

Health Partners Medicare

Living Well

SPRING 2016

Health Partners Plans



Options for Unexpected Conditions

Unexpected medical conditions happen to all of us. We slip and fall. We get sick. There are all sorts of reasons you may need medical attention right away. Here are some of your options when you need care.

Teladoc

Your plan's newest benefit is also the most convenient. With Teladoc, non-urgent help is just a phone call away, 24 hours a day, seven days a week. Online video conferences by computer or mobile app are also available. Just call **1-800-Teladoc (835-2362)**



or visit **www.teladoc.com** for a consultation. Your Teladoc doctor can answer your questions and even send short-term prescriptions right to your pharmacy. Teladoc is not for emergencies. If you are experiencing an emergency, call 911 or go to your nearest emergency room.

Doctor's Office

It's important to see your doctor for preventative care and management of long-term conditions. Your doctor also knows your medical history and overall health. Ask if your doctor has walk-in or same-day appointments.

Urgent Care

Urgent care centers can see you without an appointment for minor illnesses, vaccines and more. Some can also attend to injuries and take x-rays. You should call ahead to find out what a clinic can treat. To find an urgent care center that accepts Health Partners Medicare, search "urgent care" under "Find a Doctor" at HPPMedicare.com, refer to the printed Provider and Pharmacy Directory or call Member Relations 24/7 at **1-866-901-8000 (TTY 711)**.

Emergency Room

Some conditions require calling 911 or going to the nearest emergency room. These include chest pain, difficulty breathing, poisoning, uncontrolled bleeding or losing the ability to move or speak.

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Are You Eligible for Medication Therapy Management?

If you take medications for different medical conditions, you may be eligible for a Medication Therapy Management (MTM) program at no cost to you. This program helps you and your doctor make sure that your medications are helping you as much as possible. A pharmacist or other health professional will review all your medications and talk with you about:

- How to get the most benefit from the drugs you take
- Any concerns you have, like medication costs and drug reactions
- How best to take your medications
- Any questions or problems you have with your prescription and over-the-counter medication

You'll get a written summary of this discussion to take to the doctor. The summary has a medication action plan that recommends what you can do to make the best use of your medications, with space for you to

take notes or write down any follow-up questions. You'll also get a personal medication list that will include all the medications you're taking and why you take them.

Health Partners Medicare may enroll you in this program if you meet these conditions:

- 1.** You have at least three of the following chronic conditions: bone disease (osteoporosis or arthritis), chronic heart failure, diabetes, dyslipidemia, hypertension, asthma or COPD.
- 2.** You take at least seven chronic, Part D covered medications.
- 3.** Your medications have a combined cost of more than \$3,507 per year.



Don't Miss Your Meds

Do you sometimes miss doses of your medication? It's easy to forget to take a pill or get a prescription refilled, but it can also be dangerous. Here are some tips to cut your risk.

Manage Side Effects

Are side effects causing you to skip doses? Talk to your doctor or pharmacist. There may be alternatives or additional drugs to manage side effects.

Don't Run Out

Learn how to take your medication. Find out how many refills the prescription specifies and when you need to schedule a follow-up appointment. For some medications, Health Partners Medicare offers the option of a 90-day supply with a lower co-pay.

Use Technology

If you have a smart phone or tablet, try one of the many electronic device applications that remind you when to take medications and call for refills. Even pill counters themselves are going high tech: some have timers built right in.

Get Synchronized

Many pharmacies now offer "Med Sync" programs to refill all of your prescriptions at the same time each month. Ask about it the next time you pick up a prescription.

Ask for Help

Do you need help with any of the ideas here? Do you have another problem? Tell somebody. Friends, family and caregivers can help. So can Health Partners Medicare. Call Member Relations at **1-866-901-8000 (TTY 711)**, available 24/7.

Cut the Risk with Pneumococcal Vaccination

Pneumonia is a leading cause of death and hospitalization for people over 65. Today, health professionals recommend two separate vaccines to lessen the risk. They are given at least one year apart. Both target various strains of pneumococcus bacteria. These bacteria not only cause pneumonia, but also meningitis and blood infections.

Ask your doctor about the pneumococcal vaccines. Because both vaccines provide lifetime protection, check your vaccination record to see if you had either in the past. If you need both, your doctor may suggest getting them with your annual flu vaccine.



Remember, no vaccine is 100 percent effective. Even with vaccination, you can still develop pneumonia. Early treatment is essential. Seek immediate medical attention if you develop the following symptoms:

- Sharp chest pain
- Shortness of breath
- Darkening or bluish fingernails
- Coughing up blood

Recipe for Health

Vegetable Soup

- 1 teaspoon vegetable oil
- 1/2 cup chopped onion
- 1 clove garlic, chopped
- 29 ounces reduced-salt chicken broth
- 32 ounces canned diced tomatoes
- 1/3 cup alphabet pasta
- 1/2 cup parsley
- 2 cups chopped broccoli
- 2 cups carrots
- 2 cups sliced celery
- Salt and pepper to taste
- 2 tablespoons grated Parmesan cheese (optional)

Heat oil in a saucepan over medium heat. Add onion and garlic and cook until the onion is soft, about two minutes, stirring occasionally. Add chicken broth, tomatoes, pasta, and parsley to the saucepan. Bring the liquid to a boil, reduce heat and simmer for 10 minutes. Add broccoli, carrots and celery to soup; cook 10 minutes. Add salt and pepper to taste.

Makes 15 (2/3 cup) servings.



Nutrition Facts

Servings: 15.0

Amount Per Serving: 2/3 cup

Calories: 48
% Daily Value*

Total Fat: 1g 1%	Total Carbohydrate: 8g 3%
Saturated Fat: 0g 1%	Dietary Fiber: 2g 8%
Monounsaturated Fat: 0g	Sugars: 3g
Polyunsaturated Fat: 0g	Protein: 3g 5%
Trans Fat: 0g	Vitamin A: 73%
Cholesterol: 1mg 0%	Vitamin C: 39%
Sodium: 191mg 24%	Calcium: 4%
Potassium: 344mg 9%	Iron: 4%

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100 percent accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

What's Up, Doc?

Schedule Your Annual Wellness Visit Today

Health Partners Medicare offers annual wellness visits at no cost to you. Are you taking advantage of this important benefit? It's a great way to get an overview of your health. Think about it. Usually, your time with the doctor is spent dealing with whatever issue brought you in that day. The wellness visit is your chance to sit down with your doctor and look at the big picture.

The wellness visit doesn't include a full physical exam, but your doctor will take your blood pressure, listen to your heart and take measurements such as waist and height. He or she will ask you about your mental and physical health, as well as things like family medical history and lifestyle. You will go over your current medications and any tests and/or vaccines you might need. Finally, your doctor will provide counseling and referrals to improve your overall wellness.

You are eligible for a wellness visit at least 12 months after your last wellness visit or the one-time "Welcome to Medicare" exam. Together, you and your doctor can put together your roadmap to good health.

Rediscover This Stress-Buster



Reducing stress is important for good health. Some common ways people reduce stress include prayer, meditation and exercise. Here is another one you might not have thought of since childhood—coloring. Adult coloring books are a hot new trend but the concept has a long history. Pioneering 20th Century psychologist Carl Jung had his patients color spiritual symbols called mandalas. Today, researchers are finding that coloring can help maintain and improve motor skills and focus. Coloring can also be a great way to wind down before bedtime and help you sleep better. So, channel your inner child and pick those crayons back up. You might be surprised by the benefits.

Adult coloring books exist for every interest. Images to color can also be found online and printed out. One free resource is <http://www.coloring-pages-adults.com/>. Here's one to get you started.

Health Partners Medicare is an HMO plan with Medicare and Pennsylvania State Medicaid program contracts. Enrollment in Health Partners Medicare 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, premiums and/or copayments/coinsurance may change on January 1 of each year.

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