[Date]

Dear NYC Care Member,

You have access to a wide range of health care services to help you stay healthy, especially during the COVID-19 pandemic, and regardless of your immigration status or ability to pay.

In this **My NYC Care** member newsletter, you'll get important information about:

+ **Membership services**
+ **Healthy living tips**
+ **How to access COVID-19 tests and vaccines**
+ **Stories of other NYC Care members**

Your health care teams at NYC Health + Hospitals are committed to your health and wellness, and value patient confidentiality. All eligible New Yorkers can sign up for NYC Care regardless of immigration status or ability to pay. Your information will always be kept private when you sign up or renew your membership.

If you have questions, please call us at **646-NYC-CARE (646-692-2273)** or visit our website at **www.nyccare.nyc** to learn more.

Thank you for trusting us with your care.

Marielle Kress

Executive Director
NYC Care
NYC Health + Hospitals

MY NYC CARE

NYC HEALTH+HOSPITALS

NYC CARE — Your Key to the City's Health Care

YOUR RIGHT TO HEALTH CARE

What You Can Do To Fight COVID-19

Get vaccinated!

The COVID-19 vaccine is safe, free, and easy. It is the best way to protect you against the deadly virus. All New Yorkers 12 and older are eligible for the vaccine and walk-ins and appointments are available at various sites across the city. We highly encourage all NYC Care members to get their vaccine today!

Two weeks after you are fully vaccinated, you no longer need to wear a face covering or stay 6 feet away from others in many places. However, you should still take these prevention steps:

+ **Stay home if you are sick**
+ **Wash your hands often**
+ **Wear a mask in indoor public spaces such as medical facilities and public transportation**

To learn more and find a vaccine site, visit **nychealthandhospitals.org/covidvaccine**.

And remember, you can get a free, safe, and confidential COVID-19 test at locations citywide. Visit **nyc.gov/covidtest** or call 212-COVID19 (212-268-4319) to find one near you.

The COVID-19 vaccine is safe and works well

Each of the COVID-19 vaccines currently being given in the US went through clinical trials with the participation of tens of thousands of people and safety reviews before the Food and Drug Administration (FDA) allowed them for use. These vaccines all work very well against severe illness and death due to COVID-19.
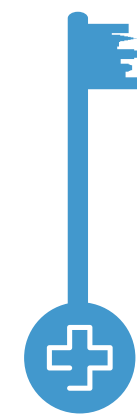
Like other vaccines, the COVID-19 vaccine can cause mild side effects. These side effects are signs that your body is building up protection against COVID-19. To learn more about what you need to know before and after you get the COVID-19 vaccine, visit **nychealthandhospitals.org/covidvaccine**.

Virtual Care – Anytime, Anywhere

As we continue to face the challenges of the COVID-19 pandemic, your health is more important to us than ever. Along with in-person appointments, NYC Care members have access to telephone and video visits. Connect with our health care providers without having to come into the doctor's office! Don't delay care! Call **646-NYC-CARE** and make your appointment today!

NYC Care is over 50,000 members strong!

+ **60 PERCENT** live in a neighborhood hardest hit by COVID-19
+ Over **50 PERCENT** are new to primary care at NYC Health + Hospitals
+ Members have received over **35,000** recommended cancer screenings
+ Over **50 PERCENT** of members with diabetes and high blood pressure have better control over these long-term diseases

You can help more New Yorkers unlock access to health care with dignity and respect. Tell a friend or family member to call **646-692-2273** to enroll today!

MEMBERSHIP UPDATES

Renew Your NYC Care Membership Every Year

NYC Care membership is good for one year. Yearly re-enrollment is required. Check your membership card for your enrollment date. If your membership end date is coming up or has passed, call **646-NYC-CARE** to:

+ Make an appointment

+ Get re-enrolled

+ Ask questions about your member benefits.

MEMBER SPOTLIGHT

"Before I became an NYC Care member in November 2019, I was scared to seek health care because of my immigration status. When I got COVID-19 last year, I had the confidence to seek help at NYC Health + Hospitals/Bellevue in Manhattan. I knew that as an NYC Care member I would safely have access to all the medical care I needed to save my life. I spent 21 days intubated and I fully recovered to tell my story."

– Miguel, 44-year-old member from Queens

Want to share your inspiring story about your experience with NYC Care? Send us an email at NYCCare@nychhc.org. Please use the subject line "MY STORY". Sharing your story will help others to get the health care they need and deserve! If you prefer, you can stay anonymous (we won't use your name with your story).

For questions, please email us at NYCCare@nychhc.org