SUMMER 2016

MemberSource

A newsletter for CareSource Advantage® (HMO) and CareSource Advantage Plus™ (HMO) members



Let's get moving!

The summer months bring warmer weather, and plenty of chances to spend time outside. Being active is good for your health. Physical activity can help you in many ways, such as lowering your blood pressure, making your bones stronger, improving your balance, lowering your risk for many diseases, and helping you live longer. It can even help improve your mood! Even a small amount of exercise can make an impact. Every physical activity you do can add up to make a big difference.

There are many activities you can do outside to get some exercise:

- Spend some time in your garden or planting flowers in your yard
- Take a walk in your local park
- Play outside with your kids or grandkids
- Ride a bike on your local bike path
- Hit the links at an area golf course

Make sure to talk with your doctor before starting or increasing your physical activity. Take advantage of the warm summer months and enjoy the fresh air and sunshine.

CareSource®
Health Care with Heart

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Take stock of your health

*Have you ever asked yourself **"How healthy am I?"** or **"Could I be healthier?"***

We can help you find out. Take a FREE online health risk assessment that will help you understand how you can be healthier. It's quick and easy to take. Go to **CareSource. com** and choose the Health Risk Assessment link.

When you finish, you'll get your personal health score and a plan to help you live a healthier life. You can also set up a "My Account" page, build a profile and set goals and preferences. You can try different tools, explore healthy recipes and much more.

CHECK US OUT ONLINE

You can find many helpful items and up-to-date benefit and service information on our website. Just visit **CareSource.com**. If you don't have internet access, Member Services can help you. If you have questions, call **1-800-418-0172** (TTY: 1-800-743-3333 or 711).

Remember to schedule your "Welcome to Medicare" wellness visit

Make sure to take advantage of your "Welcome to Medicare" wellness visit during your first year of Medicare eligibility. The wellness visit is covered in your benefits, and it gives you and your health partner a chance to evaluate your health and discuss any treatment plans to keep you healthy. When scheduling the wellness visit with your doctor, remember to let them know you want the "Welcome to Medicare" wellness visit.

Your mental health matters



As you get older, you may experience many changes, like retirement or medical problems, which can lead to depression. Depression is not a normal part of aging. Knowing the signs and symptoms can be helpful. Here are some things to look for:

- Feeling hopeless, empty, or very sad,
- Experiencing sleep and/or eating problems
- Thoughts of death or suicide
- Less interest in day-to-day activities and low energy
- Feeling very tired

There are some things you can do to help overcome depression, such as exercise, finding new activities or hobbies to enjoy, and connecting with loved ones and friends.

If you think you are depressed, call your doctor to get treatment.



Have you heard of mental health first aid?

It is an 8-hour course to help you assist someone having a mental health-related crisis. In the class, you will learn a basic understanding of mental illnesses and addictions. Some examples are depression, anxiety, psychosis, and substance use disorders. You can learn a 5-step action plan to help someone who is experiencing a panic attack or acute psychosis. Just go to **www.mentalhealthfirstaid.org**. You can get more details and find a class in your area.

Tips for preventing falls

The risk of falling increases with age. There are things you can do to protect yourself. Here are three to keep in mind:

1) **Stay in shape** – Keep your body in good shape. Regular exercise can help prevent falls.

2) **Home updates** – Get rid of clutter you might trip over in your house. Make sure lighting is bright. Consider adding railings and grab bars for safety.

3) **Review your medications** – Talk to your doctor about the medications you are taking. Some medicines can cause dizziness or dehydration, which can contribute to falls.

Make sure to be aware of your surroundings and any trip hazards that you can avoid.



CareSource is an HMO with a Medicare contract. Enrollment in CareSource Advantage or CareSource Advantage Plus depends on contract renewal. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. Benefits, formulary, pharmacy network, provider network, premium and/or co-payments/co-insurance may change on Jan. 1 of each year. You must continue to pay your Medicare Part B premium.

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Medication safety

It's important to take your medicine the way you are supposed to. **Here are some things you can do to stay safe:**

- Only take medicines prescribed for you by your doctor.
- Never take bigger or more frequent doses of your medicines.
- Don't share or sell your prescriptions.
- Keep all medicines in a safe place. Make sure only people who take or give them can reach them.
- Follow directions on the bottle's label and directions from your doctor and pharmacist. Be sure to read any warning labels.
- Turn on a light when you give or take medicines at night. This will help you know you have the correct amount of the right medicine.

If you have any questions, call your doctor or our nurse advice line, CareSource24®, at **1-866-206-0078**. They can help.





Effective Rheumatoid Arthritis management

Rheumatoid Arthritis (RA) is a form of arthritis that causes pain, swelling, stiffness and loss of function in your joints. No one knows what causes RA. It often starts in middle age and is most common in older people. Treatments may include medicine, lifestyle changes, and surgery. These treatments can slow or stop joint damage and reduce pain and swelling.

Finding the most effective RA treatment is important to managing your RA. Your health partner can help you find the most effective treatment to manage your RA. Schedule an appointment with your health partner to discuss the best treatment plan for you.

CareSource®
Health Care with Heart

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HOW TO REACH US

Member Services Department:
1-800-418-0172
(TTY: 1-800-743-3333 or 711)
Hours are Monday – Friday,
8 a.m. to 8 p.m.

CareSource24®, 24-Hour Nurse Advice Line: **1-866-206-0078**

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Important Plan Information

Ten small ways to get big stress relief

We all have stress. It is a part of life that we can't get rid of. But too much stress is bad for your health. The trick is to learn how to manage it in healthy ways. There are good and bad ways to deal with stress. Bad ones include smoking, overeating, and using drugs or alcohol. They may temporarily reduce stress, but they cause more damage in the long run. Try some of these good ways until you find the ones that work best for you.

1. **Breathe deeply**
2. **Exercise**
3. **Get enough sleep**
4. **Go for a walk**
5. **Write in a journal**
6. **Call a good friend**
7. **Pare down your to-do list**
8. **Take a long bath**
9. **Listen to music**
10. **Play with a pet**



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