



Hurricanes are large, whirling storms with winds of at least 74 mph that form over tropical or subtropical waters. As hurricanes move over land, these violent storms can deeply impact homes, families, and communities. Hurricane season lasts from June 1st to November 30th each year.

HAVE A PLAN!

Stay informed through your local news, weather stations, social media, or community support groups and make a plan to either evacuate or stay, but remember, if an evacuation is called for by officials, go. When considering whether to stay or evacuate, understand your physical and medical needs. Also talk to those that may be able to help you. Your support system may be a family member, a neighbor, a friend, or community volunteers.

- Sign up for emergency alerts
- Update your address with KelseyCare Advantage
- Know your evacuation route
- Secure your home, flood, or renter's insurance early
- Make a plan for your pets if you have one
- Build an Emergency Kit
- Strengthen your home
- Refill your prescriptions

KNOW YOUR LOCAL RESOURCES

For more detailed information on hurricane planning and preparations you can **call 211** or you can visit:

www.redcross.org

www.h-gac.com/area-agency-on-aging/

www.ready.gov

www.readyharris.org

www.unitedwayhouston.org

www.fema.gov

Sign up for email and text alerts through both your local emergency management department and Emergency Alerts

www.ready.gov/alerts

You can also download the free Red Cross Emergency app on your smart phone or device if you have one.

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(713) 442-CARE (2273) | TTY: 711

Hours are 8:00 a.m. to 8:00 p.m. local time, seven days a week, from October 1 – March 31. From April 1 – September 30, Monday through Friday, hours are 8:00 a.m. to 8:00 p.m. local time.

Messaging service used weekends, after hours, and on federal holidays.

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WEATHERING THE STORM

BE READY!

Learn ways to prepare you, your family, and your home for the upcoming hurricane season.

BEFORE THE STORM

MEDICAL

- Make sure you have a 30-day supply of medications
- If medicine must stay cold, know how you will store it if power goes out
- Identify any medical equipment that needs to stay charged and have a back-up device if possible
 - CPAP, pumps, etc
- Keep your medical records safe and easily accessible- including your KelseyCare Advantage Member ID card
- Have a list of emergency contacts
- Have a list of medications and allergies
- Talk to your physician about your hurricane preparations to make sure you are ready

YOUR HOME

- Secure or move outdoor items such as chairs, trashcans, lawn ornaments, and grills
- If possible, clean-up overhanging trees or branches that could cause damage
- Cover windows and doors that could be compromised during high-winds

KS Plan Administrators, LLC dba KelseyCare Advantage is a HMO plan with a Medicare contract. Enrollment in KelseyCare Advantage depends on contract renewal.

YOUR EMERGENCY KIT

(list is not exhaustive)

- Gallons of water
- Non-perishable food, please consider any special diets you must follow
- Medications
- Flashlights
- Batteries, batteries, batteries!
- Battery-powered radio
- Cell phones with extra chargers
- Changes of clothes
- Cash
- First aid supplies such as band-aids, sanitizers, ointments
- Whistle to call for help
- Personal documents (medical, financial)
- N95 masks
- Sleeping bags, blankets

HOW TO UPDATE MY CONTACT INFORMATION WITH KELSEYCARE ADVANTAGE

Prior to any disaster please take the time to visit our website at www.kelseycareadvantage.com
→ **Already a Member** → **Member Forms** → **Update Your Address** to make sure we have your current address. You will need your KCA ID number located on the front of your ID card.

You can also update your information by calling Member Services at (713) 442-CARE (2273).

Update Your Address

We want to make sure we have the most up-to-date mailing address on file for our members so that you receive important plan information. Please take a minute to update your address using the form below.

Thank you in advance for your help!

First Name

Last Name

Current Residential Address

State

City

ZIP Code

KCA Member ID

Email Address