Don’t Miss Your Shot!
Why Flu Shots Matter

It’s a tiny needle—with a lot of power. A yearly vaccine is your best defense against the flu, according to the Centers for Disease Control and Prevention (CDC).

Why is this protection so important? Influenza, or the flu, can do more than make you feverish, achy, and miserable. It can lead to life-threatening infections, like pneumonia. If fact, every year, thousands of people end up in the hospital or die from what started out as the flu.

PICK A DATE TO STAY SAFE

The CDC recommends a yearly flu vaccine for everyone six months of age or older. It’s especially important if you have a chronic health problem—such as asthma, COPD, heart disease, or diabetes. The flu can make your condition worse, and you have a higher risk of serious complications.

It’s best to get vaccinated before the end of October, when flu outbreaks tend to start. What if you miss that early opportunity? Better late than never. Flu viruses stick around for months—even into the spring—so, it’s always a good idea to get vaccinated.

Sources: cdc.gov/flu/about/burden/faq.htm
Do I Need Protection from Pneumonia?

It’s a good question to ask at your next doctor’s visit. Every year in the U.S., pneumonia causes thousands of hospitalizations and deaths.

But two vaccines can help prevent this common lung infection. Vaccination is important for anyone at high risk for pneumonia:

> Adults age 65 years or older
> Children under 5 years
> People with chronic health conditions, such as lung disease

**FOR YOURSELF, FOR YOUR FAMILY**

Your doctor can help you and your whole family get the vaccines you need—and not just against pneumonia. Other vaccines can help prevent diseases that sometimes lead to pneumonia, like the flu, the measles, whooping cough, and chickenpox.

Pneumonia is serious. Ask your doctor which vaccines can help protect you and your loved ones.

*Sources: American Lung Association; Centers for Disease Control and Prevention*

---

Medication Management Made Easier

Medications for chronic obstructive pulmonary disease (COPD) are many and varied.

Some medication should be taken every day to keep symptoms under control. Others might be used only when symptoms get worse.

If you take multiple medications, it can be a bit confusing. But taking your medications as directed can help you breathe better and have fewer flair-ups.

Here are five tips for managing your medications:

1. Put together a medication chart that shows what you take and when.
2. Use a weekly pill box that has separate sections for each day and for different times of the day.
3. Set an alarm to go off whenever it’s time to take medication. (You can set an alarm on your cellphone if have one.)
4. Add your medications to your daily routine. For instance, take morning or evening doses right after brushing your teeth.
5. Keep one-day’s supply of medication with you at all times. That way if you can’t get home to take your medication, you won’t fall off your schedule.

*Sources: American Lung Association*
Some people have also found support groups beneficial in helping overcome anxiety and the feeling of loss associated with COPD. Check out these websites for information about COPD support groups:

- [lung.org/support-and-community/better-breathers-club/](https://lung.org/support-and-community/better-breathers-club/)

**References**

[intermountainhealthcare.org/ext/Dcmnt?ncid=51089335](https://intermountainhealthcare.org/ext/Dcmnt?ncid=51089335)

---

### Depression and COPD

Depression is common following a diagnosis of COPD and can make COPD symptoms worse. Depression can also interfere with normal daily activities. Here are a few symptoms of depression to watch for:

- Feeling down, hopeless, irritable, or out of sorts
- Taking little interest or pleasure in things you used to enjoy
- Trouble falling or staying asleep, or sleeping too much
- Feeling tired or having little energy
- Poor appetite or overeating
- Trouble concentrating
- Wanting to be alone
- Moving or speaking so slowly that other people may notice or feeling so restless that you move around a lot more than usual
- Feeling bad about yourself—thinking you’re a failure or that you’ve let yourself or others down

Because depression and COPD can have many of the same symptoms, depression can be difficult to diagnose. Check with your doctor, be honest about your symptoms, and work together to help feel as good as you possibly can.

---

If you’ve tried to quit tobacco before without success, **try again**.

Most people make several attempts before they’re able to **quit tobacco for good**.

More than 50 million Americans have quit tobacco.
The content presented here is for your information only. It is not a substitute for professional medical advice, and it should not be used to diagnose or treat a health problem or disease. Please consult your doctor if you have any questions or concerns. The information that is contained in this newsletter does not guarantee benefits. Member discounts are not considered a plan benefit. If you have questions or want to confirm your benefits, call Member Services at 800-538-5038.

If you have a Medicare Advantage® plan, call us toll-free at 855-442-9900, weekdays 7:00 a.m. to 8:00 p.m., Saturday 9:00 a.m. to 2:00 p.m., closed Sunday. Outside of these hours of operation, please leave a message and your call will be returned within one business day. TTY users, please call 711. SelectHealth is an HMO plan sponsor with a Medicare contract. Enrollment in SelectHealth Advantage depends on contract renewal.

© 2019 SelectHealth. All rights reserved. 16985022 09/19
© Coffey Communications 2019

Stay in the know with the SelectHealth mobile app.

The SelectHealth® mobile app is your go-to resource for on-demand information about your health plan. Take advantage of features like:

- Plan details and member profile pages
- Medical cost estimates for specific services and procedures
- Premium payments through the app (Individual plans only)
- Claims information for medical, dental, and pharmacy
- Helpful plan documents
- Wellness tips and resources

Carry less. Know more.