

HealthMatters

YOUR MEDICARE ADVANTAGE NEWSLETTER



Rewards Reminders: Stay Healthy, Stay Rewarded

page 3



Complete Your Health Assessment

Read more on page 2

Join our Advisory Committee

Learn how to sign up on page 4

It's Time for an Annual Home Safety Check

Complete the checklist on page 5

TABLE OF CONTENTS

Get More From Your Plan

- 2 We're Here for You Every Step of the Way!
- 2 Maximize Your Benefits and Complete Your Health Assessment
- 3 Rewards Reminders: Stay Healthy, Stay Rewarded
- 3 Access Your Health Plan Anytime with our Member Portal
- 4 Your Voice Matters: Join our Advisory Committee
- 5 Simplify Your Refills with CVS Caremark

Healthy Living

- 5 Winter Workouts Made Fun (and Free!)
- 6 It's Time for an Annual Home Safety Check
- 6 Mindful Moments
- 7 Do's and Don'ts for a Healthy Heart
- 7 Recipe Corner

We're Here for You Every Step of the Way!

Whether you need help finding a doctor, replacing an ID card, scheduling appointments, or accessing community resources like discounted food, the Jefferson Health Plans team is here to make things easier.

Have questions or need assistance?

Our friendly Member Relations team is ready to help! Call us at **1-866-901-8000 (TTY 1-877-454-8477)** for personalized support. We're here to help you make the most of your benefits.

Maximize Your Benefits and Complete Your Health Assessment

If you're a Jefferson Health Plans Special or Dual Pearl member, don't forget to complete your Health Assessment. This quick and easy assessment helps us better understand your health needs so we can guide you toward more personalized care and support.

How to complete your Health Assessment:

 Log on to the Member Portal at JeffersonHealthPlans.com/Portal to complete it online.

OR

 Call the Health Assessment Unit at **1-855-748-3415 (TTY 711)**.

Take a few minutes today to complete your Health Assessment so we can help you make the most of your benefits!



Special or Dual Pearl members are eligible to earn **Wellness Rewards** for completing the assessment!

Rewards Reminders: Stay Healthy, Stay Rewarded



All Jefferson Health Plans Medicare Advantage members are eligible to earn at least \$75!

Wellness Rewards are all about helping you stay healthy—and rewarding you for it. Complete simple activities like taking your medications on time or getting your annual flu shot, and watch your rewards add up!

Don't miss out on spending your 2024 Wellness Rewards! Any rewards dollars you've earned must be spent by December 31, 2024, and can be used on healthy foods and essentials. Your rewards are already loaded onto your Jefferson Health Plans Flex Card, which you can easily access through your Incentive Wallet.

Jefferson Health Plans is proud to continue offering our Wellness Rewards program to Medicare Advantage members in 2025.

Ways to earn in 2025:

Activity	Reward
Annual Wellness Visit	\$50
Flu Vaccine	\$20
Member Portal Registration	\$5
Colorectal Cancer Screening (Members 40 and older)	\$25
And more!	

Check your Balance and Order Items Online

To check your Wellness Rewards balance and order items online, visit JeffersonHealthPlans.NationsBenefits.com.

You will need to register for an account and then log in using your Jefferson Health Plans member ID and password. If you need help or have questions, call Member Relations at **1-866-901-8000 (TTY 1-877-454-8477)**.



Access Your Health Plan Anytime with our Member Portal

With the Jefferson Health Plans member portal, you can securely check your claims, view your benefits and deductible balance, find providers, and more—all in one place!

Even better, when you sign up, you'll earn a \$5 Wellness Reward! Signing up is quick, easy, and gives you instant access to the tools you need to stay on top of your health.

Step 1: Visit JeffersonHealthPlans.com/Portal

Step 2: Click the Register button. Enter the information found on your member ID card.

GET MORE FROM
YOUR PLAN



Your Voice Matters: Join our Advisory Committee

At Jefferson Health Plans, we value your input! Our Medicare Advisory Committee (MAC) is your chance to help shape the future of your health plan. Every three months, members like you come together to share feedback, ask questions, and discuss ways to improve our services. It's a unique opportunity to make your voice heard and ensure we're meeting your needs.

Want to get involved? Meetings are held virtually on a video meeting at 12 p.m. every three months.

To join our MAC:

✉ **Email** Fannie Perrucci at fperrucci@jeffersonhealthplans.com

☎ **Call** Member Relations at **1-866-901-8000** (TTY **1-877-454-8477**).

GET MORE FROM
YOUR PLAN

Simplify Your Refills with CVS Caremark®

Managing your medications is key to maintaining good health. That's why Jefferson Health Plans partners with CVS Caremark® Mail Service Pharmacy to offer a simple, efficient way to stay on top of your prescriptions.

If you take multiple prescriptions or over-the-counter medications, it's especially important to review your medication list regularly with your doctor. The start of a new year is the perfect time to do this! At your next visit, bring a list of all the medications you take—including prescriptions, vitamins, and supplements. Your doctor can check for any interactions and ensure your medications are working as they should. Regular check-ins can help prevent side effects and keep you feeling your best.

With CVS Caremark®, you can take advantage of convenient e-prescribing and get up to a 100-day mail supply of your medications, saving you time and trips to the pharmacy. Remember, you must have a valid prescription to use this service, and not all medications are available through mail order. For more information, call CVS Caremark at **1-855-582-2023**.



Winter Workouts Made Fun (and Free!)

As the days get colder, it's tempting to stay cozy indoors—but don't forget to keep moving! Getting a little bit of exercise each day is important for your health, even during the winter months. Regular movement can help lower your blood pressure and reduce your risk of heart attack and stroke.

Gentle exercises like tai chi and chair yoga are great ways to improve balance, flexibility, and strength—all while being easy on your joints. Both are excellent and enjoyable ways to stay active in low-impact ways and prevent falls.

In addition to SilverSneakers®, don't forget about our Community Wellness Center (CWC) in West Philadelphia. We offer free in-person classes, including tai chi, line dancing, and more. Our

classes are also offered virtually, so you can join from the comfort of your own home.

As a Jefferson Health Plans member, make the most of these benefits to stay active and connected, while feeling your best all winter long!

Get moving for **FREE** with **SilverSneakers®**, a fitness program designed specifically for older adults and included in your plan! You have access to a nationwide network of participating gyms, on-demand online workout videos, and more. Activate your account today at [SilverSneakers.com/GetStarted](https://www.silversneakers.com/GetStarted).



It's Time for an Annual Home Safety Check

It's a good idea to complete a full-house safety check at least once a year to make sure your protective measures are working and to keep you and your loved ones safe!

Keeping your house safe and secure is easy with a few simple steps. Here's a quick to-do list:

- ❑ Test your smoke and carbon monoxide detectors: A quick check ensures they're working properly.
- ❑ Swap out old batteries: When's the last time you changed the batteries in your flashlights, alarm systems, and smoke and carbon monoxide detectors? Now's a good time!
- ❑ Check your detectors: The life span of detectors is about 10 years – it might be time for an upgrade.

Mindful Moments

Give your brain a workout! Keeping your mind active with activities like puzzles, reading, or learning new skills helps improve memory and lower the risk of cognitive decline. Make brain exercises a part of your daily routine – start now with this word search and sudoku.

Word Search

J	A	V	H	S	Y	V
I	H	A	T	D	T	S
C	O	Z	Y	O	Q	T
E	S	R	O	L	H	O
G	D	L	Q	O	H	O
O	G	G	N	I	F	B
I	N	T	W	Z	R	H

- BOOTS
- COZY
- HAT
- ICE
- IGLOO

Sudoku

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

See page 8 for answers!

Do's and Don'ts for a Healthy Heart

Taking care of your heart is important, but it doesn't have to be hard! A few small changes can make a big difference. Here are some simple tips to keep your heart strong and healthy.

Do's:



Do use less salt: Try using herbs and spices to add flavor instead of salt. It's a simple way to make your meals healthier and still delicious!



Do exercise daily: Just 30 minutes of walking or light activity each day can lower your blood pressure and keep your heart in shape.



Do know your family's heart health: Heart problems can run in families. Share your family's heart health history with your doctor so you can take steps to protect yourself.

Don'ts:



Don't fill up on processed and fast foods: These foods are full of unhealthy fats and salt, which can hurt your heart. Instead, eat more fruits, vegetables, and lean meats to support your heart.



Don't smoke: Quitting smoking is one of the best steps you can take to protect your heart. It is also important to drink alcohol in moderation, as excessive drinking can lead to heart issues like high blood pressure. These simple changes can help keep your heart healthy and strong. Talk to your doctor for support.



Recipe Corner: Baked Fish

Fueling your body with nutrient-dense foods helps your body and immune system stay strong during winter. Try savory baked fish!

Ingredients

- 1 pound cod fillets (or other white fish)
- ¼ teaspoon paprika
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ⅛ teaspoon ground black pepper
- ¼ teaspoon oregano
- ¼ teaspoon thyme
- 1 tablespoon lemon juice
- 1¼ tablespoons margarine

Directions

1. Preheat the oven to 350 degrees Fahrenheit
2. Separate fish into fillets and place in a 13x9 baking dish
3. Mix paprika, garlic powder, onion powder, pepper, oregano, and thyme together in a bowl, then dump the mixture, and lemon juice, evenly over the fish
4. Melt the margarine and drizzle over the fish
5. Bake for 20-25 minutes and enjoy!



Social Media:

 [Jefferson Health Plans](#)

 [@jeffersonhealthplans](#)

JeffersonHealthPlans.com/Medicare

Mindful Moments Answers



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

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