

HealthMatters

YOUR MEDICARE ADVANTAGE NEWSLETTER



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Changes Ahead**

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with Virtual Care**

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Stay Protected: Get Your Vaccinations Today

As you get older, your body has to work harder to fight off illnesses. For adults 65 and older, getting vaccinated can help prevent serious complications from the flu, RSV, and shingles.

Flu: Each year, flu strains change. For older adults, the flu can lead to severe complications, including hospitalization. Getting your flu shot each year is your best defense.

RSV (Respiratory Syncytial Virus): RSV can cause severe respiratory illness in older adults. A vaccine is now available that can help prevent serious complications from RSV. Ask your doctor for more information.

Shingles: If you've had chickenpox, the shingles virus is already in your body. Shingles can cause a painful rash and other serious complications, but vaccination can reduce your risk.

Take charge of your health—talk to your doctor about getting vaccinated today! Your PCP can recommend the best time to get vaccinated and discuss your options for all three vaccines.





You are eligible to earn **Wellness Rewards** by getting your flu shot (one per calendar year)

Your Perks as a Jefferson Health Plans Member

As a valued Jefferson Health Plans member, your Medicare Advantage plan is designed to make your life easier and help you stay healthy. You have access to generous benefits, savings and rewards, and a large network of providers close to home.

Your benefits include, but are not limited to:

-  \$0 copay for PCP visits
-  Flex card for additional spending to fit your needs
-  Over-the-counter dollars to spend on eligible health products
-  Affordable copays for doctor and urgent care visits
-  Free membership to the SilverSneakers® fitness program
-  Access to our large network of doctors and hospitals
-  Wellness Rewards for completing healthy activities*

We encourage you to take advantage of all your Medicare Advantage plan has to offer. If you have any questions about your plan or benefits, please call our Member Relations team at **1-866-901-8000 (TTY 1-877-454-8477)**. We're here to help!


**All eligible activities must be completed in 2024, and all Wellness Rewards dollars must be spent by December 31, 2024. Call Member Relations to start earning.*




Understanding Your 2025 Plan: Important Changes Ahead

Each year, Jefferson Health Plans makes changes to our Medicare Advantage plans, such as copays. These changes are outlined in your Annual Notice of Change (ANOC), which is delivered to you in the mail.

It's important to review your ANOC as soon as you receive it so that you understand how you may be impacted by changes, which are effective January 1, 2025.

 **Check your mail:** You will receive your ANOC in the mail before September 30 from Jefferson Health Plans.

 **Go online:** Once your ANOC is mailed, it will also be available on [our website](#).

GET MORE FROM YOUR PLAN

All Your Plan Info in One Place!

Do you want access to your health plan information and benefits in an instant?

The Jefferson Health Plans member portal makes it easy for you to safely and securely view your claims, benefits and deductible balance, find providers, and more. Even better? You'll receive a **\$5 Wellness Reward** just for signing up!

Signing up for the Jefferson Health Plans member portal is fast and easy!

Step 1.

Visit JeffersonHealthPlans.com/Portal.

Step 2.

Click the **Register** button. Enter the information found on your member ID card.



Save Time and Money with Virtual Care

JeffConnect is an on-demand virtual care option, and as a Jefferson Health Plans member, there's **\$0 copay** for you! Setting up your JeffConnect account today can provide you with convenient, affordable, and comprehensive care when you need it in the future. Discover the benefits of using JeffConnect:

Convenience:

Whether you're at home or traveling, JeffConnect offers 24/7 access to Jefferson providers. There's always a provider on call, ready to help whenever you need care.

Savings:

A telehealth visit through JeffConnect can often save you the cost and hassle of a trip to the Urgent Care, ER, or your doctor's office. Plus, it may reduce or eliminate copays, keeping more money in your pocket.

Personalized Care:

With JeffConnect, the doctor can see more than just your symptoms—they get a glimpse into your home life and environment, which helps them provide care that's tailored to your unique needs.

USE FOR: Common medical concerns like colds, fevers, minor injuries, and more.



Scheduling an appointment is simple—use your smartphone, tablet, or computer for quick access to care without long wait times. Visit JeffConnect.org to set up your account today!

Mammograms Matter: Schedule Yours Now

Mammograms are essential for finding breast cancer in its earliest stages, when it's most treatable – and your Medicare Advantage plan from Jefferson Health Plans covers this vital screening at no cost to you.

Even if you don't have any symptoms, a mammogram can provide valuable information about your breast health.

Don't delay your health. Schedule your mammogram today. Plus, you may be eligible to earn Wellness Reward for completing your mammogram!

If you need help scheduling your appointment, call our Member Relations team at **1-866-901-8000 (TTY 1-877-454-8477)**.



Recipe Corner: Spice Things Up with Three Can Chili

Looking for a few hearty and healthy meals to warm you up as we head into the colder months? Try Three Can Chili! Fuel your body with ingredients that strengthen your body, and warm you up from the inside out.

Ingredients

- 1 can of pinto or kidney beans
- 1 can of drained corn
- 1 can of undrained, crushed tomatoes
- 1 teaspoon of chili powder

Directions

1. Pour all three cans into a pan
2. Add chili powder and mix the ingredients together
3. Cook over medium heat until done
4. Enjoy!

Shifting Gears with the Time Change

Daylight Saving Time brings about a change in our routines, and it can be a great opportunity to refresh your daily habits. While the days may be shorter, there are plenty of ways to make the most of the daylight hours and boost your mood.

Embrace the Morning Light

Getting outside when the sun is up can do wonders for your energy levels. Try to adjust your schedule to enjoy some morning sunshine, even if it's just a short walk. Fresh air and natural light can help you feel more alert and refreshed.

Stay Active

Regular physical activity is essential for overall well-being, and it's especially important during the shorter days. If you can't make it outside, try to find indoor activities you enjoy like dancing, stretching, or chair yoga. Plus, as a Jefferson Health Plans member, you have access to free virtual fitness classes! Visit JeffersonHealthPlans.com/WellnessPartners to view the schedule.

Prioritize Sleep

While Daylight Saving Time initially gives us an extra hour of sleep, it's important to maintain a consistent sleep schedule. Aim for 7-9 hours of quality sleep each night to feel rested and rejuvenated.



Small changes can make a big difference. By incorporating these tips into your routine, you can thrive during the changing seasons.

Word Search

S	S	C	A	R	E	C	R	O	W
W	L	K	I	A	P	P	J	L	U
E	E	I	A	C	U	I	R	V	I
A	A	I	P	O	M	N	K	S	A
T	V	G	P	R	P	C	N	T	U
E	E	Q	L	N	K	H	Q	H	T
R	S	Q	E	D	I	G	X	M	U
C	O	Z	Y	Q	N	Q	O	F	M
O	F	E	V	R	C	E	X	G	N
X	C	H	A	R	V	E	S	T	O

- ACORN
- APPLE
- AUTUMN
- COZY
- HARVEST
- LEAVES
- PUMPKIN
- SCARECROW
- SWEATER

Sudoku

		5				7	1	
		8			1			
			3					
				4	5		9	
	3	9		6			7	
					8			6
	4							
	7		4	2		9		
		2			6			8

See page 8
for answers!



Social Media:

 [Jefferson Health Plans](#)

 [@jeffersonhealthplans](#)

JeffersonHealthPlans.com/Medicare

Have questions?

If you need more information about your plan, or help finding an in-network provider, [call us!](#)

1-866-901-8000 (TTY 1-877-454-8477)

We're available:

Apr 1 – Sep 30

8 a.m. to 8 p.m.

Monday–Friday

Oct 1 – Mar 31

8 a.m. to 8 p.m.

7 days/week



Jefferson Health Plans contracts with Medicare to offer HMO, HMO-DSNP, and PPO plans. Our HMO-DSNP also has a contract with the Pennsylvania State Medicaid program. Enrollment in our plans depends on contract renewal

Your Opinion Matters!

We recently mailed out the Health Outcomes Survey (HOS) and the Medicare Consumer Assessment of Healthcare Providers and Systems (MCAHPS) to our members. If you receive one of these surveys, please complete it and send it back. Your feedback helps us understand what we're doing well and how we can improve care for your physical and mental health. We appreciate your time!



3	2	5	6	8	4	7	1	9
7	9	8	2	5	1	3	6	4
1	6	4	3	9	7	5	8	2
6	8	1	7	4	5	2	9	3
4	3	9	1	6	2	8	7	5
2	5	7	9	3	8	1	4	6
5	4	3	8	1	9	6	2	7
8	7	6	4	2	3	9	5	1
9	1	2	5	7	6	4	3	8