

MemberSource

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



Exciting updates to your CareSource Medicare Advantage plan!



We are always looking for ways to improve our plan benefits for our members. We're excited to introduce some changes to our CareSource Medicare Advantage plans for 2017.

You should have received your Annual Notice of Change or ANOC in the mail in September. This mailing included the 2017 ANOC document, Evidence of Coverage (EOC) and abridged 2017 formulary. You can read through these materials to see the changes to your plan for 2017.

You will receive a mailing after Oct. 1 with a 2017 Summary of Benefits, a provider and pharmacy directory request card, plan contact magnet and other plan information. Please call Member Services if you have any questions about these documents.

You should receive your 2017 Member ID card in the mail in December.

You can also go to the Member Portal at **MyCareSource.com** to print a copy of your 2017 card. If you have not received your ID card within a month, call Member Services at 1-800-833-3239 (TTY: 1-800-648-6056 or 711) to request a replacement card be sent.

If you wish to change MA plans with CareSource, you can complete the enrollment information in the pre-enrollment kit, or call us at **1-888-222-9924** (TTY: 1-800-648-6056 or 711). We are open 8 a.m. – 8 p.m. Monday through Friday, and from Oct. 1 – Feb. 14 we are open the same hours 7 days a week.

We're excited to have you as part of the CareSource family!

NEW FOR 2017!

CareSource Advantage Zero Premium™ (HMO) – This new \$0 premium plan has \$0 monthly premiums.

Silver & Fit® fitness program – This free program includes both fitness center and home health fitness benefits. You'll have access to a network of fitness centers and home health fitness kits.

You can find information on the \$0 premium plan and fitness benefits in the Summary of Benefits.

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Don't forget your flu shot!

It is the season. Are you prepared to keep away the flu this winter? One of the best ways to prevent the flu is by getting a flu shot. Chances are you will avoid more serious illness if you get this protection. **Annual flu shots are a covered benefit for you as a CareSource Medicare Advantage member.**

Flu shots are offered at many places. Check with your doctor's office, a local pharmacy or a community health center. Show your CareSource member ID to get your flu shot.

If you have questions or need help making an appointment, call member services at **1-800-833-3239** (TTY: 1-800-648-6056 or 711). We are open 8 a.m. – 8 p.m. Monday through Friday, and from Oct. 1 – Feb. 14 we are open the same hours 7 days a week.

Should I go to the ER?

Sometimes it's tough to know when you should or shouldn't go to the emergency room for a situation. Going to the ER can cost you out-of-pocket expenses. If it's not an emergency, you could wait until you can get in to see your primary care provider (PCP).

Contact CareSource24®, our 24-Hour Nurse Advice Line: **1-866-206-7808** to talk with a nurse about your symptoms. He or she can help you decide if an ER visit is needed.



Women's Health Tips

October is Breast Cancer Awareness Month. Talk with your doctor about how often you should have a mammogram. You may also want to ask about these tests:

Osteoporosis Screening – This test measures how strong your bones are, and if you should be concerned about osteoporosis or fractures. It also measures bone loss.

Colorectal Cancer Test – Regular screening for this type of cancer begins at age 50, or earlier if you are high-risk. After age 75, ask your doctor how often you should get this test. There is more than one test for this type of cancer. Talk with your doctor about which test is best for you.



Men's Health Tips

Health screenings and tests are important. Men should talk to their doctor about two screening tests:

Prostate Cancer Screening – According to the American Cancer Society, Prostate cancer is the most common cancer among men (after skin cancer), but it can often be treated successfully. Talk with your doctor about this test.

Colorectal Cancer Screening – Most men 75 and younger should get regular tests to screen for colorectal cancer. There is more than one test for this type of cancer. Talk with your doctor about which test is best for you.





Dental health leads to overall health

Oral Health is key to keeping your overall health up. Daily brushing and flossing help to keep the bacteria in your mouth at the right level. This reduces your risk for infections and certain diseases.

Brush your teeth at least twice a day. Use a fluoride toothpaste. You should also replace your toothbrush every 3-4 months.

Floss once per day. Flossing helps to get rid of unseen food between teeth. On top of preventing disease, flossing is important in eliminating bad-breath.

Everyday lifestyle choices also can impact your health. Try to limit your consumption of foods with lots of sugar and alcohol. Tobacco also greatly harms your oral health.

Schedule regular dental appointments. Even if your teeth and mouth feel healthy, a regular checkup can help to detect any problems before they get worse. Cleanings and checkups should happen twice a year. If you have questions about your dental benefits or need help making an appointment, call member services at **1-800-833-3239** (TTY: 1-800-648-6056 or 711).

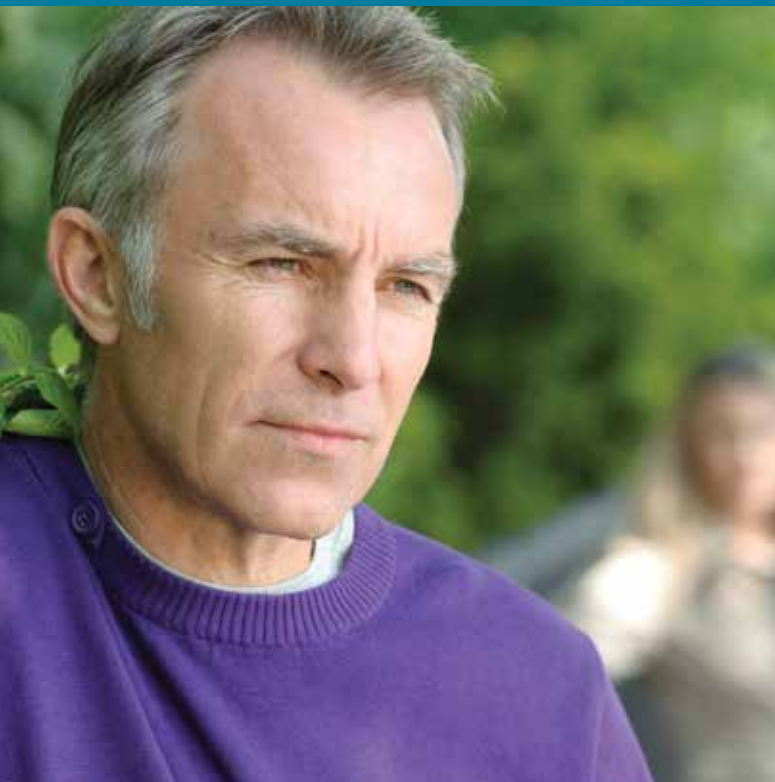
CareSource is an HMO with a Medicare contract. Enrollment in CareSource Advantage Zero Premium, CareSource Advantage or CareSource Advantage Plus depends on contract renewal. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and 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.

Improve your concentration

Daydreaming, sometimes called wool-gathering or mind wandering may affect your ability to concentrate on the task at hand. According to the Harvard Gazette, people spend about 46.9% of their waking hours thinking about something other than what they're doing. Minds that wander may inhibit you from achieving your everyday goals. Try using the following ideas to help improve your concentration:

- Prioritize tasks
- Focus on one task at a time
- Make a "to do" list
- Make sure that you are comfortable ensuring good nutrition, sleep, and hydration
- Limit or shut out distractions, have a "distraction-free zone" without loud noises or visual stimulation
- Do your hardest tasks when you are most alert
- Switch between "high" to "low" attention tasks, giving your brain a rest
- Take short breaks (focus 25 ,60, or 90 minutes then have a 5-10 minute break)
- Promise yourself a reward

Source: Harvard gazette stat: <http://news.harvard.edu/gazette/story/2010/11/wandering-mind-not-a-happy-mind/>



Suicide warning signs

Do you or a loved one struggle with mental illness or substance use? If so, they may have a greater risk for committing suicide. Some warning signs include:

- Talking about wanting to hurt themselves
- Changes in mood, diet or sleeping patterns
- Increase in substance use
- Spending increased time alone
- Acting depressed

Other risk factors include previous suicide attempts or a family history of suicide or violence. When warning signs appear, reach out for help. It is important to get support as soon as possible. If you or someone you know shows suicide warning signs, call the National Suicide Prevention Lifeline at **1-800-273-TALK** (1-800-273-8255).

Source: www.cdc.gov/violenceprevention/suicide



P.O. Box 8738, Dayton, OH 45401-8738

CareSource.com/Medicare

HOW TO REACH US

Member Services Department:
1-800-833-3239

(TTY: 1-800-648-6056 or 711)

Hours are Monday – Friday,
8 a.m. to 8 p.m.

CareSource24®, 24-Hour Nurse
Advice Line: **1-866-206-7880**

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Important Plan Information

Mindfulness: Enjoy each moment, it may be good for your health

Studies have suggested that practicing mindfulness may help manage stress, help you cope better with serious illness, and reduce anxiety and depression. Mindfulness involves paying attention in the moment and being aware of what you are doing, thinking and feeling. It is a purposeful way of thinking that does not let your mind get distracted.

Mindfulness does require practice. Examples of mindfulness that you can practice include being aware of your breathing, motions, eating, and thoughts. For free mindfulness recordings such as mindful awareness of breathing, mindful yoga, mindful eating, sitting meditation, and mindful awareness of thoughts, visit <http://wexnermedical.osu.edu/patient-care/healthcare-services/integrative-complementary-medicine/mindfulness-practices>.

