

MemberSource

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



Happy and Healthy in 2017

Bring on 2017! The start of a new year is a great opportunity to reevaluate your current habits and make a plan to be healthy all year long. Establishing healthy habits now can start you on the right track for this year and years to come.

Don't let the idea of a huge New Year's Resolution overwhelm you – the smallest changes can make a huge impact on improving your overall health and longevity. Make a plan to try something new little by little, whether it be skipping dessert, drinking more water each day, spending more time exercising or enjoying more time with family and friends.

Take time to think about what you would like to improve and set realistic goals for yourself and your lifestyle. Look inside for information on free benefits to help you stay on top of your physical and mental health.

IN THIS ISSUE:

- 2 Visiting Your Doctor and Get a Free Coupon Book
- 3 Get Fit with Silver&Fit®
- 7 Go on a Journey



Medicare Advantage Preventive Visits

Did you know as a Medicare Advantage member you are eligible for the following preventive visits as part of your covered benefits?

Welcome to Medicare Office Visit. You are eligible for this visit within the first 12 months of your enrollment in the Medicare part B plan. This visit gives you and your doctor a chance to discuss your history, get baseline measurements for your care, and make sure you are up-to-date on preventive screenings and services. You will leave this visit with a personalized prevention plan.

Annual Wellness Visit. If you have had your Medicare part B plan for longer than 12 months, you are eligible for this annual wellness visit. During this visit, your doctor will provide a Health Risk Assessment questionnaire. The answers you provide to this assessment will help you and your doctor develop a personalized plan to assist you in staying healthy. This visit and future yearly wellness visits will also include:

- A review of your medical and family history
- Developing and updating a list of current providers, medical equipment, and prescriptions
- Routine measurements such as height, weight, and blood pressure
- Mental health check-up
- Personalized health advice
- A list of risk factors and treatment options, if necessary
- Appropriate preventive services schedule and/or checklist

These visits are fully covered by your plan with \$0 copay. If you receive any further services during this visit, then you may be responsible for the additional charges.

Talk with your doctor today about scheduling your covered preventive visits.

Source: [Medicare.gov](https://www.medicare.gov)

If you are new to Medicare, make sure you call your doctor to schedule your “Welcome to Medicare” visit. This is a preventative visit that will give your doctor a baseline for your health so that you can work on short and long-term health goals together. This visit is included in your health plan for the first year you are enrolled in Medicare, so don’t miss the opportunity to get this full health assessment!

Going to the doctor pays off! Complete your annual wellness visit and receive a free coupon book, powered by Entertainment, filled with over \$1,500 in savings at national retailers and restaurants. Be on the lookout for more information about this incentive in your mail.

Step Up Your Fitness Game with Silver&Fit

As part of your Medicare benefits with CareSource, you are eligible to be in the Silver&Fit program at no cost. This program is designed to help CareSource members enjoy a more active and fun lifestyle. Find fitness facilities in your area, meet new friends, socialize with others, all while exercising and staying healthy! More information on Silverandfit.com

Take the annual Health Assessment! This is a free online survey available when you sign in to your **MyCareSource.com** account. The results will tell you the areas of your health that you're doing well in and areas where you could improve. You can use the feedback from your survey as talking points to bring up during your next appointment with your doctor.

NEED TO SET UP YOUR MY CARESOURCE ACCOUNT?

It's easy! Just go to **MyCareSource.com** with your member ID card in hand and follow the steps to make your account. Members can change your primary care provider, request a new ID card, pay your monthly bills and more!

Get Rid of Your Unwanted Medications

Do you have expired drugs in your cupboards or medicine cabinets?

Do you have medications that you are not taking anymore?

Leftover medications can pose a health risk for others, especially for toddlers, teens and family pets.

There are steps you can take right now to get rid of unwanted medications the safe way:

- Go to the nearest “take back” location to dispose of old meds. Not all expired drugs should be thrown out or flushed down the toilet. This can pollute our waters. The safest way to get rid of your old drugs is a community “Take Back” program. To find a location near you go to **<https://www.deadiversion.usdoj.gov/pubdispsearch/>**.
- For more information on how to properly dispose of medicines go to **www.FDA.gov**
- Talk to your local pharmacy about “take back” efforts





Hypertension – High Blood Pressure

What's called the “silent killer,” is the number one risk for heart disease and one in three adults have it? Hypertension!

Hypertension, also known as high blood pressure, is a silent killer because it can cause injury or death when left untreated, and most people are unaware that they have high blood pressure until they develop a complication.

Blood pressure is how hard your blood pushes against the wall of the blood vessels as it flows through your body. Blood pressure is measured using two numbers. The top number, is called systolic blood pressure, it represents the pressure in your blood vessels when your heart beats. The bottom number, is called diastolic blood pressure, it represents the pressure in your blood vessels when your heart rests between beats.

Uncontrolled high blood pressure can lead to: heart attack, stroke, aneurysm, and heart failure, weakened and narrowed blood vessels in your kidneys, thickened, narrowed or torn blood vessels in your eyes, metabolic syndrome and trouble with memory or understanding.

Changing your lifestyle can help toward controlling high blood pressure. Your doctor may recommend you eat a healthy diet with less salt,

exercise regularly, quit smoking, limiting alcohol intake, and maintain a healthy weight. Sometimes changing your behaviors aren't enough. In addition to diet and exercise, your doctor may order medication to help with lowering your blood pressure. Your blood pressure goal depends on how healthy you are. If your doctor recommends treatment with medication, it is important to take your medication as your doctor advises.

Because some medications, for example over the counter cold medicines, pain medicines, antidepressants and others, can raise your blood pressure, it is important that you bring a list of all your current medications to every doctor's appointment. Don't stop taking any prescription medications that you think may affect your blood pressure without your doctor's advice.

High blood pressure is a treatable problem and if you haven't had your blood pressure checked lately, it is time.

Your doctor should check your blood pressure at every visit to determine if you have high blood pressure!

(Source: CDC Website)



Colorectal Cancer Screening & Prevention

The most powerful weapon for preventing colorectal cancer is having your regular colorectal cancer screening. Screening is the process of looking for cancer or pre-cancer in people before symptoms begin. Screening is beneficial for two main reasons. First, polyps (abnormal growths that form on the inner wall of the colon or rectum) can be identified and removed years before they develop into cancer. Second, screening can find colorectal cancer early, when it is highly curable.

The National Cancer Institute recommends that people who do not have any identified risk factors begin their screening at age 50. Individuals who have a family history or other risk factors for colorectal polyps or cancer, such as inflammatory bowel disease, should talk with their doctor about their personal screening guidelines.

The type of screening test used will be determined based on your age, risk factors & history, convenience of the test, preparation required for the test, the cost of the test, and the potential risks of the test. Your physician will work with you to determine the best method.

Other important steps to take to decrease the risk of colorectal cancer include:

- Increased physical activity
- Maintaining a healthy diet
- Avoiding obesity
- Avoiding excess alcohol and cigarette smoking

Talk with your physician at your next visit to discuss your personal guidelines for colorectal cancer screening and prevention.

Source: National Cancer Institute at the National Institutes of Health

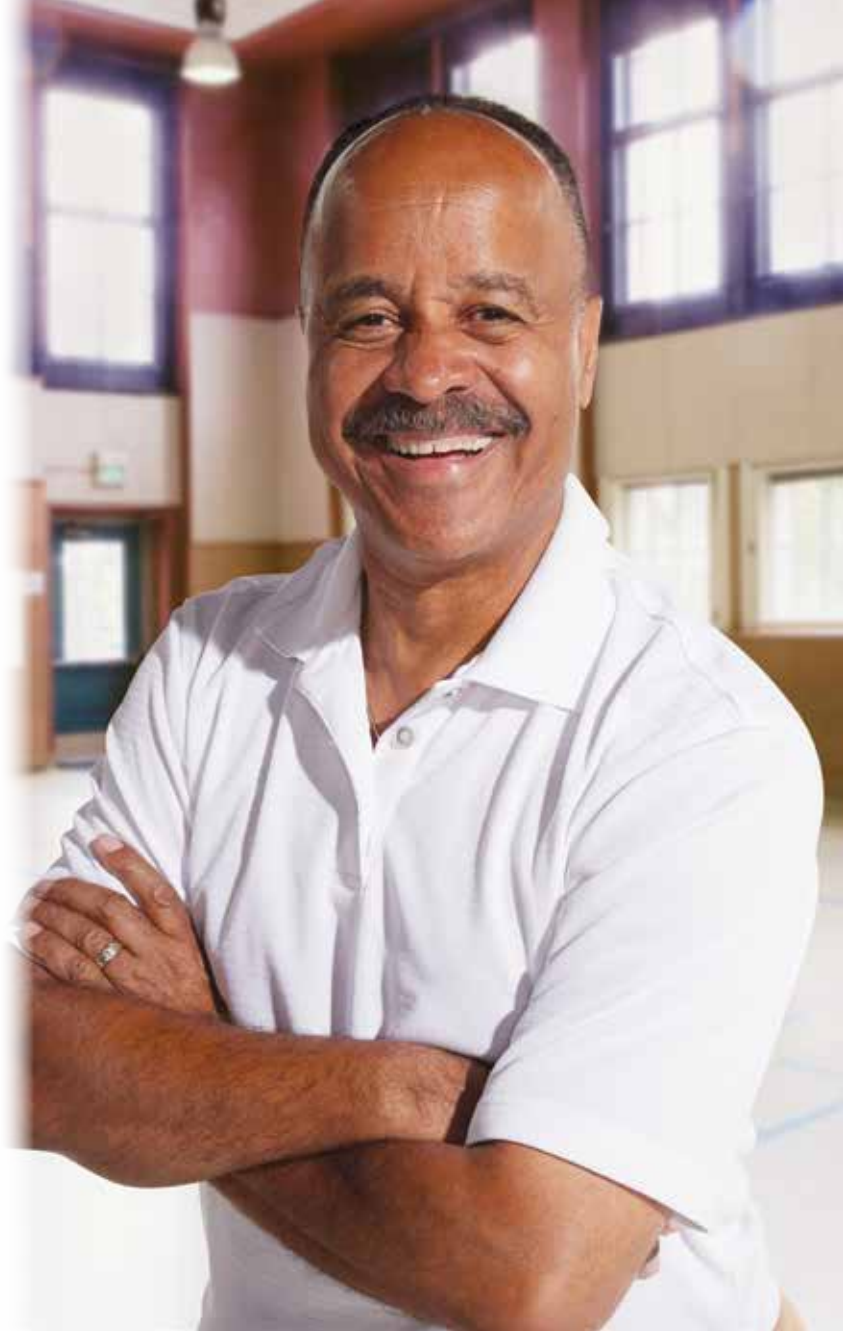
Online Wellness Coaching Available Anytime

Try out MyHealth, your online wellness source, available 24/7! You can find MyHealth on **MyCareSource.com**. MyHealth is a set of online virtual health coaching programs with a personal twist called Journeys®. Journeys are made up of small steps that encourage healthy new actions.

Members can focus on a variety of health topics, including:

- Being more active
- Lowering your stress levels
- Eating healthier
- Losing weight
- Being tobacco free
- Controlling chronic diseases
- And more!

Members can keep up with their progress by using Track™, a daily wellness tracker that will sync with your FitBit® and other health apps.



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.

CareSource complies with applicable state and federal civil rights laws and does not discriminate on the basis of age, gender, gender identity, color, race, disability, national origin, marital status, sexual preference, religious affiliation, health status, or public assistance status.

Si usted o alguien a quien ayuda tienen preguntas sobre CareSource, tiene derecho a recibir esta información y ayuda en su propio idioma sin costo. Para hablar con un intérprete, Por favor, llame al número de Servicios para Afiliados que figura en su tarjeta de identificación.

如果您或者您在帮助的人对 CareSource 存有疑问，您有权 免费获得以您的语言提供的帮助和信息。如果您需要与一位翻译交谈，请拨打您的会员 ID 卡上的会员服务电话号码。



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CareSource.com/Medicare

HOW TO REACH US

Member Services Department:

1-844-607-2827

(TTY: 1-800-750-0750 or 711)

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

CareSource24® Nurse Line:

1-866-206-0569

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Important Plan Information

Have you had your flu shot?

Want a way to keep the flu away?

The number one way to prevent the flu is to get the flu vaccine. The vaccine can help keep you from getting the flu. If you do get sick, it can make the symptoms less severe. It can also help keep you from spreading the flu to others. It is recommended that everyone have a flu vaccine by the end of October, but getting the vaccination later is okay. If you haven't been vaccinated this season, schedule yours today.

(Source: CDC Website)

