

Pathways to Health Information On-line

“Travel This Road Safely
and with Purpose”



Goals for Today's Workshop

- Focus on **what's on important** to you
- Start **searching safely**
- Connecting with your **health insurance plan**
- Connecting with your **health care providers**
- Sites for updated information on the **Coronavirus**

Why Is Learning to Use Computer So Important?

- Provides the most up-to-date information
- Allows you to connect and share advice and support with others
- Can overcome barriers of language and disability
- An increasingly important part of health and wellness
- Gives consumers more power over their health care and choices



Be A Careful Traveler

You can use Google or Yahoo searches to find things of interest...

But start with Credible Sites

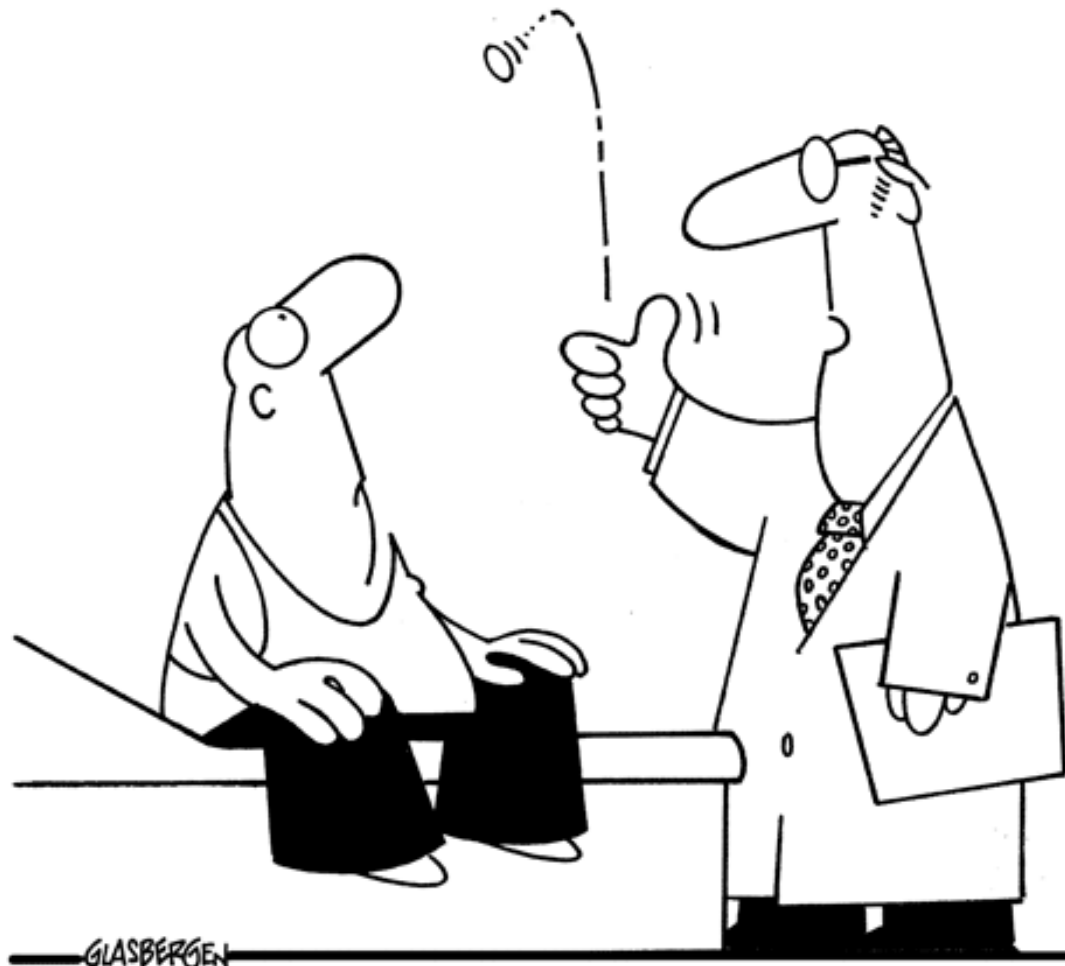
Look for sites that end in

- .gov
- .org
- .edu

Because they are not trying to sell you something

Getting Good Health Information

- No longer happens at the library
- Your computer or tablet is an up-to-date reference – anytime, anywhere
- Learn the pathways to the best resources for YOU
- Be a savvy traveler – be careful about information you share along the way
- Remember how to get home



**“Heads, you get a quadruple bypass.
Tails, you take a baby aspirin.”**

Some Great Places To Start

Federal Websites

- National Institute of Health www.nih.gov
- National Institute of Health Senior Health www.nia.nih.gov
- Medicare www.medicare.gov

State & Local Websites

Your Own Health Plan and Providers

Sites for Info about COVID-19

Local Information

SF Department of Public Health

www.sfdph.org

And if you use text messaging, you can **text COVID19SF** to 888-777 to sign up for official San Francisco text alerts about the virus.

The screenshot shows the San Francisco Department of Public Health website. At the top, there's a navigation bar with links for 'SF Health Network', 'Laguna Honda', 'News & Media', 'Donate', 'Contact Us', and a 'Select Language' dropdown. Below this is a search bar and a 'Frequently Asked Questions' link. The main header features the 'San Francisco Department of Public Health' logo and the 'San Francisco Health Network' logo. A large banner for 'CORONAVIRUS FACTS HERE' is prominently displayed, with a 'Click here for more information!' link. To the right of the banner, there's a section titled 'LISTEN, SHARE, CONNECT' with a 'CLICK HERE TO LEARN MORE' link. Below the banner, there's a 'HEALTH ALERT' section with several advisories: 'Health Advisory: New Guidelines for Treatment of Gonococcal Infection', 'Health Advisory: Eye Protection for Health Care Personnel During Moderate-to-Substantial COVID-19 Transmission', 'Health Advisory: Priorities for COVID-19 Testing', and 'Health Advisory: Required Best Practices for Reopening Ambulatory Care, Including Counseling and Other Healing Arts'. A 'LEARN MORE' link is provided. The bottom section features a 'Tweets by DPH' widget with a tweet from @SF_DPH celebrating Black History Month and mentioning Lavette Richardson, an ICU nurse at ZSFG. Below the tweet is a video player showing a woman wearing a face mask. To the right of the tweet is a 'COVID-19 Vaccine Info' section with a photo of two healthcare workers in PPE. The text states: 'The vaccine is here. Supplies are limited. It is expected to be available to everyone by the end of 2021. We are working with health providers and community partners to scale up large vaccination sites. Please continue to mask up, stay home, and avoid gatherings. Click here for the latest info.' Below this is a 'Flu Season is Here: Get your annual flu vaccine now!' section, which states: 'With COVID-19 and flu season overlapping, it is more important than ever to get a flu vaccine. Everyone ages 6 months and older should get their flu vaccine this fall. The flu vaccine protects everyone's health. It protects individuals from...' At the bottom right, there's a circular logo for the 'ACCREDITED HEALTH DEPARTMENT PUBLIC HEALTH ACCREDITATION BOARD PHAB' with the tagline 'Advancing public health performance'. Below the logo, it says: 'We are pleased to announce that the Public Health Accreditation Board has officially granted full accreditation the San Francisco Department of Public Health as of March 14, 2017. Read more here.'

www.nih.gov



! COVID-19 is an emerging, rapidly evolving situation.

- [Get the latest public health information from CDC »](#)
- [Get the latest research information from NIH »](#)
- [NIH staff guidance on coronavirus \(NIH Only\) »](#)

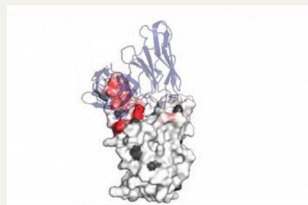
Therapeutics for COVID-19

Stay up to date on prioritized therapeutic agents for COVID-19 in ACTIV clinical trials.

[Learn more »](#)



In the News



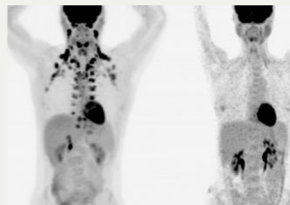
COVID-19

Predicting which mutations will resist antibody treatments.



Chronic Lung Disease

Preliminary study shows hyaluronan is effective in treating COPD.



Brown Fat

Studies suggest it may have beneficial health effects.



Suicide Prevention

Computerized adaptive screener may help identify youth at risk for suicide.

www.nia.nih.org



COVID-19 is an emerging, rapidly evolving situation.



[Get the latest public health information from CDC »](#)

[Get the latest research information from NIH »](#)

[NIH staff guidance on coronavirus \(NIH Only\) »](#)

HEALTH INFORMATION

RESEARCH & FUNDING

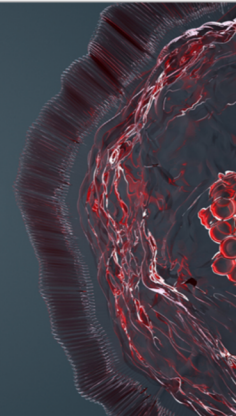
NEWS & EVENTS

ABOUT NIA

Coronavirus information

Get information for older adults from CDC.

coronavirus

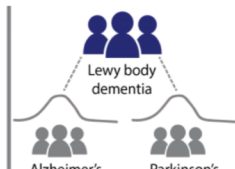


IN THE NEWS



February 18, 2021

[Cognitive impairment among factors linked to elevated death rates in](#)



February 16, 2021

[Genetic study of Lewy body dementia supports ties to Alzheimer's and](#)



February 11, 2021

[Seven recent papers amplify advances in Alzheimer's research](#)



February 17, 2021

[Strengthen research skills, support health equity with the 2021](#)

www.Medicare.gov

Español | A A Print

About Us | Glossary | CMS.gov | MyMedicare.gov Login

Medicare.gov

The Official U.S. Government Site for Medicare

Sign Up /
Change Plans

Your Medicare
Costs

What Medicare
Covers

Drug Coverage
(Part D)

Supplements &
Other Insurance

Claims &
Appeals

Manage Your
Health

Forms, Help, &
Resources

Need to change plans?

Find Health & Drug Plans

Log in/Create Account

See how Medicare is responding to
Coronavirus

Learn More



**2021 Medicare
costs**

See basic
Medicare costs



Get started

Learn about
Medicare



Find care

Search all
providers &
facilities



**Want a new plan
now?**

See if you can
join

Get Friendly with Your Health Plan and Providers –They Can Tell You...

- More about your health diagnosis
- What your plan covers and if there are co-payments
- More about your prescriptions and how to order on-line for delivery to your home bad interactions
- How to keep yourself healthy

Local Providers example - www.kp.org

What members can
access on-line from their
provider

! COVID-19: Latest updates about the vaccine, testing, how to protect yourself and get care. >

Coronavirus and COVID-19 concerns? [Request a test now](#) (kp.org sign-in needed)

Due to limited vaccine supplies we are currently prioritizing health care workers and people 75 and older. [Learn more.](#)

Kaiser Permanente is experiencing very high call volume related to the COVID-19 vaccine. We apologize if you are unable to reach a representative at this time. If you think you are having a medical or psychiatric emergency, hang up and dial 911 or go to the nearest hospital. You can find the latest information about the [COVID-19 vaccine](#), schedule [an appointment](#), or access an [e-visit](#) for many common health concerns. If you need to speak with a representative and were unable to reach one, please try your call again later.



 Marie ▾

[My Health](#)

[Medical Record](#)

[Message Center](#)

[Appointments](#)

[Pharmacy](#)

[Coverage & Costs](#)

[Health & Wellness](#)



Welcome, Marie



Let's Get on the Road...

- Find a few reputable sites as your home base
- Learn what they have to offer
- Get friendly with the sites of your health plan
- Practice communicating on-line to get timely information
- Take control of your health care

sfcommunityliving.org/covid-vaccine/

Community Living Campaign

Customize

6

0

New

Edit Page

Design with Toolset

Popup Maker

Insights 10

Events

Howdy, Marie Jobling

CALENDAR

VACCINATION INFO

COVID-19 Updates

News

SF Senior Beat

Contact Us

Donate



COMMUNITY
LIVING CAMPAIGN

Cultivating connections to help seniors and people with disabilities age and thrive at home.

HOME

COMMUNITY-BUILDING

CLASSES

OPPORTUNITIES

ADVOCACY

RESOURCES

ABOUT US

Coronavirus Information: Vaccines

Get Vaccinated Against COVID-19

We'll be updating this site regularly as new information becomes available. You can share the link for this site – <https://sfcommunityliving.org/covid-vaccine> – and invite folks to check out for new updates on vaccination sites. For a good overview about the vaccine, safety, efficacy, and San Francisco resources, start at [San Francisco's COVID-19 vaccine page](#). Download a [guide to frequently asked vaccination questions](#).

Schedule A Vaccination Appointment If You're Eligible

For those who are currently eligible to get a vaccine, scheduling an appointment can be an exercise in patience and persistence. Start with these link

- <https://myturn.ca.gov>. This statewide site provides access to vaccination appointments in various sites based on eligibility and none have been cancelled.
- <https://sf.gov/getvaccinated>. Within San Francisco, you can also check this centralized site. ← **WHATEVER ELSE YOU DO, SIGN UP HERE!**
- Vaccinations are free to anyone who lives and works in San Francisco, You do not need insurance to book an appointment.

Search

❤️

DONATE NOW

Stay Up to Date!

Sign Up for Our Monthly Email Newsletter to find out about upcoming events and classes, fun things to do, ways to make a difference, resources, and more.



Access your Health Provider

KAISER: Visit mydoctor.kaiserpermanente.org/covid-19/covid-19-vaccine or call you may also be able to schedule an appointment 415-833-2200.

CPMC/SUTTER: Call to schedule an appointment by phone at 844-987-6115 or at www.sutterhealth.org/for-patients/health-alerts/covid-19-vaccine.

SAN FRANCISCO HEALTH NETWORK is notifying patients by phone, text, or MyChart See sfhealthnetwork.org/covid-19-vaccine for more information.

UCSF: Patients and employees can schedule appointments through MyChart portal www.ucsfhealth.org/mychart. Visit coronavirus.ucsf.edu/vaccines for info.

Vaccinations - Where To Start

- <https://myturn.ca.gov>. This statewide site provides access to vaccination appointments in various sites based on eligibility.
- <https://sf.gov/getvaccinated>. Within San Francisco, you can also check this centralized site. ← **WHATEVER ELSE YOU DO, SIGN UP HERE!**
- Vaccinations are free to anyone who lives and works in San Francisco, You do not need insurance to book an appointment.
- **If you have a friend without computer access, help them sign up or get an appointment!**
- **Community Living Campaign computer trainers are also available to help. Call 415-821-1003 x109 or email tech@sfcommunityliving.org.**

Who Is Eligible When?

- ***Currently eligible for vaccines?***
 - Frontline healthcare workers (including IHSS workers)
 - Long term care residents
 - People 65 years and older
 - Caregivers, including those under 65, with an “attestation”
- ***Coming soon***
 - **Feb. 24** – people who work in childcare, emergency services food and agricultural sectors.
 - **March 15** - two groups of younger, high-risk Californians — people with disabilities and people with severe underlying conditions — will be able to get vaccinated against the coronavirus

Supplies remain limited

High Volume Sites

San Francisco's High-Volume Vaccination Sites

- **Moscone Center South (walk up) – paused for now**

Frontline healthcare workers and people 65 and over are eligible to book an appointment.

You do not need insurance (from Kaiser or anyone) to make an appointment.

Moscone Center South, 747 Howard Street, San Francisco, CA 94103. [Get directions](#) ↗

Lead provider: Kaiser

📞 [866-454-8855](tel:866-454-8855) In English and Spanish

[Book an appointment at Moscone Center South](#) ↗

- **City College of San Francisco (drive-through) – paused for now, 2nd shot appointment still planned**

The City has partnered with UCSF to vaccinate eligible people at City College of San Francisco.


People 65 and over are eligible to book an appointment. You do not need insurance to book an appointment.

Appointments at City College are by invitation only because of the limited supply of vaccines. Sometimes extra appointments become available. [Check here for availability](#) ↗ .

- **SF Produce Market – 901 Rankin Street in the Hunters Point Neighborhood** for 65 plus and Health care workers. This site is partnered with Sutter Health as well as the Fire Department and Dept. of Public Health. When fully operational, appointments 8:00 to 5:00 but appointment needed. To schedule appointment, go to [SF.gov/getvaccinated](#) ↗ and through Sutter's My Health Online portal. For those without computer access, they can schedule an appointment through Sutter's Center at (844) 987-6115.

Neighborhood Vaccine Access Sites

Neighborhood Vaccine Access Sites

- **Mission District:** walk-up site, by appointment only
9 a.m. to 2 p.m., Sunday through Wednesday.
24th and Capp Street
UCSF, DPH and the Latino Task Force
[Schedule through the City's appointment line.](#) 
- **Southeast Health Center – Bayview Hunters Point:** walk up site – **new zip codes added**
Drop-in vaccinations are available to people 65 and older who have proof of residency in one of two zip codes: 94107, 94110, 94112, 94124 and 94134.
Southeast Health Center at 2401 Keith Street
9 a.m. to 3 p.m. 7 days per week
- **Zuckerberg San Francisco General Hospital**
1001 Potrero Avenue, Building 30 on the 2nd Floor (off 23rd Street) – **new zip codes added**
Drop-in vaccinations are only available for people who meet the following qualifications: live in zip codes 94107, 94110, 94112, or 94124 or 94132; are 65 and older. Now no insurance restrictions and the vaccination is free. Those eligible can drop in from 9 a.m. to 3 p.m. any day 7 days a week, without an appointment. Patients must show proof of age and residency, such as a utility bill or driver's license. Those with Medi-Cal or Healthy San Francisco should bring their insurance card.
- **SF Community Clinics in Western Addition, Chinatown, Bayview, Outer Sunset and Potrero Hill** are continuing to offer their patients vaccinations.
- **Sites in the Excelsior and Visitacion Valley:** coming soon.

One more site added today!




- **Dignity GoHealth** has opened a Vaccine Clinic at 1600 Market Street for **San Francisco residents who are 65 years and older** and **San Francisco healthcare workers/community health workers**.
 - To schedule an appointment, all they need is the person's name and cell phone.
 - Appointment Link: <https://www.gohealthuc.com/CAvaccine>

Currently shows availability for appointments on **2/18/2021 and 2/19/2021 only, but additional slots will open up hopefully**. The eligible person needs to bring photo ID and insurance card (if they have insurance). Eligible persons will be asked to verify the information entered in the online registration process (or complete the registration process if there were difficulties prior to arrival), sign conditions of registration and vaccine consent – available in multiple languages: English, Spanish, Mandarin, Russian and Tagalog. **Registration can happen onsite**. There will be a full range of translation services available onsite via a translator phone line.

Partnerships with Pharmacies

Partnerships with Pharmacies

The Department of Public Health will partner with Safeway Pharmacy, CVS, and Walgreen's to eventually expand vaccination services throughout the City. The first major site has opened at San Francisco State.

- **San Francisco State University: appointment only**
Mashouf Wellness Center (inside MAC Gym), 755 Font Boulevard
[Get directions](#) 
[Book an appointment here for San Francisco State University](#) 
- **CVS Drug Stores** are now scheduling appointments in local stores – [click here to make an appointment](#) 

Current Groups Beyond Seniors

Health Care Staff

Health care staff (including staff at long-term care facilities, EMT workers, in-home support providers and others) [can find out about how to access vaccines](#) as part of the priority 1a group.

Caregivers

California has just approved a process by which personal, family and other homecare providers can receive the vaccine, even if they are under 65. This [health care worker verification site](#) has been updated to reflect eligibility for all care providers. Please review the Home Health, Home Care and In-Home Supportive Services section and [this “attestation” form](#). Language translation will be available this week.

Coming soon...

People Under 65 With Disabilities

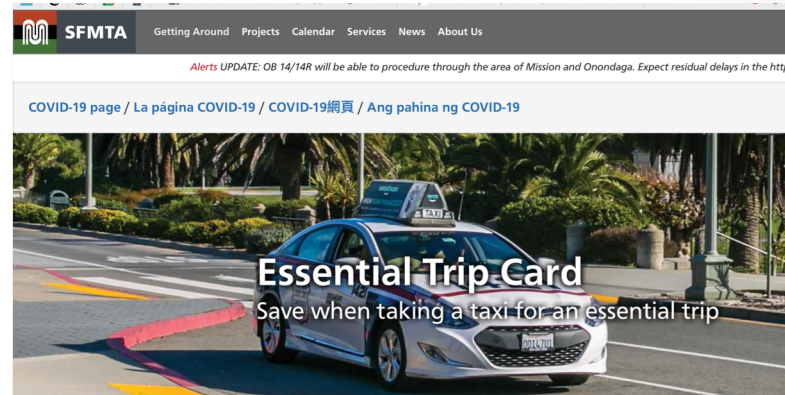
NEW – Starting March 15, two groups of younger, high-risk Californians — people with disabilities and people with severe underlying conditions — will be able to get vaccinated against the coronavirus. This includes cancer, chronic kidney disease at stage four or above, chronic pulmonary disease, Down syndrome, a weakened immune system from a solid organ transplant, sickle cell disease, pregnancy, heart conditions, severe obesity and Type 2 diabetes.

Anyone Unable to Travel to a Vaccination Site

No local provider has addressed this issue but advocacy continues. Join Senior and Disability Action to help push. [Find more information here](#) and learn when resources become available. In the meantime, keep in touch with the Mayor's Office on Disability for other assistance.

Transportation Resources

Getting back and forth to a vaccination site can be a challenge. This is a good time to check out the [Paratransit Essential Trip Card](#) for subsidized taxi services.



<https://www.sfmta.com/getting-around/accessibility/paratransit/essential-trip-card>

CLC can also help subsidize the remaining cost for those needing transit to vaccination sites.

Contact cathy@sfcommunityliving.org for more information

Discussion, Questions, More

Join me for a Presentation about **Your Rights as A Patient** and how to have a safer discharge from hospital to home.

Saturday, 27, 11 AM to Noon via Zoom

<https://us02web.zoom.us/j/82449455504?pwd=RkkyT2FFL3U5Rk1xOWxSeUltYU1XZz09>

Or Join at <http://www.zoom.us/join> and put in:

Meeting ID: 824 4945 5504 and Passcode: 008568

Or Join by Phone: 1 669 900 6833

Meeting ID: 824 4945 5504 Passcode: 008568

And remember -

<https://sfcommunityliving.org/covid-vaccine/>