



Welcome to the Sentara Quality Care Network (or SQCN, pronounced "sequin")

You are receiving this because your doctor or provider is in the SQCN network. They have chosen to come together to offer you seamless healthcare.

This month we are covering these important topics:

- Flu, COVID-19, and RSV season
- Annual Wellness Visit
- Isolation and holiday blues
- Diabetes and healthy eating during celebrations

You have access to customizable, no-cost services. Find them [here](#). You can contact us at SQCN@sentara.com to get started. We look forward to serving you!

Medication Survey

Are you taking prescribed medications? If so, we would love to hear from you. Please click on the link below to access a 4-question anonymous survey about getting and taking your medication*.

[Medication Adherence Survey](#)

*If you are experiencing difficulties with your medications or have questions about your medications, please reach out to your prescribing doctor or provider.

Ask Your Pharmacist: Traveling with Medication

Are you traveling this holiday season? If so, be sure to pack a travel health kit. It should include everyday items and those that may be hard to find at your location.

Here is a checklist:

- **Bring all prescription and over-the-counter medicines** with enough to last your entire trip, plus extra in case of travel delays.
- **Pack meds in a carry-on bag.** Just in case your luggage is lost or delayed you won't be without them.
- **Keep prescribed meds in their original containers.** Make sure the label has your full name, healthcare provider's name, generic and brand name, and exact dosage.
- **Make copies of all prescriptions,** including the generic names.
- **Leave a copy with a friend or family member.** This is in case you lose your copy or need an emergency refill.
- **Bring a note from your doctor if you use controlled substances.** This includes injectable medicines, such as EpiPens and insulin.

Source: [Traveling Abroad with Medicine](#)

It's Flu, COVID-19, and RSV Season

The winter, consider getting vaccines for flu, COVID-19, and RSV. What is RSV? It stands for Respiratory Syncytial Virus. This disease can be dangerous for those that are young like babies and kids that are:

- Premature infants
- Up to 12 months old—particularly six months and younger
- Two years and younger with congenital heart disease or chronic lung disease

It also includes those with a weakened immune system and/or neuromuscular disorders. [Read more about ways to prevent RSV before and after birth.](#)

Older adults are also at-risk, including those with:

- Chronic heart or lung disease
- Weakened immunity
- Other underlying health conditions
- Residencies in long-term care facilities

[Read more about adult vaccines and where to find them.](#)

Source: [People at High Risk for Severe RSV Infection](#)

Annual Wellness Visit (AWV) Reminder

Are you 65 or over with Medicare or Medicare Advantage? If so, you are entitled to the AWV every year. This visit is an important conversation with your primary care team that will help with your ongoing preventive care plan. Download [this tip sheet](#) to learn more.

Holiday Blues: Depression and Loneliness

It's said that it is the most wonderful time of year. But not for everyone. **A survey done by the American Psychological Association found that more than 38 percent felt more stress, anxiety, and depression over the holidays.**

Celebrations around the holidays, increasing cold, and/or less hours of daylight may affect you or your loved ones. Here are some questions to ask your primary care team:

- I'm tired more often and don't seem to be sleeping well. What can I do to get better sleep?
- Most of my favorite activities take place outdoors, but it's cold so I am not moving around much. Are there ways I can stay active in the winter?
- With the weather being cold, I don't get a lot of sunlight. Can this affect my mood and energy?

- Even though I know the holidays are a happy time, I find it tough to be around family or friends. What can I do?
- Would it be possible to talk with someone about the way I have been feeling lately?

If you would like to connect with our care management services, please email SQCN@sentara.com. Consider using the Pyx Health app for daily interactions. More details below.

Source: [Minding Your Mental Health This Holiday Season | Psychology Today](#)

Program Update: Pyx Health is a Gift of Companionship

The winter season can be the loneliest time of year for many.

The holidays and shorter days are not always full of cheer, but Pyx Health is here for you. The no-cost Pyx Health program offers caring humans to call for extra support, and a mobile platform to help connect you to the resources you need all in one place. With Pyx Health, no one has to feel alone.



Here's a quick, [two-minute video](#) to show you more!

Follow these easy steps to try it out. From a smartphone or tablet:

- Search "Pyx Health" in the App Store or Google Play and download the app to your smartphone or tablet.

Don't have a smart device? No problem, sign up by:

- Landline: Call 1-855-499-4777
- Web app: [Pyx Health app](#)

Contact the team at SQCN@sentara.com for more information.

Care Corner: Diabetes and the Holidays

Holidays and special events can be challenging for anyone. Your plans may include travel. Or there may be a series of celebrations. Trying to eat healthily may be hard. For those with diabetes, this may feel impossible. How do you watch what you eat and have fun?

Here are some tips to help you enjoy yourself and your food:

- Keep to your regular food schedule so you don't eat too much at one meal.
- If going to a restaurant, look at the menu online and make a healthy choice before you go.
- Eat slowly and socialize with your meal.
- Bring a healthy side dish to a potluck, along with your own water bottle to drink.
- Indulge in small amounts of specialty foods while being mindful of the carb intake.
- Take a walk after your meal with family or friends.

There are many online resources to help you manage your diabetes around the holidays and regular days. Click on the resources to the right.

If you may benefit from our no-cost diabetes self-management services, please contact the care management team through SQCN@sentara.com.

The Centers for Disease Control and Prevention (CDC) offers an **Eat Well page** full of tips for meal planning, reading labels, and eating out.

And, **how to choose healthy foods on holidays and special occasions**, including buffets.

The American Diabetes Association has a variety of **diabetes-friendly recipes ideal for the holidays**.

December is International Sharps Injury Prevention Awareness Month and a good time to check your safety practices. This [FDA do's and don'ts tip sheet](#) provides more information.

Please note the following **discontinuation news on the Novo Nordisk Levemir® insulin products**:

- Levemir® FlexPen® will be discontinued on April 1, 2024

- Levemir® vial will be discontinued on December 31, 2024

There will likely be supply disruptions beginning mid-January 2024. If you take this insulin, please reach out to your prescribing provider for an alternative.

Questions? Contact the SQCN Team:

757-455-7330 | SQCN@sentara.com

Find a [SQCN Provider](#)

[Privacy Policy](#)

[Manage Preferences](#)

[Unsubscribe](#)

Sentara Health

1300 Sentara Park, Virginia Beach, VA 23464

© 2023 Sentara Health. All rights reserved.