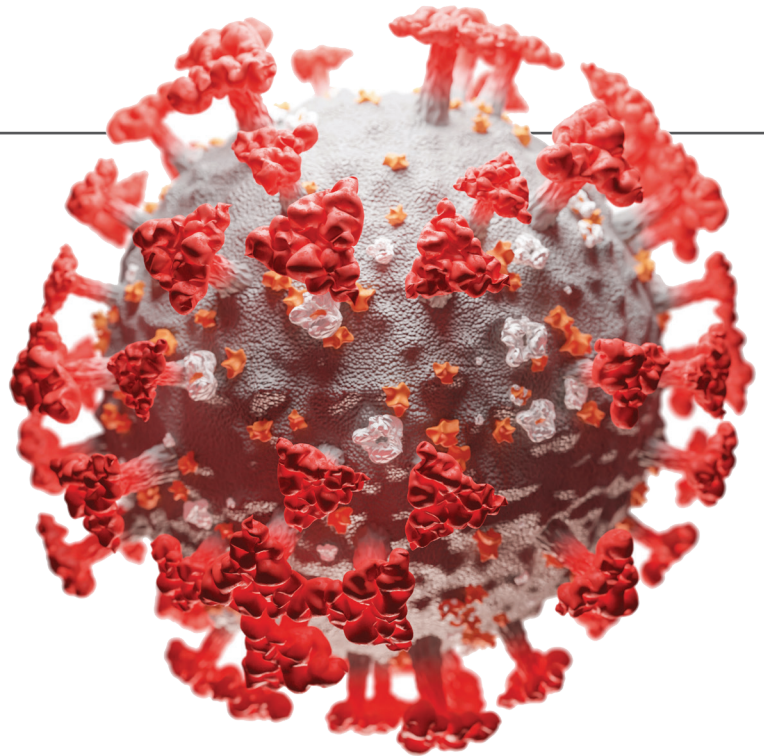


# Check Up

**CCA Magazine**



## **The COVID-19 Issue**

**What You Need To Know About The Coronavirus (COVID-19) Outbreak**

- Plan for Some Self-Care
- How to Make Your Own Sanitizer
- An Easy Recipe Using What You Have
- CCA Pharmacy and Dental Care Updates
- And More!

# Coronavirus (COVID-19) Guidelines for CCA Members

Older people and people with long-term health problems are at higher risk for getting very sick from coronavirus (COVID-19). The best way to prevent illness is to **stay home** and avoid being exposed.

You can also take these extra steps to stay protected:

1



Wash your hands often and for at least 20 seconds.

2



Keep a supply of medications and groceries you need.

3



Track how you feel and keep in touch with your doctor.

4



Clean and disinfect surfaces in your home daily.



## Have a plan for if you get sick.

It's important to know who will take care of you. Make a plan for if your caregiver gets sick too.

If you develop symptoms such as fever, cough, and shortness of breath, call your doctor.

For the latest COVID-19 updates and guidance from the Massachusetts Department of Health, text **COVIDMA** to 888-777 or visit [www.mass.gov/covid19](http://www.mass.gov/covid19).



For coronavirus (COVID-19) updates from CCA, please visit our website: [www.commonwealthcarealliance.org/members](http://www.commonwealthcarealliance.org/members)

# This is a Stressful Time.

## Be Kind to Yourself.

COVID-19 is affecting more than just our physical health. It is impacting our thoughts, feelings, and actions. It is causing stress. Everyone handles stress differently. It is important to find ways to lower your stress that work best for you. Here are **3 suggested steps** that can help:

### Step 1 Rate how you feel.

Think about how you felt before the coronavirus began. Circle your response below. **On a scale from 1-5, how much more...**

**Anxious and upset** are you now?

1    2    3    4    5

**Bored and depressed** are you now?

1    2    3    4    5



### Step 2 Make a plan.

For every point you gave yourself on the **Anxious and Upset** scale, come up with 2 activities that help you express yourself.

**IDEAS:** Call a friend, dance, or practice breathing exercises (check YouTube for tutorials)

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For every point you gave yourself on the **Bored and Depressed** scale, come up with 2 activities that make you feel useful and good about yourself.

**IDEAS:** Listen to music, reach out to someone who's feeling lonely, or cuddle with a pet

.....

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### Step 3 Stick to your plan.

Make a schedule. Look at each day. Put the activities you came up with into the times you are free. Make a list of healthy rewards for when you complete an activity. **Think of this as a game you win by taking the best care of yourself.**

Your emotional health is as important as your physical health. We are living through a unique time, and a greater level of self-care will help you cope.

# Do-It-Yourself Disinfectant and Sanitizer

CCA is getting many requests from our members for supplies like hand sanitizer and disinfectant sprays and wipes. CCA regularly checks with companies and stores that typically carry these supplies, but they generally do not know when they will have these available. To help, here are suggested recipes for you to make these items at home.



## Hand Sanitizer

### Ingredients

- 2/3 cup isopropyl rubbing alcohol that is 70% ABV (alcohol by volume) or higher
- 1/3 cup aloe vera gel

### Directions

Mix well and fill a container of choice with a lid.



## Disinfectant Cleaning Spray

### Ingredients

- 1 ½ cups of alcohol or isopropyl rubbing alcohol that is more than 100 proof or 70% ABV (alcohol by volume)  
*Tip: Get the highest proof alcohol or alcohol concentration you can find. Vodka is one example.*
- ½ cup white distilled vinegar
- Optional: 50-60 drops of tea tree essential oil or lavender essential oil (as an antibacterial agent)

### Directions

1. Pour alcohol and essential oils in a container with a lid.
2. Shake the bottle to combine the alcohol and oils.
3. Add the vinegar. Shake the bottle again.

### **Important Notes**

- Rubbing alcohol can damage painted and varnished surfaces. Test before using it on any large surface area.
- Do not use on special stone surfaces, like granite or marble.

# Pharmacy Corner

CCA wants to help you stay home during the coronavirus outbreak. Our members may get a one-time early refill of their prescriptions. This is to help you have enough of your medications. If you have multiple medications, you can get an early refill one time for each drug. Some medications, such as opioids or controlled substances, are not eligible for early refill.



## CCA has a large pharmacy network with many resources.

### Ask your pharmacy about:



#### Home delivery

Many pharmacies provide home delivery. Some pharmacies, like Walgreens and CVS, are waiving their delivery fees currently.



#### Drive-up window

Many pharmacies have a drive-up window. Drive-up windows provide an option to pick up medications without going into the store.



#### Same-day refills

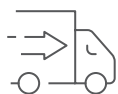
To reduce the number of trips to the pharmacy, ask your pharmacist if they can have all your medications filled on the same day.

## And, don't forget about these options from CCA:



#### Mail Order Delivery

- Place your prescription order by calling **1-800-607-6861** or by going online: [www.pharmacy.costco.com](http://www.pharmacy.costco.com).
- We recommend having a 14-30-day supply of medications before you set up mail order.



#### Transportation

- CCA provides transportation to pharmacies for CCA members who do not have access to private or public transportation.
- Please call **855-204-1410** to request transportation.

**Need More Information?** Call Member Services at

**866-610-2273 (TTY 711)**, 8 a.m. to 8 p.m. 7 days a week.



# Pantry Soup



Since going out isn't recommended, it's nice to have easy recipes that use what's in your pantry. This main-dish soup includes just a few ingredients that you may have stocked in your refrigerator or freezer.

**Prep time:** 5 minutes

**Cook time:** 10 minutes

**Total time:** 15 minutes

## Ingredients

- 6 cups low-sodium chicken stock
- 3 cups uncooked pasta of your choice
- 1 10-ounce package frozen chopped spinach, thawed and squeezed
- 1 to 2 teaspoons minced garlic
- 1 14.5-ounce can stewed tomatoes
- Dried basil, to taste
- Salt and pepper, to taste (~1/4 teaspoon each)

## Optional Ingredients

Not factored into Nutrition Facts below.

Grated Parmesan cheese or Parmesan-style grated topping for garnish

## Directions

Bring the stock to a simmer in a large pot over medium heat. Stir in the pasta. Simmer for 3 minutes. Stir in spinach, garlic, tomatoes, and dried basil. Season with salt and pepper. Return to a simmer and cook for 2 to 3 more minutes. Serve hot with the grated Parmesan cheese.

## Nutrition Facts

Serving size: 1 bowl  
Servings per recipe: 4

**Calories**      **260**

**Total Fat:** 1.5 g

**Cholesterol:** 0 mg

**Salt (sodium):** 621 mg

**Total Carbohydrates:** 49.4 g

**Dietary Fiber:** 4.8 g

**Sugars:** 4.5 g

**Protein:** 11.5 g

**Credit:** Food Network Kitchen



Are you on Facebook? We are too!  
We're sharing great resources here to help you cope during this hard time.  
Follow us: [www.facebook.com/CommonwealthCareAlliance](https://www.facebook.com/CommonwealthCareAlliance)

# Dental Care Requests During Coronavirus (COVID-19) Emergency

Dental services that have recently been approved by CCA will not expire during the coronavirus (COVID-19) emergency period.

If CCA approval (also called an “authorization”) was due to expire between March 16<sup>th</sup> and May 4<sup>th</sup>, CCA will extend the authorization for an additional 120 days. In light of dental office closures, this will help CCA members have more time to get the dental services they need.

## Example:

- You received a letter from CCA confirming approval for a dental service. March 17, 2020 was listed as the expiration date.
- Your approval is now extended to July 15, 2020. You have until July 15, 2020 to get the dental service you requested.



### Questions?

Call Member Services at **866-610-2273 (TTY 711)**  
8 a.m. to 8 p.m., 7 days a week.



You can also view your dental authorizations using the CCA Dental Portal:

[www.commonwealthcarealliance.org/members/dental-portal](http://www.commonwealthcarealliance.org/members/dental-portal)



## Get up to \$100 for the Items You Need Most

To help during the coronavirus (COVID-19) emergency, CCA launched a **Member Support Program**. This program can help cover the costs of basic daily needs, including food, household products, over-the-counter medications, and personal care items. We have partnered with NationsOTC<sup>®</sup> to bring you a safe and easy way to get what you need without leaving your home.



**If you have not already, place your order and receive free home delivery by:**

Visiting [www.NationsOTC.com/CCA](http://www.NationsOTC.com/CCA) or

Calling **877-237-8350 (TTY 711)**, 8 a.m. to 8 p.m., Monday – Friday



## Watch out for requests for your Medicare ID information.

CCA has become aware that scammers may claim to offer a coronavirus test, support to stay safe, or tell you that there are updates to your Medicare ID. The scams can take various forms. Scammers may try to reach you in different ways. Common ways include:



Phone calls



Emails



Text messages



Letters



Fake websites



Showing up at  
the front door

If you are unsure, make sure to slow down. Give yourself time to think. Tell the person you are not able to respond now. Talk to someone you trust first.