

SUMMER 2021

Healthy Together

1-800-562-4620 • WWW.OHPCC.ORG

How to Schedule Your COVID-19 Vaccine

Oregon is now scheduling COVID-19 vaccines through a program called Get Vaccinated Oregon. To register, you can go to www.getvaccinated.oregon.gov. All people ages 16 and older are now eligible for a vaccine. When doses are available, the program will schedule you for an appointment to get your shot. No more worries about when or where you can get your vaccine. Register today!

Where Do I Find the Vaccine?

- If you register with Get Vaccinated Oregon, you will not have to find the vaccine, it will find you!
- If preferred, you can also always coordinate with your primary care provider for your vaccine.

When You Register

- You will be asked questions. Your answers will be kept confidential.
- You will secure your place in line when the vaccine becomes available.
- Your second dose will be scheduled right away, once you get your first dose.

After You Register

- You will be contacted when it is your turn.
- You will be given a location as close to where you live as possible.
- You will have a choice of available dates and times.
- You can request special accommodations.
- You can request NEMT (nonemergency medical transport).

When You Get the Vaccine

- Wear a clean face mask.
- Do not go to your vaccine appointment if you are sick, have a fever or are waiting for results from a COVID-19 test.
- Each appointment will take up to 1 to 2 hours:
 - Try to arrive no more than 5 minutes prior to your appointment time.
 - Bring your identification.
 - Be ready to answer questions about your COVID-19 status.
 - You will be given information about the vaccine you received.

- A health care professional will watch you for any side effects.
- You will learn which side effects to watch for at home.

Thank you for getting vaccinated!



**See Page 3
for COVID-19
Vaccine
Myths ...
Busted!**

Have more vaccine questions?
Call our 24/7 NURSE ADVICE
LINE any day, any time.
1-800-562-4620
Interpreters are available!

getvaccinated.oregon.gov



Provided as a benefit to
Oregon Health Plan Care
Coordination Program clients

Brush for Better Brain Health

Good oral health does more than keep your breath fresh and your teeth white. It also helps protect your brain and your memories. This is according to recent research that shows a link between gum disease and your chances of getting Alzheimer's disease.

What the Science Says

One reason scientists think there is a link is because the same bacteria that causes gum disease can also be found in the brains of people with Alzheimer's disease.

Other research supports the connection. In another study, patients with chronic periodontitis (CP) — a type of gum disease — were compared with patients without CP. The results showed that after 10 years, those with CP had more than 1 ½ times the risk for Alzheimer's disease.

Taking Care of Your Teeth

Brushing is a no-brainer for brain health. It can be easy to skip oral care at the end of a long day. But no matter how old you are, or how tired, brushing and flossing need to be on your to-do list. These activities will help prevent gum disease.

Follow these tips for a lifetime of beautiful smiles and lasting memories:

- Brush your teeth twice a day. Use fluoride toothpaste.
- Floss once a day. Rinse your mouth with water after you are done.

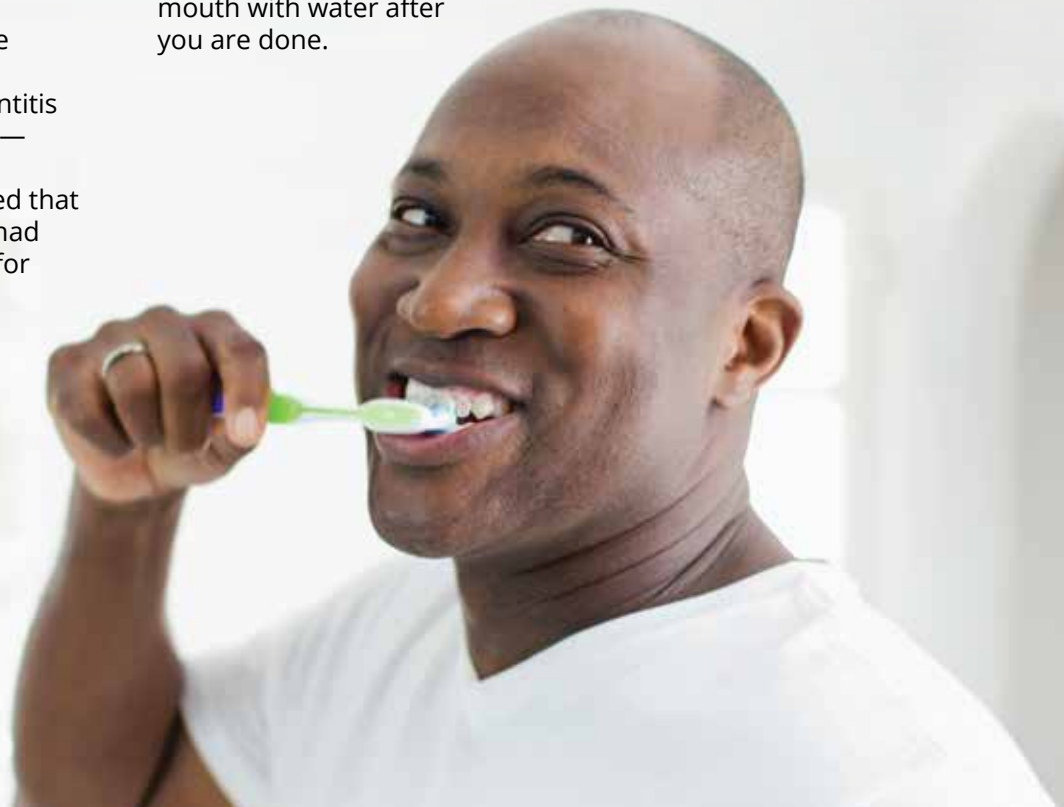
- See your dentist once or twice a year for a checkup and cleaning.
- Avoid sugary foods, sweetened drinks and tobacco.

Recognizing Gum Disease

If you have any of these symptoms, tell your dentist:

- Tender, swollen or bleeding gums.
- Loose teeth.
- Painful chewing.

Your dentist can check if you have gum disease and give you treatment.



+ health briefs

Get a Car Seat Checkup

Not all car seats fit all cars. To make sure your setup is safe, visit a car seat inspection station to have it checked by an expert. To find a location and learn more, go to www.nhtsa.gov and search for "installation help."



Ease Neck Pain

Try this gentle exercise. Relax your shoulders and tilt your head toward one shoulder until you feel the stretch. Hold for 15 to 30 seconds, then switch to the other side. Repeat 2 to 4 times in each direction.



Eating to Lower Stroke Risk

In a study of middle-aged women, diet changes were estimated to lower stroke risk by 23%. Key tips included cutting back on red meat, eating more fish and having a handful of nuts each day. Learn more tips at www.stroke.org.



COVID-19 Corner

Fighting Pandemic Fatigue

If you are tired of wearing masks, using hand sanitizer and doing extra cleaning, you are not alone.

Many of us have had enough. With the number of vaccinated people growing, many want to know why we still need to keep doing these things at all.

Whether you call it COVID-19 burnout or pandemic fatigue, it is real — and it is hurting our physical and mental health. It could also hurt our chances of stopping the virus and getting back to normal.

Even though the ongoing stress we are under is exhausting, we cannot lower our guard just yet. Instead, we need to fight the fatigue if we want to conquer COVID-19 and get back to normal. Here is how:

Stay Social

We all have spent a lot less time with others during the pandemic. But that has not changed the value of being social for our mental health. Keep checking in with loved ones and planning socially distanced outings with friends. If you are fully vaccinated, take advantage of new CDC guidelines that allow for some safe in-person visits, too. Just be sure to wear a mask and use social distancing as recommended.

Refocus on Health

COVID-19 weight gain. Binge drinking. Binge watching! The pandemic has disrupted our routines and led many of us to form less-than-healthy habits. To get back on track, now is the time to refocus on self-care. Try a nutritious recipe, get

plenty of exercise and prioritize sleep. Healthy habits boost mood and energy levels. They can also strengthen the immune system.

Refresh Your Efforts

Remember how good you were about hand-washing at the start of the pandemic? While it is normal to ease up over time, the virus is still around. Help reduce transmission by hitting reset on your safety focus if needed.

Control What You Can

It can be hard to watch others ignore safety while you skip activities and lose out on time with loved ones. But stay the course! Know that your efforts to stop the virus from spreading are worth it. Besides, you can only control your own actions. Be proud of them.

Note: The information in the COVID-19 articles was current at time of publication. For the most up-to-date guidelines, visit www.cdc.gov/coronavirus.

COVID-19 Vaccine Myths ... Busted!

- ✗ **No.** The vaccine does NOT contain any live COVID-19 virus.
- ✗ **No.** The vaccine CANNOT give you COVID-19.
- ✗ **No.** There are NO microchips injected with your vaccine.
- ✗ **No.** The vaccine is NOT known to impact fertility.
- ✗ **No.** The vaccine will NOT alter your DNA.
- ✓ **Yes.** The vaccine IS safe and effective against COVID-19.

What about new variants? Does the vaccine work against those, too? Studies are ongoing, but the results have been promising. While we wait for more data, one thing is certain. The more people who get vaccinated, the harder it will be for variants to spread. In other words, this is another reason for you, and for everyone, to get vaccinated now!





PSRST STD
U.S. POSTAGE
PAID
Permit No. 801
Long Prairie, MN

Oregon Health Plan Care Coordination
P.O. Box 2480
Tualatin, OR 97062

Ready to quit tobacco?

Call a Quit Coach 24 hours
a day, 7 days a week,
in 170+ languages:

1-800-QUIT-NOW (1-800-784-8669)

1-855-DÉJELO-YA (1-855-335-3569)

Online:

www.quitnow.net/oregon

Call **1-800-562-4620** to discuss any of the topics in this newsletter or
any other health issues. Visit our Website at **www.OHPCC.org**.

10292M

Developed by Krames

For Lasting Pain Relief, Try Physical Therapy

Millions of Americans live with constant pain. It may be from arthritis, low back pain or headaches. Pain can also come from illness, infection or overuse injuries.

Often, medicine seems like the only way to get relief. But physical therapy is another option that uses a hands-on approach to ease pain. If you need help with pain relief, ask your primary care provider if this option is right for you.

What to Expect

To start, the physical therapist (PT) will ask questions about your pain. They will also test your strength and mobility. This is done by gently guiding you through movements and noting when you have pain. This will lead to a treatment plan to:

- Reduce pain.
- Improve movement.
- Restore function.
- Prevent future problems.

Ongoing visits with a PT may include exercise, massage and education. Your PT may also suggest use of a splint or special equipment, heat and ice, or an ultrasound.

Beyond Therapy

To help speed recovery, you will likely be taught exercises to do at home. You might learn new ways to do daily activities. These things will help you avoid reinjury. As your pain gets better, your PT will tell you how to keep feeling good.

Want to learn more? Start by talking with your primary care provider. If you do not have one, we can help. Just call **1-800-562-4620**.

