

HealthMatters

YOUR MEDICARE ADVANTAGE NEWSLETTER



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Welcome to Health Matters: Your Medicare Advantage Newsletter from Jefferson Health Plans

It's the start of a new plan year, which is a great time for you to familiarize yourself with all of the great benefits your Jefferson Health Plans Medicare plan has to offer.

Throughout each newsletter issue, you'll find helpful information about how to make the most of your plan, plus steps you can take to live a happy, healthy life.

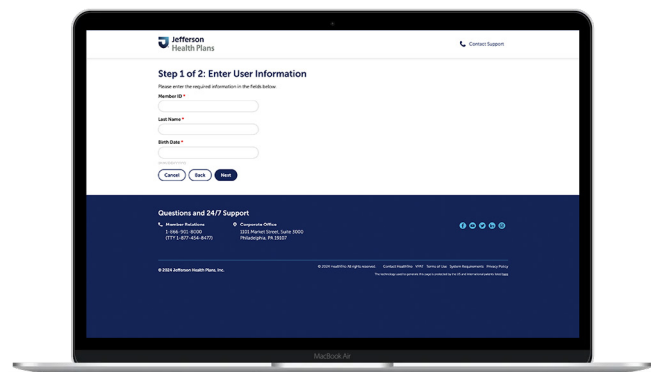
Thank you for being a Jefferson Health Plans member and trusting us to serve your health care needs!

Register for the Member Portal

Looking for important benefits information or an update on your claims in an instant?

Visit [JHP.healthtrioconnect.com](https://www.jhp.healthtrioconnect.com) to sign up or log into your account. Here you'll find important information about your medical benefits, prescription drug coverage, plan details and more.

GET STARTED TODAY!



Save More, Stay Healthy

As a Jefferson Health Plans member, we want to help you maximize all of the money-saving benefits your plan offers including:

- **Generous OTC allowances** for approved health items at a variety of stores
- **Flex card benefits** to spend on additional dental, hearing and vision expenses, or food and utilities
- **Dental exams and cleanings** covered three times each year
- **Vision and hearing** benefits
- **Affordable copays** on prescription drugs

If you have questions about any of these benefits, log in to the member portal or call Member Relations at **1-866-901-8000 (TTY 1-877-454-8477)**.

Snooze Smarter with SilverSneakers®

Do you have trouble getting enough sleep? You're not alone. Many people experience sleep problems, which can not only impact daily living, but according to the [International Journal of Behavioral Nutrition and Physical Activity](#), also play a role in functional impairments, cardiovascular disease, type 2 diabetes and obesity.

Sleeping is essential to your health because it helps regulate your metabolism, emotions and performance. Plus, it helps with memory, brain recovery and learning. According to [the CDC](#), sleep can be viewed as equally important to your health as diet and physical activity.

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Prescription Drug Coverage Made Easy

Jefferson Health Plans offers extensive prescription drug coverage with low copays to help you save money on your prescriptions. This includes coverage of many brand name and generic prescription drugs. As a Jefferson Health Plans member, you also have access to a large network of trusted pharmacies.

Visit JeffersonHealthPlans.com/Medicare to learn more about the prescription drug benefits included in your plan and access other helpful resources. You can search for a pharmacy near you, view online formularies to learn what drugs are covered, order drug refills by mail for your convenience and more.

BENEFITS CORNER

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Many experts believe exercising can improve your sleep. Moderate to vigorous exercise can improve sleep quality by helping you fall asleep faster. **The Sleep Foundation** says exercise can also reduce daytime sleepiness and may help reduce the need for sleep medications.

As a Jefferson Health Plans member, you have access to SilverSneakers and its 16,000 fitness centers and gyms nationwide at **no extra cost**. If you haven't signed up already, get started at SilverSneakers.com/StartHere.

Always talk with your doctor before starting an exercise program.

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Sleep can be viewed as equally important to your health as diet and physical activity.”

– The Centers for Disease Control and Prevention (CDC)



Key Screenings for Cardiovascular Health

According to the **American Heart Association**, monitoring potential risk factors is a vital step in preventing and managing cardiovascular disease, which includes disorders of the heart and blood vessels. Routine screenings can identify conditions that may benefit from lifestyle changes or medication, including:

- Blood pressure
- Cholesterol
- Body weight/body mass index (BMI)
- Blood glucose



If you have a cardiovascular condition, a history of cardiovascular events or a family history of cardiovascular disease, your doctor may recommend additional testing.

Tips for Managing Eczema

Eczema, also known as atopic dermatitis, is a condition that causes dry, itchy and inflamed skin. It can be uncomfortable and even painful. In addition to any treatment plan or medications your doctor prescribes, taking care of your skin at home can help alleviate discomfort. Check out these tips from the National Institute of Allergy and Infectious Diseases:

- Avoid scratching your skin
- Trim your fingernails short and consider wearing light gloves to bed to protect against unwanted scratching
- Relieve itching by using a moisturizer, topical steroids or antihistamines
- Moisturize your skin 2-3 times a day with irritant-free ointments (like petroleum jelly)
- Avoid triggers that may worsen symptoms, including wool, strong soaps or detergents, activities that induce sweat and long, hot showers or baths





SNAP for Older Adults

Having access to nutritious food is important to your health. The Supplemental Nutrition Assistance Program (SNAP) provides nutritional assistance to low-income individuals and families. Eligibility for SNAP is based on factors such as household income and available resources. You can use SNAP dollars to buy:

-  **Fresh fruits and vegetables**
-  **Fish and poultry**
-  **Meats**
-  **Dairy**
-  **Packaged foods**
-  **And more!**

SNAP dollars are loaded into an ACCESS card each month, which can be used like a debit card.

To learn more about how to apply for SNAP, visit our website: JeffersonHealthPlans.com/SNAP.

Get Moving with Free Fitness Classes



Our Wellness Partners team offers a variety of activities to help you improve your lifestyle, including in-person and virtual exercise classes, yoga, nutrition education and more!

Visit JeffersonHealthPlans.com/WellnessPartners to learn more and view the schedule.

Scan the QR Code to start learning today. Classes are free and open to the public!



Reminder: Schedule Your Annual Wellness Visit!







Scheduling regular doctor visits and checkups with your doctor is good for your health. One of those appointments should be your Medicare Annual Wellness Visit.

Your Annual Wellness Visit is a great time for you to discuss your health history, habits and risks with your doctor. Even if you don't have any concerns, this visit is an opportunity for you to talk with your doctor about how to prevent future health problems.

During your Annual Wellness Visit, you will fill out a questionnaire called a Health Risk Assessment. This will help you and your doctor make the most of your visit. By answering these questions, your doctor will be able to develop a personalized prevention plan to help you stay healthy.

TIP: Bring a family member or friend with you! They can help you answer questions and take notes during your visit.

Your Annual Wellness Visit may also include a review of your:

-  **Medical and family history**
-  **Current medications**
-  **Memory or behavioral changes**
-  **Blood pressure, weight and height**
-  **Fall risk**
-  **Advance care planning**

All of our Medicare plans include this yearly preventive care visit with your doctor each year for a \$0 copay.

If you have a medical problem that you need checked by a doctor, it is best to schedule a separate appointment.



MEMBER REMINDERS



Social Media:

 [Jefferson Health Plans](#)

 [@jeffersonhealthplans](#)

Member Portal: JHP.healthtrioconnect.com

To learn more:

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

From **October 1 to March 31**, we're available 8 a.m. to 8 p.m., 7 days a week (closed on Thanksgiving and Christmas). And from **April 1 to September 30**, we're available 8 a.m. to 8 p.m., Monday to Friday.



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.

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Protect Yourself From Fraud, Waste or Abuse

As a valued Jefferson Health Plans member, we want to make sure your benefits are used efficiently and securely. Unfortunately, Fraud, Waste or Abuse (FWA) can happen if someone tries to steal your personal information or submit fraudulent claims.

Follow the steps below to protect yourself from potential FWA:

Step 1:

Keep notes and documentation of your medical appointments. Write down the services received, along with who provided them.

Step 2:

Read the member handbook and ask questions about the services you qualify for if needed.

Step 3:

Be aware of anything you are signing or authorizing. You have a right to review your medical records.

Step 4:

Report anything that seems suspicious. If a medical provider is asking you about your neighbors or friends, they may be looking for referrals. They should focus on your health.

Step 5:

Know the reasons why tests are being ordered and the purpose of any medication or durable medical equipment that is provided.

Step 6:

Review all Evidence of Benefits forms to make sure all medications and appointments listed are yours.

If you ever suspect that a provider or anyone else may be committing FWA, there are several ways to report it (anonymously if you choose):

Call: 1-866-477-4848

Email: SIUtips@jeffersonhealthplans.com

Online: mycompliancereport.com/report?cid=JEFF