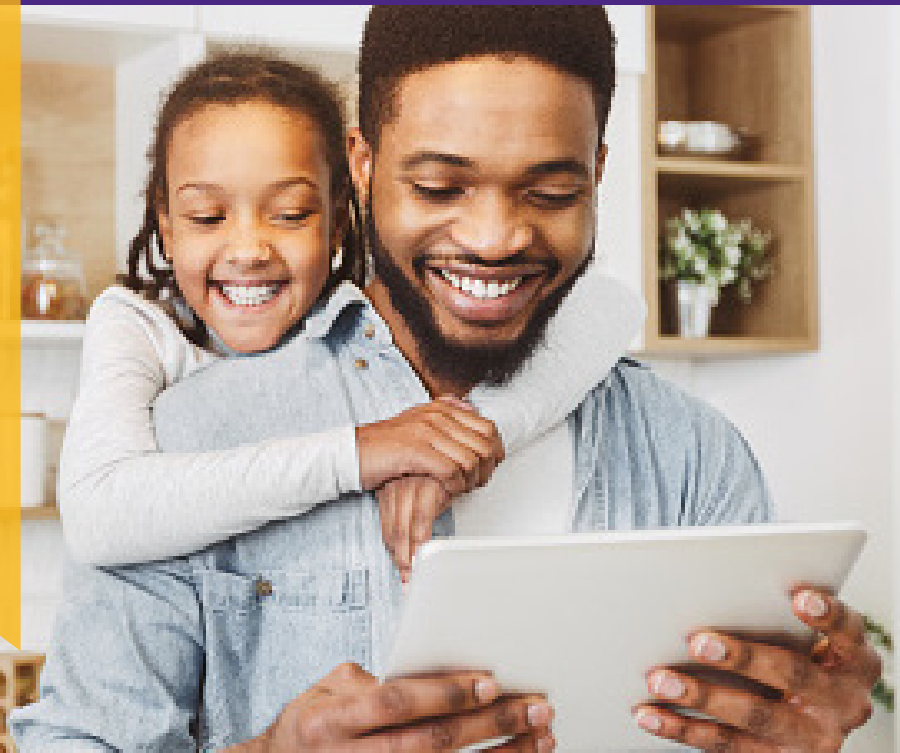


HEALTH MATTERS

2020, Volume 3



Healthy Holidays

Being home for the holidays takes on new meaning this season as we prepare to celebrate with friends and family. We may not be able to celebrate our favorite holidays the same way we always have, but we have an opportunity to get creative and start new traditions.

Whether you're hosting or attending, first consider what will make you and other guests feel most comfortable. If you can, find ways to gather outside. If you have to bring the party inside, limit your guest list. Bigger families or friend groups can also break off into smaller gatherings based on location to cut down on travel. The most important to-do this year is to set expectations. Either on the invitation or over the phone, rules should be communicated ahead of time. When in doubt, don't be afraid to ask questions. For example, you may want to know if you'll be asked to wear a mask or take special precautions. Keep an open mind, be patient with one another, and always have extra supplies like hand sanitizer handy.

Remember, just because you host every year, or you brought everyone's favorite dish last year, doesn't mean you need to do the same this year. Our comfort levels may be different, but there are lots of other ways to feel connected.

If you're staying home, change your scenery by decorating a new space or schedule a holiday-themed virtual call with your closest crew. The little things are what make this time of year feel so special, no matter where you are.

It's Not Too Late to Get Your Flu Shot

It's one of the easiest ways to help you stay healthy every winter. You can visit your doctor to get your flu shot or go to a local pharmacy if it's easiest.

Learn more at emblemhealth.com/flu.

Consider AdvantageCare Physicians* (ACPNY) — At ACPNY, you can get your flu vaccination during a regular medical visit or by scheduling a specific flu shot appointment. Many of the 37 ACPNY office locations across New York City and Long Island will have designated Saturdays for flu vaccination appointments. In the Bronx, patients may visit three convenient locations of BronxDocs.**

To schedule a flu shot appointment:

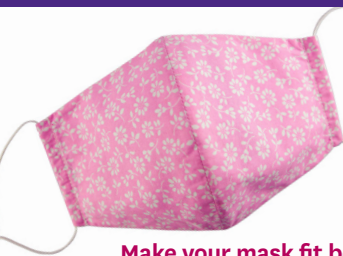
- **ACPNY:** Go to acpny.com/flu or call **646-680-4227**
- **BronxDocs:** Call **646-680-5200**

Source: CDC

*AdvantageCare Physicians is part of the EmblemHealth family of companies.

**BronxDocs is an affiliate of AdvantageCare Physicians.





Make the Most of Your Mask

To help prevent the spread of COVID-19, your mask should fit snugly over your face — from the bridge of your nose to under your chin — to prevent germs from entering and leaving as you breathe. The sides should be flat against your cheeks with no gaps. Here are tips on how you can make your mask more comfortable and safe.

Make your mask fit better. If it's too large, shorten the ear loops by tying a knot in each loop. Make sure the knot is behind your ear and doesn't pull the top and bottom of the sides together. If it's too small, tie a piece of string to each ear loop and tie the strings together behind your head.

Prevent your glasses from fogging up by rubbing dish soap onto both sides of each lens and rinsing off. This will create a clear layer that will reduce temperature changes to your lenses that cause fogging. When wearing your mask, shape the fabric around your nose and place your glasses over the mask.

Give your ears a break by attaching a paper clip to the ends of each loop, then pull the loops to the back of your head and fasten together with the clips — like a headband.

Visit [cdc.gov](https://www.cdc.gov) for the latest mask guidance.

Stay Informed

During these uncertain times, we want to make sure that you get the information you need about COVID-19, your benefits, and more. You can find updated information at [emblemhealth.com/covid19](https://www.emblemhealth.com/covid19). We also encourage you to check the Centers for Disease Control and Prevention (CDC) website at [cdc.gov](https://www.cdc.gov) or your state's department of health webpage for the important updates.



And be sure to visit [emblemhealth.com/blog](https://www.emblemhealth.com/blog) for the latest health and wellness information, resources, and more.

Defend Against Winter Blues

During the winter months, you may feel moody, anxious, or less energetic. It's also common to feel the need to sleep and eat more and be less social. These symptoms are part of a condition called seasonal affective disorder (SAD), or winter blues, that's likely caused by a mismatch between your body's natural rhythms and the timing of sunrise and sunset.



After several months of lockdowns and limited social gatherings, this winter may be especially difficult. You can prevent or relieve SAD by getting the right amount of sleep, eating right, and exercising daily. If those things aren't helping you feel better, talk to your doctor.

Let Us Be Your Compass

We can help guide you on your journey to better health. Our **health assessment** questionnaire provides a snapshot of your health as well as suggestions for maintaining and improving it.

Take your health assessment today.

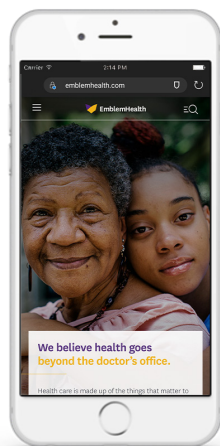
Sign in to your EmblemHealth

member portal at

[emblemhealth.com/sign-in](https://www.emblemhealth.com/sign-in).

Click the "Manage Your Health" tab and select the "Health Assessment" option in the dropdown menu. Or, call

Customer Service at the phone number on the back of your member ID card (TTY: 711), 8 am to 6 pm, Monday to Friday.



Choose the Right Doctor for You

Choosing the right primary care doctor, who will manage your everyday care, is one of the most important things you can do for your health.

You can begin by searching for in-network doctors who accept your insurance plan by signing in at [emblemhealth.com/sign-in](https://www.emblemhealth.com/sign-in). Selecting an in-network doctor will usually result in less out-of-pocket costs. You can also narrow your search by doctor type, and select and save a primary care doctor to your account for easy access in the future.

Make sure the office locations and hours of operation fit your lifestyle. Whomever you choose as your doctor, be sure you both communicate often.