



Scheduling for the COVID-19 Vaccine

Ohio

- Visit coronavirus.ohio.gov or register online at gettheshot.coronavirus.ohio.gov
- Call the Ohio Department of Health COVID-19 Support Hotline: 1.833.4.ASK.ODH (1.833.427.5634) from 9 a.m. – 8 p.m. each day, including weekends

West Virginia

- Pre-register online at vaccinate.wv.gov or through your local health department.
- Call the COVID-19 vaccine information line at 1.833.734.0965 (available Monday – Friday 8 a.m. – 6 p.m. and Saturday 9 a.m. – 5 p.m.)

All States

Visit vaccines.gov and enter your zip code to find clinics, pharmacies or other locations that offer the COVID-19 vaccines near you.

COVID-19 Vaccine Information

The COVID-19 vaccine is one of the most important tools we have to protect ourselves and stop the pandemic. So we are providing accurate and up to date information to help you make the decision to get vaccinated.

COVID-19 Vaccine FAQ

How do the vaccines work?

They instruct your body to make proteins that attack the virus. They DO NOT give you COVID-19 or make you sick.

What are the side effects of the vaccine?

Common reactions include headache, dizziness, fever, muscle pain, swollen lymph nodes similar to most vaccines. Side effects usually only last 1-3 days.

How effective is the vaccine?

It is very effective. In fact, it is more effective than the annual flu shot. The vaccines that are currently approved in the United States are safe and effective at preventing serious illness, hospitalization and death from COVID-19.

How much will it cost me to get the vaccine?

The vaccine is available at no cost to you.

How Can Loneliness Affect Your Health?

Loneliness can cause higher levels of stress hormones. This can have physical effects on your body. Loneliness can also make it feel difficult to take care of your health or seek help for problems. Being lonely may increase your risk for health problems such as depression, heart disease, stroke, type 2 diabetes, and dementia.

It might seem overwhelming to think about how to find ways to be social or make more meaningful connections. But taking small steps can make a big difference. Here are some ideas to think about.

Try volunteering.

Look for organizations you're interested in that have needs you can help with. For example, animal shelters often need people to walk dogs or play with cats. And local food banks may need people to organize shelves or help visitors find what they need.

Consider a meet-up group.

Many cities have meet-up groups organized around activities, interests, or hobbies. You may find groups for hikers, caregivers, people who enjoy board games, or for those who just like drinking coffee.

Think about getting a pet.

If you can care for one, a pet can be an excellent companion. The type of pet you choose is up to you. Your local animal shelter can help you find a pet that fits your lifestyle.

Shift negative thinking.

When you feel lonely, it's common to have negative thoughts and emotions. But if negative thinking becomes a pattern, it can make you start to believe that the positive changes you're looking for aren't possible. If you can learn to catch negative thinking, you can learn to shift it.

Consider seeing a counselor.

It can be hard to make changes in your habits or your thinking on your own. And it can be scary to think about putting yourself "out there" in social situations. If you feel like you need some support getting started, or if loneliness is making it hard for you to function, a counselor can help.

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Don't Delay Care

Now is the time to get back on track with managing your healthcare. If you put off seeing your doctor or getting your preventative screenings last year, call your doctor today to schedule.



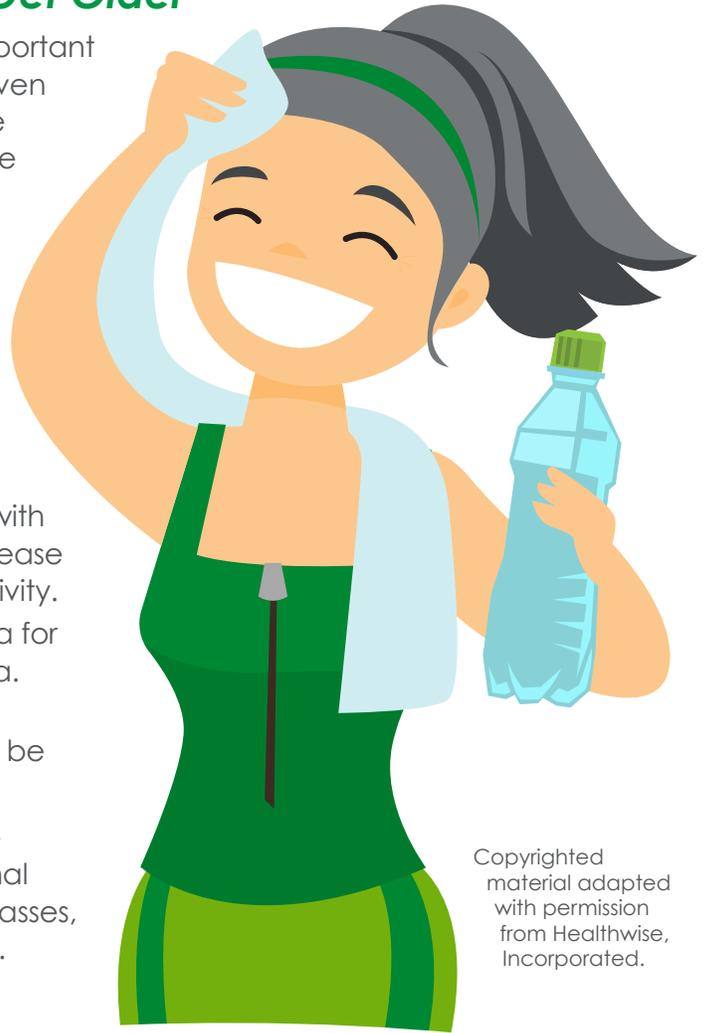
Being Smart About Exercise As You Get Older

It's never too late to start getting active. Being fit is important for everyone. You can benefit from physical activity even if you think of yourself as "elderly" or you already have conditions such as arthritis or heart disease. Being more active will help you feel better. And it may even help you live longer.

If you haven't been active for a long time, you may have no idea where to start. The important thing is to take that first step – and make that first step a small one.

- Talk with your doctor if you're worried about how exercise might affect your health.
- Start slow. If you have been inactive for years, start with about 5 to 10 minutes of activity at a time. Then increase your time as you get more comfortable with the activity.
- Try to improve only a little bit at a time. Pick one area for improvement first. Set your personal goal in that area. Meet that goal before you try another area.
- Don't overdo it! Some minor soreness or stiffness is to be expected at first. But pain is a warning sign to stop.

The Health Plan Medicare Advantage members have access to a SilverSneakers membership at no additional cost. This membership includes access to live online classes, a video library of classes, workouts and how-to videos. To learn more visit [silversneakers.com](https://www.silversneakers.com).



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The Health Plan Partners With Enhanced Medication Services

If you are having problems taking your medication, you are not alone. The Health Plan (THP) has partnered with Enhanced Medication Services (EMS) to help you and your doctor make sure you can get your medications on time and that you are taking the medications correctly. One of our pharmacy staff may call you to talk about your medications and offer ideas to help you.

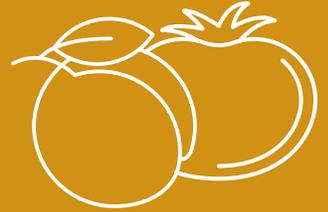
Some common problems are:

- The medication is too expensive
- It is difficult to find a ride to the pharmacy or doctor's office
- I am not able to read the directions
- I am not able to give the medication to myself
- I forget to take the medication
- The directions are too complicated
- I do not feel the medication is working

Recipe: Peach and Tomato Salad

Total Prep Time: 30 mins

Number of Servings: 12



Ingredients

- ½ cup balsamic vinegar
- ¼ cup olive oil
- 1 tablespoon honey
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 cup thinly sliced red onion
- 1 cup crumbled feta cheese
- 1 cup pecan halves, toasted
- ½ cup torn fresh basil
- 6 medium ripe peaches (about 2 lb.), pitted and cut into wedges
- 2 pounds tomatoes, cut into wedges (about 4 medium tomatoes) and/or cherry tomatoes, halved

Directions

In an extra-large bowl whisk together vinegar, oil, honey, salt and black pepper. Add peaches, tomatoes, red onion, cheese, and pecans; toss to coat. Top with basil. Serve immediately.



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Health and Wellness or Prevention Information