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YEARS

# Latino Times



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## Special Healthcare Spotlights from Health Plan of San Joaquin

Flu & COVID-19 vaccinations  
Make the Difference

Protect your family and those around you by getting your flu shot. For National Flu Vaccination Month, here is what you need to know: It's OK to get the COVID vaccination or a booster at the same time as a flu shot. Keep in mind it takes two weeks to get full protection from both vaccines. If you schedule your 2 shots now, you will be ready for healthier gatherings with family and friends – especially keeping safe those who remain at high risk

For HPSJ members: Starting at 6 months and older, members who get

their flu shot this season are eligible for a \$25 gift card. Learn more at [www.hpsj.com/myrewards](http://www.hpsj.com/myrewards).

Diabetes Awareness Month - National Diabetes Prevention Program Health Plan of San Joaquin is proud to offer members the national Diabetes Prevention Program (DPP) in partnership with Melon Health. Studies show that setting clear health changes through this year-long program can help participants lose 5 to 7 percent of their body weight. That loss will lower their risk of getting Type 2 diabetes (high blood sugar) by 58%. By taking part online, HPSJ members will join a

health coach and be able to use the program by browser or phone app. Click <http://www.hpsj.com/dpp/> to learn more. Or go to the CDC website for information about Diabetes Prevention Programs, at [www.cdc.gov/diabetes/prevention](http://www.cdc.gov/diabetes/prevention).

Screen time for kids: What every parent should know

One of the first things babies reach for is a toy. But for many kids, tablets and cellphones are not far behind. During the holiday season, more kids will be home and exposed to more screens. How young is too young for kids to use screens? What

limits should parents set? Find an age-by-age guide at <https://tinyurl.com/2p8w6x4f>. Screens off, fun on!

Chronic Obstructive Pulmonary Disease (COPD) Awareness Month As we gather for holidays and reunions, families and caregivers can benefit from advice from healthcare providers and the COPD community to improve the lives of millions in America – and those locally – with Chronic Obstructive Pulmonary Disease. Click <https://tinyurl.com/5867tnd4> for a COPD Caregiver's Toolkit and all the ways you are not alone in caring for someone with COPD.