

HealthMatters

YOUR MEDICARE ADVANTAGE NEWSLETTER



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Healthy Living

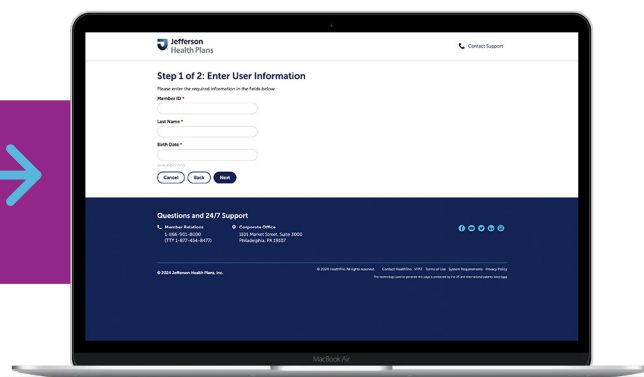
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Have you registered?

The Jefferson Health Plans member portal is your one-stop shop for information about your medical benefits, prescription drug coverage, plan details, and more.

Visit JeffersonHealthPlans.com/SignUp to sign up or log into your account today!

SIGN UP
OR
LOG IN
TODAY!



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 received 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!

Brush Up on Oral Health



Did you know your teeth and gums play a big role in your overall health – even your heart health?

This is especially true for older adults. Poor oral health, including gum disease, causes bacteria to grow in our mouths. When these germs enter our bloodstream, they can travel to other parts of the body, like the heart. Oral bacteria has been linked to dangerous conditions affecting cardiovascular and brain health, and can increase the risk of a heart attack and cardiovascular problems.

Here are some things you can do to maintain a healthy smile and prevent oral health problems:

Brush and floss: Practice good oral hygiene by brushing your teeth twice a day and flossing daily to remove plaque.

Visit your dentist: As a Jefferson Health Plans Medicare member, dental exams and cleanings are covered three times per year. It's very important to see your dentist at least once a year, even if you have no natural teeth or dentures. To find a dentist, visit jeffersonhealthplans.com/medicare/find-a-doctor.

Not All Eye Exams Look the Same



Keeping your eyes healthy is crucial, especially if you have diabetes. High blood sugar levels can damage the delicate blood vessels in your eyes, potentially leading to vision loss; however, early detection during a diabetic eye exam can significantly reduce this risk. While a diabetic eye exam is similar to a regular eye exam, your doctor will pay special attention to your retina and blood vessels.

Continued on next page.



Save Time, Save Money on Medications

Your health is our priority, and that includes making sure you have affordable, convenient access to your medications.

There is a **\$0 copay** for select care drugs. Your plan also includes **\$0 copays** for top-selling diabetic brand drugs: Trulicity, Jardiance, and Januvia.

Did you know you might be able to get up to a 100-day supply of the medications you routinely take? This can save you time, trips to the pharmacy, and even money! Talk to your doctor about switching to a longer-term option like 100-day supplies.

To learn more about your prescription drug benefits, visit: jeffersonhealthplans.com/medicare/prescription-drugs.

GET MORE FROM YOUR PLAN

Continued from previous page.

This visit to your eye doctor is covered by Jefferson Health Plans and is a powerful tool for identifying early signs of diabetes-related eye problems like diabetic retinopathy.

What is diabetic retinopathy?

High blood sugar can damage the blood vessels in your retina, which is the light-sensitive part of your eye. This can eventually lead to vision loss, but a yearly eye exam, which only takes about 30-45 minutes to complete, can identify this issue early on – even if your vision feels fine.

Early detection, better outcomes

If your doctor finds anything concerning, they'll discuss next steps with you, which may include referral to an eye specialist. Remember, catching these problems early helps prevent vision loss or other eye issues down the road.



GET A \$25 REWARD
for completing your diabetic retinal
exam with your ophthalmologist or
completing other healthy activities!
[See page 8 for more details](#)

Eligibility requirements apply. To learn more about your eligibility, call Member Relations at **1-866-901-8000**.



Stay Steady: 3 Tips to Prevent Falls

Did you know falls are the leading cause of injuries for seniors?¹ Although accidents like falling down the stairs or slipping on a rug may seem like minor mishaps, falls can have serious consequences. However, there are proactive steps you can take to stay on your feet:

1. Stay Active: Exercise is key for maintaining balance and strength, which can reduce your risk of falling. Get active for **FREE** with SilverSneakers®, a fitness program designed specifically for older adults included in your plan! You'll get access to a nationwide network of participating fitness locations, on-demand online workout videos, and more.

Activate your online account today at [SilverSneakers.com/GetStarted](https://www.silversneakers.com/GetStarted).

2. Talk to Your Doctor: Discuss fall risk and prevention strategies at your next doctor's appointment. Make sure to bring a list of all medications and supplements you take to review with your doctor, as some can increase fall risk.

3. Fall-Proof Your Home: Ensure hallways and rooms are well-lit, especially at night. Remove clutter and hazards from walkways and staircases. You can also consider adding sturdy grab bars in your bathroom or near stairways for extra support.



These small tips can make a big difference in preventing falls so you can stay safe and healthy.

Source:

www.jeffersonhealth.org/your-health/living-well/fall-prevention-tips-to-help-older-loved-ones

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It's important to have clear, uncluttered walking spaces throughout your home. This includes tucking away electric cords that may pose a tripping hazard, making sure there's adequate lighting, and getting rid of throw rugs that may slide around on the floor."

— Dr. Brooke Salzman, Jefferson Health



Don't Let Bladder Leaks Hold You Back: Talk to Your Doc

Unexpected bladder leaks happen, and they can be frustrating and embarrassing; however, incontinence, or uncontrolled leaking of urine, is actually very common. In fact, many adults over the age of 65 experience bladder control issues. Severity can vary, but it shouldn't ever stop you from enjoying your life! Many bladder issues are treatable with the help of your doctor. If you are struggling with incontinence, see your doctor and talk about:

- How often you use the restroom throughout the day
- How often you wake up at night to use the restroom
- Any prescription or over-the-counter medication you take
- How much water, caffeine, alcohol and other liquids you drink
- If you have any pain or burning when you urinate


There are discreet solutions that can help you manage incontinence, including liners, pads, disposable underwear. Your Jefferson Health Plans Medicare Advantage over-the-counter (OTC) allowance can cover them. Visit [JeffersonHealthPlans.NationsBenefits.com](https://www.jeffersonhealthplans.com/nationsbenefits) for a full list of eligible products.

The sooner you address these issues with your doctor, the sooner you can get back to living your life to the fullest without worrying about leaks.

Are You Drinking Enough Water?

Summer heat cranks up the need for water, especially for older adults who are more prone to dehydration. As we age, our sense of thirst can weaken. Plus, seniors are more likely to take medications that increase dehydration risk.

Even mild dehydration can leave you feeling uncomfortable. Symptoms can include fatigue, dizziness, headaches, dry mouth, and dark-colored urine. The best way to prevent these issues is simple: drink more water throughout the day!

 To stay cool and healthy, set a water intake goal by taking your body weight and dividing it by three – that's roughly the number of ounces of fluids you should aim for each day. For example, a 150-pound person should drink 50 ounces (6 cups) of water daily. This is a general guideline, so remember, listening to your body is also key.

HYDRATION TIP:

Find a reusable water bottle you love and keep it close by! Whether you're relaxing at home or running errands, always having a sip of water by your side reminds you to stay hydrated all summer long.



Recipe Corner: Crunchy Berry Parfait

Craving a sweet treat that's also good for you? Look no further than this crunchy berry parfait! Packed with calcium and bursting with flavor, this parfait is a quick and easy way to satisfy your sweet tooth and nourish your body.

Ingredients

- 1/2 cup yogurt, non-fat vanilla (or soy)
- 1 cup blueberries or strawberries (fresh or frozen thawed)
- 1/2 cup low-fat granola (or crunchy cereal)

Directions

1. Wash hands with soap and water.
2. Spoon yogurt into glass.
3. Top with fruit and granola.

Learn the Three S's of Sun Safety

With summer in full swing, you may be spending more time outdoors enjoying the sunshine. Remember to protect your skin and eyes from harmful UV rays. Follow the three S's of summer sun safety:



Sunscreen: Apply broad-spectrum sunscreen with SPF 30 or higher generously to all exposed skin at least 15 minutes before heading outside. Reapply every two hours, or more often if you are swimming or sweating.



Sunglasses: Wear sunglasses that block 99 percent of UVA and UVB rays.



Shade: Take breaks throughout the day in shaded areas to cool down and reapply sunscreen.

HealthMatters

YOUR MEDICARE
ADVANTAGE NEWSLETTER

SUMMER 2024



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.

Healthy Choices, Rewarded!

You can earn **Wellness Rewards dollars** by completing healthy activities like check-ups, screenings, and more.

Earning rewards is simple. Complete your eligible activities, and get rewarded! You will be rewarded once for each eligible activity. Call Member Relations at **1-866-901-8000 (TTY 1-877-454-8477)** to learn more about your eligible activities.

Spend your dollars on healthy essentials at participating stores like ACME, Walmart, Rite Aid, and CVS.

All Wellness Rewards dollars will be loaded onto your Wellness Rewards/OTC card. Bring this card to participating stores for easy checkout. All eligible activities must be completed in 2024, and all Wellness Rewards dollars must be spent by December 31, 2024.

Don't miss out! Call Member Relations to start earning today.

