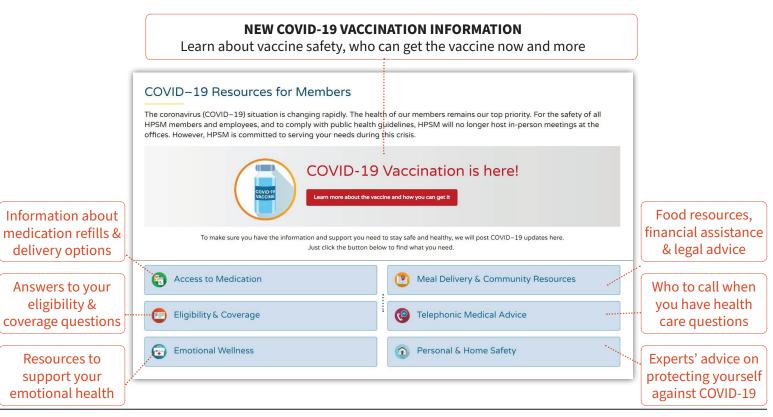


SOUTH SAN FRANCISCO CA 94080

PRSRT STD U.S. POSTAGE PAID HPSM

HPSM'S COVID-19 WEBSITE RESOURCES

Learn how to stay safe from COVID-19 — visit hpsm.org/COVID-19



HEALTH matters



COVID-19 VACCINATION SPECIAL EDITION





From the desk of Richard Moore, M.D. HPSM Interim Chief Medical Officer

GET THE COVID-19 VACCINE IT'S SAFE AND IT WORKS!

Now that the COVID-19 vaccines are available, the end of the pandemic is finally in sight. These lifesaving shots are now being given to those who need them most. We hope the vaccine will soon be made available to many more people. HPSM is working hard to make sure all members can get vaccinated as soon as possible.

As a doctor, I urge you to get vaccinated when it is your turn. All three approved vaccines have gone through the same drug testing methods that experts have used for decades. These steps make sure that they are safe and work.

Getting vaccinated will help keep your family and community safe. It will also help end the pandemic. Then we will be able to gather again, and kids can return to in-person school. The COVID-19 shot is free to HPSM members. So please get vaccinated when it is your turn!

Visit
hpsm.org/covid-19/vax
to learn more about how
safe the COVID-19 vaccine
is, as well as:

COVID-19 Vaccine Safety



How to Get the COVID-19 Vaccine

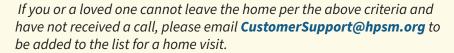


What happens after you get the vaccine



HOMEBOUND HPSM MEMBERS CAN GET VACCINATED FOR COVID-19 AT HOME

HPSM members who are unable to leave their home due to reliance on mobility devices and caregivers may be eligible to get a COVID-19 vaccination at home. HPSM's partner, HRSupport, will call eligible members by phone to set up appointments. HRSupport's trained and skilled health care staff will go to members' homes and vaccinate them.





GET THE LATEST COVID-19 VACCINATION INFORMATION COVID-10 VACCINATION

Visit HPSM.ORG/VAX



Our goal is to help get as many members as possible vaccinated as soon as possible. Right now, there still are not enough doses for all the people who need them, so many appointment slots may fill up quickly. If you have difficulty finding an open appointment, please keep checking. More appointments are being added weekly.

If you have any questions about the vaccine, visit **hpsm.org/covid-19/vax** for more information.

SAFEWAY IS OFFERING VACCINATION APPOINTMENTS JUST FOR HPSM MEMBERS



HPSM and Safeway are partnering to offer vaccination appointments just for members. Only HPSM members can use these slots. All others will be turned away.

- Appointments MUST be scheduled in advance WALK-INS NOT ACCEPTED
- Photo ID and HPSM Member ID card required at your appointment

If you cannot find an appointment at Safeway that works for you, visit hpsm.org/vax to find links to other pharmacies offering the vaccine. Members with limited WIFI access can call HPSM Customer Support for assistance in scheduling vaccine appointments.

PREVENT COVID-19 FROM SPREADING IN YOUR HOME

In order to keep our families and communities safe, we must continue to practice the safety measures that help prevent the spread of COVID-19. The best place to start protecting yourself and your loved ones is right in your own home!



If someone in your household has COVID-19 and you may have been exposed, you should **stay in your** home until the quarantine period ends.



Wash your hands often with soap and water, or use hand sanitizer.



Avoid touching your eyes, nose, and mouth with unwashed hands.



All household members should wear a mask when they are in the same room or space as one another and if they leave home.



Put at least 6 feet of distance between yourself and other people. A mask is not a substitute for physical distancing.

Use HPSM's new COVID-19 Care Guide to protect your household from the spread of COVID-19. It includes:

- Actions you need to take if you or someone in your household has COVID-19
- Instructions on how to properly wear a mask, wash your hands and clean your home

Read and download HPSM's COVID-19 Care Guide at www.hpsm.org/COVID-19-care-guide

Get Vaccinated: they did!



I feel so relieved now that my mom has been vaccinated. She's very smart, but using the computer is challenging for her. I feel proud that I was able to sign her up and help keep her safe.

— Gabrielle A.



Now, that I have completed my 2 doses of COVID vaccine, I feel safer and protected! I encourage others to get vaccinated, be afraid of the virus and NOT the vaccine.

— Yolanda B.