

Member Newsletter

Issue 5: Fall 2021



Fall for Healthy Habits

Fall means changing leaves, pumpkin patches, shorter days, rain and cooler weather. It's also a time to prepare yourself for the holidays and the coming winter. Below are tips for staying healthy this season¹:



Get your Flu Shot

- CDC recommends everyone get a flu shot to protect them.² You can get a flu vaccine at medical offices and pharmacies. Even though there's a chance you can still get the flu if you are vaccinated, your risk of serious illness and hospitalization are lower.³
- Flu vaccination is especially important for people with chronic health conditions including heart disease, chronic lung disease and diabetes.
- With COVID-19 still circulating, it's especially important to prevent the flu and keep people as healthy as possible.
- Ask your doctor if you have concerns or questions about the flu shot.

¹CDC. 12 Tips for a Healthy Fall: <https://www.cdc.gov/chronicdisease/resources/infographic/healthy-fall.htm>

²CDC. Who Needs a Flu Vaccine and When: <https://www.cdc.gov/flu/prevent/vaccinations.htm>

³CDC. Key Facts About Seasonal Flu Vaccine: <https://www.cdc.gov/flu/prevent/keyfacts.htm>

Continued on the next page

Fall for Healthy Habits cont.



Wash your Hands

- To avoid the flu and other viruses that tend to circulate in the fall and winter



Avoid Falls

The fall rain and leaves make the ground extra slippery. Here are tips for avoiding falls. Other tips include⁴:

- Wear sturdy, non-slippery shoes
- Use non-slip bathmats in the tub or shower
- Always use stair railings
- Exercise to improve muscle strength and balance
- Stand up slowly if you get dizzy
- Talk to your doctor if you often feel dizzy or “wobbly”



Sleep

Sleep is critical for supporting our overall health – from our mood to our immune system. Lack of sleep puts us at higher risk for depression, obesity, type 2 diabetes and heart disease. Adults need at least seven hours of sleep a night. An estimated one in three U.S. adults do not get enough sleep.

Below are the CDC’s tips for healthy sleep habits⁵:

- Try to go to bed at the same time each night and get up at the same time each morning, including on the weekends
- Remove electronic devices such as TVs, computers and phones (as much as possible) from the bedroom
- Make your bedroom quiet, dark and relaxing
- Avoid tobacco
- Avoid large meals, caffeine and alcohol before bedtime
- Exercise! Exercise during the day can help you fall asleep more easily at night

What will you do to stay healthy this fall?

⁴Mayo Clinic. Fall prevention: Simple Tips to Prevent Falls: <https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/fall-prevention/art-20047358>

⁵CDC. Sleep and Sleep Disorders. <https://www.cdc.gov/sleep/features/getting-enough-sleep.html>

⁶CDC. Do You Get Enough Sleep? <https://www.cdc.gov/chronicdisease/resources/infographic/sleep.htm>

New Option for Rides to Oregon Health Plan (OHP)-Covered Appointments

During COVID-19, you may be able use a taxi or service like Uber or Lyft to travel to health care appointments. To do this:

- Call your local OHP ride service. They will find the least expensive option that is right for you.
- If they approve using a taxi or service like Uber or Lyft to get to your appointment, you would pay for the ride.
- After the ride, you would send the OHP ride service your receipt, and any other documents they ask you to send.

If you have questions, [call your local OHP ride service](#).

We Want to Hear from You

If you would like to be featured in the newsletter, please talk to your Comagine Health care manager or care coordinator.

We welcome your suggestions for this newsletter. Send your ideas to ORBHSupport@comagine.org.



We're Here for You

We're here to support you. Please contact us with any questions or concerns.

- Call us at 888-416-3184.
- If you use TTY/TDD, you can call us by dialing 711 and then our phone number: 888-416-3184.
- Send an email to ORBHSupport@comagine.org.
- Send us a message by using our contact form:
<https://comagine.org/program/oregon-behavioral-health-support/contact>

Translation

This newsletter is also available on our website in Spanish: <https://comagine.org/resource/1920>
and English: <https://comagine.org/resource/1919>

If you would like a copy in another language, please let us know by email us: ORBHSupport@comagine.org.