

HOUSE CALL

KelseyCare Advantage

January 2022

COVID-19 BOOSTER VACCINE

In Quarter 4 of 2021, the KelseyCare Advantage newsletter provided information about the COVID-19 vaccination booster dose. With rapid, daily changes made to the vaccination guidelines approved by the Centers for Disease Control and Prevention (CDC) and the Food and Drug Administration (FDA), as of 11/29/2021, information provided below supersedes all previously communicated updates.

WHAT IS A BOOSTER DOSE?

There is a possibility with new variants of COVID-19 that immunity and efficacy with previous vaccine schedules may decrease. The role of a booster vaccination would be to prolong and broaden immunity after the vaccination primary series.

WHAT DOES VACCINATION PRIMARY SERIES MEAN?

The primary series of COVID-19 vaccines refers to the completion of two doses (or three doses in persons with moderate to severe immunocompromise) of the mRNA COVID-19 vaccinations which include Pfizer-BioNTech and Moderna OR one dose (or two doses in persons with moderate to severe immunocompromise) of the Johnson & Johnson's Janssen vaccine.

WHO NEEDS A BOOSTER DOSE?

All adults ages 18 and older are recommended to receive a booster dose.

If you received Pfizer-BioNTech or Moderna

When to get a booster:

At least **6 months** after completing your primary COVID-19 vaccination series.

Which booster should you get?

Any of the COVID-19 vaccines authorized in the United States.

If you received Johnson & Johnson's Janssen

When to get a booster:

At least **2 months** after completing your primary COVID-19 vaccination.

Which booster should you get?

Any of the COVID-19 vaccines authorized in the United States.

COVID-19 BOOSTER VACCINE

WHICH BOOSTER SHOT SHOULD I GET?

Some people may prefer the vaccine type that they originally received, and others may prefer to get a different booster. You can consult with your physician as to which booster shot is most suitable for you. CDC's recommendations now allow for this type of mix and match dosing for booster shots.

IS THERE RISK WITH AN ADDITIONAL DOSE?

The CDC states, "There is limited information about the risks of receiving an additional dose of vaccine, and the safety, efficacy, and benefit of additional doses of COVID-19 vaccine in immunocompromised people continues to be evaluated. So far, reactions reported after the third mRNA dose were similar to that of the two-dose series: fatigue and pain at injection site were the most commonly reported side effects, and overall, most symptoms were mild to moderate. However, as with the two-dose series, serious side effects are rare, but may occur."

This information is accurate as of 11/29/2021. FDA and CDC are continually updating their recommendations as further research comes out. Please see sources below for the most accurate and up to date information:

[CDC Statement on ACIP Booster Recommendations](#) | [CDC Online Newsroom](#) | [CDC](#)

[COVID-19 Vaccine Booster Shot](#) | [CDC](#)

[COVID-19 Vaccines](#) | [FDA](#)

Sources:

[COVID-19 Vaccines for Moderately to Severely Immunocompromised People](#) | [CDC](#)



BEING YOUR HEALTHIEST IN 2022

2021 was another challenging year for many of us – physically, mentally and emotionally – as coronavirus maintained its grip on everyday life. Besides protecting ourselves against COVID-19 and its variants, there are traditional measures we all can take to jump-start 2022 in the healthiest way possible.

SETTING GOALS

We often set vague goals for ourselves at the start of each new year, such as working out more or eating better. According to the American Psychology Association, those are much less effective than specific, manageable goals, like scheduling three workout sessions a week or replacing ice cream with fruit for dessert. Being able to stick to your resolutions means you are more likely to establish healthier habits.

REDUCING STRESS

Looking to reduce stress? Did you know that at least 60 to 80 percent of all primary care visits are stress-related? Many doctors suggest trying activities that promote mindfulness and lower stress, like stretching for a few minutes each morning, walking outdoors at least once a day or focusing on breathing. Inhaling through your nose instead of your mouth lets you capture more oxygen and improve the flow of air and blood in your lungs.

GETTING MORE REST

Is getting more rest among your New Year's resolutions? Adults that get less than seven hours of sleep a night are typically less active and tend to be obese. They're also more likely to suffer from a variety of health problems, including coronary heart disease, asthma, arthritis, depression and diabetes. Healthy adults need at least seven hours of sleep a night, but if you haven't been getting that much, it can be tough to suddenly add an hour or two to your sleep cycle. Consider going to bed just 15 minutes earlier each night. Once those 15 minutes become routine, add another 15 minutes and so on until you reach your goal of seven or more hours of sleep a night.

MINDFUL EATING

Want to eat better? Consider mindful eating instead of a diet fad. When you focus on what's going into your mouth and slow down between bites, you are less likely

to overeat because you will recognize when you are full. Over time, you'll develop a greater awareness about your food and what your body needs. Mindful eating can also include swapping unhealthy foods for healthier options. But rather than ditching all the foods you love at once, try incorporating one or two changes at a time. For example, if you regularly eat scrambled eggs for breakfast, add a handful of spinach or some tomatoes when you cook them.

GRATITUDE

And, finally, take a few minutes each day to reflect on the things you're grateful for and write them down. Concentrating on the good helps you focus and keep a positive attitude. On the tough days, going back to the things you've written down in the past can be a good reminder.

FOOD FOR THOUGHT WHEN IT COMES TO NUTRITION

March is National Nutrition Month, an opportunity to focus on food choices and ensuring healthy eating habits. The Centers for Disease Control and Prevention (CDC) reminds us that colorful foods on the plate translate to healthy options.

According to the *Dietary Guidelines for Americans 2020–2025*, a healthy eating plan:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- Includes a variety of protein foods such as seafood, lean meats and poultry, eggs, legumes (beans and peas), soy products, nuts, and seeds.
- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars
- Stays within your daily calorie needs

Wondering how to go about developing and maintaining a healthy meal plan? Talk to your doctor about taking advantage of Kelsey-Seybold Clinic's nutrition support services, including an acclaimed team of registered dietitians. Also, be sure to visit the CDC nutrition website for more information: https://www.cdc.gov/healthyweight/healthy_eating/index.html

GET READY FOR A HEALTHIER YEAR WITH **SILVERSNEAKERS**



SilverSneakers

Your health is our top priority at KelseyCare Advantage. That's why we offer SilverSneakers® as your fitness benefit. With SilverSneakers, you can get active and stay healthy in the ways that work best for you. You can take live virtual classes at home, view workout videos, exercise with smaller groups in your area or go to the gym¹. It's all included at no additional cost to you.

SilverSneakers also gives you valuable health and wellness information, like the following tips on setting and reaching goals.

Here are **three simple steps** to start and keep going with a healthy activity habit.²

- 1 Change the way you set goals.** Specifically, start with smaller goals. Does 150 minutes of activity a week sound like a lot? It's only 30 minutes a day for 5 weekdays – or however you choose to split it up.
- 2 Find an activity you truly enjoy.** You're far more likely to stick with exercising if you're doing something you like.
- 3 Hold yourself accountable or find someone else who will.** Work out with a friend. It's more fun, and you won't want to let your workout buddy down. Attending SilverSneakers fitness classes is also a great option.

Be sure your goals are **SMART**: Specific, Measurable, Attainable, Relevant and Time-bound.³

- 1 Specific and Measurable.** Know exactly what you will do and how you will check your success along the way. "Get in shape" is not specific enough. Instead, you might say, "Walk 20 to 30 minutes a day." This is specific and easy to measure – you either did it or not.
- 2 Attainable.** Be realistic and don't set the goal too high. For example, rather than saying you're giving up soda, say "I'll drink a glass of water with each meal." Then each time you do that, you'll feel closer to your goal of giving up soda.
- 3 Relevant.** Make sure it's important to you. Why do you want to reach this goal? List the positive things that might happen once you reach the goal. Use those positive outcomes as your motivation.
- 4 Time-bound.** Simply give yourself a deadline. And think in smaller, timely goals. If you want to run a 10K this year, start by saying you'll run a mile in January. Then aim for two miles in February and continue adding monthly.



Get a jump on reaching your goals this year with SilverSneakers. Create your online account at [SilverSneakers.com/StartHere](https://www.silversneakers.com/StartHere) to get your SilverSneakers ID number and unlock access to everything that's included.

- SilverSneakers LIVE™ virtual classes and workshops
- SilverSneakers Community classes, both in-person and virtual, offered locally
- SilverSneakers On-Demand™ videos available 24/7
- The SilverSneakers GO™ mobile app
- Access to thousands of participating locations with equipment, pools and other amenities¹
- Group exercise classes⁴ for all levels at select participating locations

ALWAYS TALK WITH YOUR DOCTOR BEFORE STARTING AN EXERCISE PROGRAM.

1. Participating locations (“PL”) are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities is limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.

2. <https://www.silversneakers.com/blog/qa-not-motivated-to-work-out-do-this/>

3. <https://www.silversneakers.com/blog/new-years-resolutions-make-smart-goals/>

4. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.

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FEBRUARY IS



American Heart Month

February is American Heart month and a great time to focus on your heart health. According to the Centers for Disease Control and Prevention (CDC), heart disease is the leading cause of death in the U.S. for both men and women. Here are some risk factors, symptoms, and healthy living recommendations that the CDC has outlined.

RISK FACTORS

Risk factors for heart disease include a variety of medical conditions and lifestyle choices, including:

- High blood pressure
- High cholesterol
- Smoking
- Diabetes
- Being overweight or obese
- Unhealthy diet
- Physical inactivity
- Excessive alcohol use

SYMPTOMS

Unfortunately, there are often no symptoms of heart disease until an event such as a heart attack, heart failure, or an arrhythmia occurs and here are some symptoms that may occur with each type of event.

Heart Attack: Chest pain or discomfort, upper back or neck pain, heartburn, nausea or vomiting, extreme fatigue, upper body discomfort, and shortness of breath.

Arrhythmia: Fluttering feelings in the chest (palpitations).

Heart Failure: Shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen, or neck veins.

MANAGING HEART DISEASE RISK

Here are four things that you can do to help manage your risk for heart disease.

1. **Don't Smoke:** Cigarette smoking increases the risk of heart disease.
2. **Manage Conditions:** Continue to work with your Kelsey-Seybold Clinic team to manage any chronic conditions that you may have such as high blood pressure, high cholesterol, and diabetes. This includes taking your prescribed medications as directed.
3. **Eat a heart healthy diet:** Try to fill at least half your plate with vegetables and fruits and eat foods low in trans fats, saturated fats, sugar, and sodium. Also, avoid drinking too much alcohol, which may raise blood pressure. This means no more than two drinks per day for men, and no more than one drink per day for women.
4. **Be active!** Aim to get at least 150 minutes of exercise per week. If that seems like a lot, then break it down into smaller increments of 10-minute blocks, three times per day.

Although managing your risk for heart disease can be challenging, it's well worth it for a healthier life!



NEW CLINIC OPENINGS

Kelsey-Seybold Clinic is growing and adding locations around the greater Houston area to make it more convenient than ever for you to get the care that you need!

Here are the locations that we opened in 2021 and the new locations that we are planning to open in 2022!

2021 NEW CLINIC OPENINGS

CLINIC NAME	OPENING DATE
Memorial City	Opened January 2021
Lake Jackson	Opened April 2021
North Channel	Opened August 2021
River Oaks	Opened September 2021
Pasadena Expansion	Opened September 2021
Gulfgate	Opened November 2021
Greater Heights	Opened December 2021

GULFGATE – NOVEMBER 2021

Square Footage: **19,000 sq. ft.**

Number of Providers: **3**

Number of Providers at Full Capacity: **10**

GREATER HEIGHTS – DECEMBER 2021

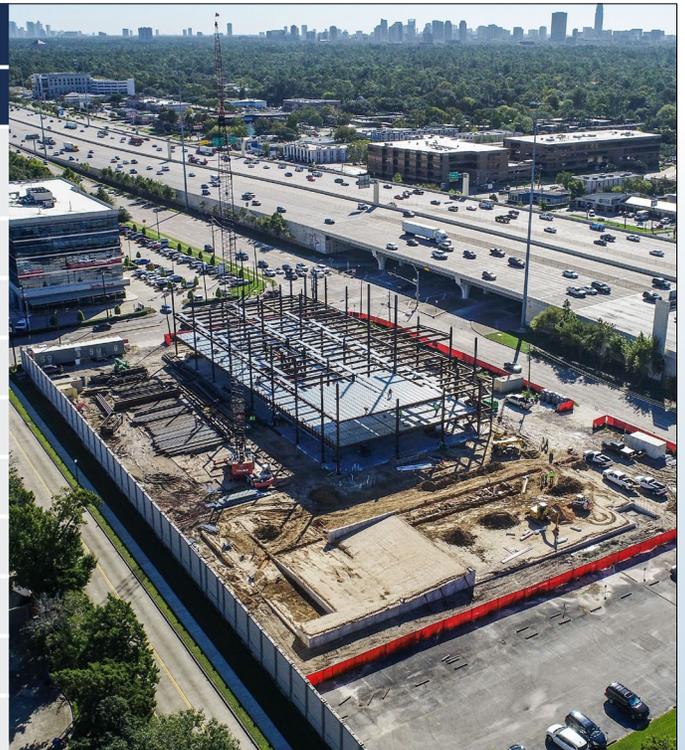
Square Footage: **22,000 sq. ft.**

Number of Providers: **4**

Number of Providers at Full Capacity: **9**

2022 NEW CLINIC OPENINGS

CLINIC NAME	OPENING DATE
South Shore Harbor (Janoe Practice)	February 2022
MediNet (Greatwood)	April 2022
Rock Creek	May 2022
Eldridge	July 2022
Memorial Villages	August 2022
Stafford	September 2022
Westchase	September 2022
Bridgeland/Fairfield	October 2022
South Shore Harbor	November 2022
Copperfield Villages	November 2022



KELSEY PHARMACY HOME DELIVERY SERVICE

At KelseyCare Advantage, we recognize that you're busy and we want to make some things as easy as possible like getting your prescriptions refilled. That's why we've partnered with Kelsey Pharmacy (our preferred pharmacy) to have your prescriptions delivered directly to your home for **FREE!**

HOW DOES IT WORK?

A week before your medication runs out, simply request a refill online at [KelseyPharmacy.com](https://www.KelseyPharmacy.com), with the Kelsey Pharmacy app, or by calling your local Kelsey Pharmacy location.

MAIL	COURIER
If you have requested that your prescriptions be mailed, then within a few days your medications will arrive at your mailbox.	We now also offer same-day or next-day courier delivery to local addresses! Don't worry, we won't leave your medication at the door unless you tell us to. If you're not home and haven't told us to leave it, the medication will simply be returned to the pharmacy.

ANY QUESTIONS?

The next time you are at the Kelsey Pharmacy be sure to ask your pharmacist any questions that you might have about the home delivery option, or give them a call. You can also give our member services team a call at 713-442-2273 with any questions that you have about the Kelsey Pharmacy Home Delivery service.

Important Plan Information

11511 Shadow Creek Parkway | Pearland, TX 77584

