N	L	E	E	H	L
S	L	I	S	V	L	A	M	I	E	W	H	Y	E
I	G	G	H	C	E	C	V	D	I	O	L	A	A
G	C	O	I	U	U	I	C	E	L	L	N	D	A
I	I	S	N	M	N	R	A	C	S	F	S	R	I
P	A	L	E	G	U	G	I	C	L	I	N	N	I

SUNSHINE  
FLOWERS  
WALKING  
COVID  
EXERCISE  
VACCINE  
NATURE  
HEALTHY  
PHYSICAL  
LIVING  
MEDICARE  
SPRING