



AUGUST 2020

VACCINATION AWARENESS MONTH

The ongoing COVID-19 pandemic is a reminder of the importance of vaccination. Routine vaccination is an essential preventive care service for children, adolescents, and adults (including pregnant women) that should not be delayed because of the COVID-19 pandemic.

Due to COVID-19, the CDC found a troubling drop in routine childhood and adult vaccinations as a result of families staying at home. While families followed public health warnings about going out, an unfortunate result was many missed routine vaccinations. During the



COVID-19 outbreak, it is especially important for you to work with your family's medical providers to make sure your entire family is up to date on all the vaccines needed to stay healthy.

You have the power to protect yourself and your family against these serious diseases through on-time vaccination.

- Polio
- The Flu (Influenza)
- Hepatitis A
- Hib (Haemophilus influenzae type b)
- Whooping Cough (Pertussis)
- Rotavirus
- Chickenpox
- HPV (Human papillomavirus)
- Tetanus
- Hepatitis B
- Rubella
- Measles
- Pneumococcal Disease
- Mumps
- Diphtheria
- Shingles

GET THE RIGHT VACCINES

Some health conditions can make it harder for you to fight off vaccine-preventable diseases like pneumococcal disease or the flu. They can also make it more likely that you'll have serious complications or die from those diseases. If you have any of these long-term health conditions — it's very important to get the right vaccines.



DIABETES



HEART DISEASE



LUNG DISEASE



LIVER DISEASE



RENAL DISEASE



HIV

Call: 877.834.4596

Visit: <https://wellnesstherightway.hmchealthworksco.com>





SUCCESS STORY

“Every time I am in the program - I learn something new and improve my health. My Nurse Health Advocate taught me about adjusting my carb count, factoring the fiber. It helped me better manage my insulin dose and reduce my A1c.”

MIKE DICKINSON, AGE 57

Starting A1c: 7.8%
Current A1c: 6.7%

Nurse Health Advocate, Kathy called Mike for the My Health/My Choices Program and reviewed his health history. He was diagnosed with diabetes at age 11 and his last A1c level was 7.8%. Although he said that his doctor was comfortable with that, both Kathy and Mike wanted to get it a little lower.

Michael indicated that the Nurse Health Advocates are “**helpful, knowledgeable, nice, and supportive.**” They are part of your medical team and follow up on results from doctor and specialist visits. They focused on my whole health including stress, mental health, sleep, family dynamics and also the impact of COVID-19. “**The program is valuable and I wanted to share my story to encourage others to participate to improve their health.**”

VACCINES ADULTS NEED IF THEY HAVE CHRONIC CONDITIONS

People with chronic health conditions are at higher risk for COVID-19. People managing ongoing health issues need to pay especially close attention to their immunizations and vaccine schedule. Every year thousands of adults with chronic conditions get sick and or die from diseases that could be prevented by vaccines.

Vaccines adults need if they have the following conditions:

	INFLUENZA	PNEUMOCOCCAL	TDAP	HEP B	SHINGLES	HPV SERIES	TD
DIABETES	✓	✓	✓	✓	✓		
HEART DISEASE	✓	✓	✓		✓		
STROKE	✓	✓	✓		✓		
CARDIOVASCULAR DISEASE	✓	✓	✓		✓		
LUNG DISEASE & ASTHMA	✓	✓	✓		✓		
IMMUNOCOMPROMISING CONDITIONS	✓	✓	✓			✓	
NO CHRONIC CONDITIONS	✓		✓				✓*

Influenza vaccine

To protect against seasonal flu every year

Pneumococcal vaccine

To protect against serious pneumococcal diseases

TDAP vaccine

To protect against tetanus, diphtheria, and whooping cough

HEP B vaccine

To protect against hepatitis B

Shingles vaccine

To protect against shingles

HPV vaccine series

To protect against human papillomavirus if you are a man or woman up to age 26 years

Td vaccine

To protect against tetanus

Check with your Dr. since additional vaccination needs vary and are determined by your individual factors such as age, job, lifestyle, travel habits, and past vaccinations.

For more information on vaccinations and chronic conditions please visit <https://www.cdc.gov/features/vaccineschronicconditions/index.html>

* If you receive Tdap vaccine – you don't need Td vaccine.



AUGUST TIP SHEET



CAN YOUR MENTAL HEALTH CHANGE OVER TIME?

Yes, it's important to remember that a person's mental health can change over time, depending on many factors. When the demands placed on a person exceed their resources and coping abilities, their mental health could be impacted.

The COVID-19 pandemic has likely created mental health difficulties for those who previously had not been identified with a mental health disorder. For some individuals this may be the first time that they feel pushed beyond their ability to cope. Many people feel their life is out of control and are unclear about what to do.

GET HELP WHEN YOU NEED IT

Hoping mental health problems will go away on their own can lead to worsening symptoms. If you have concerns or if you experience worsening of mental health symptoms, ask for help when you need it, and be upfront about how you're doing.

If your organization has an EAP - reach out to them.

EAPs can play a critical role in reducing individual stress related to family caregiving or other work-life balance issues. EAPs are designed to offer confidential short-term counseling and information to individuals for work and personal concerns.

If you don't have access to an EAP – check out the options below.

- Call your primary care provider or a mental health professional to ask about appointment options to talk about your anxiety or depression and get advice and guidance. Some may provide the option of phone, video or online appointments.
- Contact organizations such as the National Alliance on Mental Illness (NAMI) or the Substance Abuse and Mental Health Services Administration (SAMHSA) for help and guidance.
- Check for state and local programs. New programs to get physical and mental healthcare, food to families, any other assistance to people who have lost income are popping up. People who want to find new ways to spend time are volunteering and helping people with tasks or just being available if a person needs someone to talk to.
- Smartphone apps for therapy allow you to connect with a mental health expert. While not free, many of these services offer lower-cost alternatives to traditional psychotherapy.