

Weathering the Storm



Hurricanes are large, whirling storms with winds of at least 74 mph that form over tropical or subtropical waters. As hurricanes move over land, these violent storms can deeply impact homes, families, and communities. Hurricane season lasts from June 1 to November 30 each year.

BE READY!

Prepare yourself, your family, and your home for the upcoming hurricane season.

Have a Plan

Stay informed through your local news, weather stations, social media, etc., and make a plan to either evacuate or stay. If officials call for an evacuation, go. Keep in mind your physical and medical needs when considering your options. Also, talk to those who may be a support system for you—a family member, neighbor, friend, or community volunteers. Other ways to prepare:

- Sign up for emergency alerts
- Update your address here:
 kelseycareadvantage.com/members/memberforms/update-your-address
- Know your evacuation route
- Secure your home, flood, or renter's insurance early
- Build an Emergency Kit
- Prepare your home for harsh weather
- If you have pets, make a plan for them as well



Secure Your Medical Needs

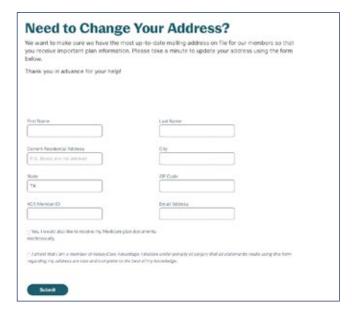
- Maintain a 30-day supply of medications
- If medicine must stay cold, consider how to store it
- Identify medical equipment that must stay charged (CPAP, pumps, etc.) and have a backup device if possible
- Keep medical records safe and easily accessible, including your KelseyCare Advantage Member ID card
- Have a list of emergency contacts
- Have a list of medications and allergies
- Talk with your care team about your preparations to ensure you're ready

Your Emergency Kit (list is not exhaustive)

- → Gallons of water
- → Non-perishable food (consider any special dietary needs)
- → Medications
- → Flashlights
- → Batteries, batteries, batteries!
- → Battery-powered radio
- → Cell phones with extra chargers
- → Changes of clothes
- → Cash
- → First aid supplies (band-aids, sanitizer, ointment, etc.)
- → Whistle to call for help
- → Personal documents (medical, financial)
- → N95 masks
- → Sleeping bags, blankets

Update Your Contact Information

Prior to large storms, visit our website and make sure we have your current address. Update your address at kelseycareadvantage.com/members/member-forms/update-your-address. You will need your KCA ID number located on the front of your ID card.



Local Resources

For more detailed information on hurricane preparedness, call 2-1-1 or visit the following sites:

- redcross.org
- h-gac.com/area-agency-on-aging/
- ready.gov
- readyharris.org
- unitedwayhouston.org
- fema.gov

Sign up for email and text alerts through both your local emergency management department and Emergency Alerts (<u>ready.gov/alerts</u>).

If you have a smart phone or device, you can also download the free Red Cross Emergency app.

KelseyCare Advantage

713-442-4878 (TTY: 711)

KelseyCare Advantage, a product of KS Plan Administrators, LLC, is an HMO and POS Medicare Advantage plan with a Medicare contract. Enrollment in KelseyCare Advantage depends on contract renewal. Hours are 8:00 a.m. to 8:00 p.m. local time, seven days a week, from October 1 – March 31. From April 1 – September 30, Monday through Friday, hours are 8:00 a.m. to 8:00 p.m. local time. Messaging service used weekends, after hours, and on federal holidays. KelseyCare Advantage, 11511 Shadow Creek Parkway, Pearland, TX 77584

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