

Living Well



Health Partners Plans

FALL 2016



Prevent Falls This Winter

Each year, 2.5 million older adults are treated in the ER for injuries from falls. They are a top cause of hospitalizations and nursing home

admissions. When things get slippery this winter, here are three items that could help you stay on your feet:



1. Cane with Ice Grip: When there is ice and snow on the ground, use a cane. It can prevent you from needing crutches later. Equip your cane with an ice grip. Available for about \$10, these little gadgets attach to a cane

with two screws — no drilling required. Look for one that flips up so that you can use your cane indoors. (Shown: Personal Care Products #6107)

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Be Careful with Narcotics

Abuse of prescription painkillers is a national crisis. Addiction affects people of all ages and backgrounds. There might be times you really need these powerful drugs, but you need to be careful.

These drugs are known as narcotics or opiates. Common brands include Percocet, OxyContin, and Vicodin. They work by blocking pain signals to

your brain. They can also cause exhilaration or relaxation, which is why some people abuse them.

People taking opiates after an injury often become addicted and take the drugs long after they need to. To lower your risk, use opiates responsibly. Take them exactly as directed and for the shortest time possible. Never “double up” doses or crush pills.

People with long-term (chronic) conditions may need to be on opiates longer. The longer you use these drugs, the higher your risk of addiction. If you suffer from chronic pain, your doctor should discuss non-opiate treatment options and provide regular counseling about your risk.

If you think you are addicted to your medication, it's important to seek help right away. Pharmaceutical and behavioral treatment options are available. A good first step is to talk to your doctor.



Addiction affects people of all ages and backgrounds.

Prevent Falls This Winter

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2. “Grippy” Gloves: It's important to wear gloves in the winter because having your hands in your pockets can make it harder to balance. The kind of glove matters too. Select gloves that have rubber or leather surfaces that will allow you to

hold on to a cane or railing. If you have a smartphone, look for gloves that work with touch screens. (Shown: Isotoner Smart Touch Gloves)



3. Ice Cleats: Ice cleats (also called crampons) are like tire chains for your shoes. Once just used for mountain climbing, a variety of versions are now available

to help people walk on icy pavement. Available for under \$20, they come in a variety of tread styles, from small metal pins to big spikes. Look for the smaller pins for more natural walking, especially on mixed surfaces. Remember to take them off indoors, as they are dangerous to wear on hard surfaces like tile. (Shown: Korkers Original Ice Cleat)



Finding Cancer Early Can Save Your Life

Cancer is a leading cause of death. Catching cancer early is your best chance for long-term survival. Some types of cancer are easier to find than others. Talk to your doctor about tests that can detect cancer and what lifestyle changes you can make to reduce your risk. Here are some annual tests that can find certain cancers.

Breast Cancer (Women)

Breast cancer is the second leading cause of cancer death for American women. Women over age 40 should get a mammogram every year. A mammogram is an x-ray of the breast. It can find tumors before you can feel them. Don't put off getting a mammogram. The risk goes up as you age.

Colorectal Cancer

Colorectal cancer is the second most common cause of cancer deaths in the United States. It can be treated successfully if found early. Every year, you should do a FIT (fecal immunochemical testing) test at home. It involves collecting a sample and mailing

it to a lab. The lab will check for blood in the sample. That can be a sign of polyps, small clumps of cells that form on the lining of the colon. Most are harmless but can develop into cancer. Ask your doctor if this test is right for you or if another type of test better fits your needs.

Lung Cancer

The only recommended screening test for lung cancer is called *low-dose computed tomography*. Medicare covers this every year for members aged 55 – 77 who smoke (or quit in the last 15 years) and smoked an average of one pack a day for 30 years. There are risks and benefits to this test. Talk to your doctor to find out if it's right for you.

Prostate Cancer (Men)

Men over age 50 should be tested for prostate cancer every year. There is a test that looks for PSA (prostate specific antigen) in your blood. Your doctor can also look for prostate cancer by doing a digital rectal exam. Symptoms of prostate cancer include frequent urination and trouble starting to urinate.

Beware of Genetic Testing Scams

Genetic tests must be ordered by your doctor to be covered by Medicare. Beware of labs that offer a cheek swab for genetic testing as part of a “free” health screening. They may be attempting to obtain your Medicare information for identity theft or fraudulent billing purposes. Before you agree to genetic testing, be sure that:

- The test is ordered by your doctor
- The genetic test is medically necessary and covered by your plan

Don't be a victim of Medicare fraud. Protect yourself and your benefits.

How the Scam Works:

A booth at a local health fair, senior housing, community center or home health agency is offering free health screenings, including genetic testing. The representative promises that Medicare will pay for the test and you simply need to provide a cheek swab, your ID and Medicare information. They may even ask for your doctor's name, implying that they will send your results to your doctor. Unfortunately, they now have your health plan or Medicare number, and they can bill Medicare for medically unnecessary tests or services that you never received. Don't be a victim of Medicare fraud. Protect yourself and your benefits:

- Never give out your Social Security, Medicare or health plan numbers or banking information to someone you don't know.
- Do not consent to any lab tests without your doctor's order.
- Keep in mind it is illegal to accept anything of value in exchange for receiving medical services.

Playing It Safe with Vitamins and Supplements

Vitamins and other nutritional supplements may be natural, but they can still cause harm to your body if not used correctly. In fact, they send about 23,000 people to the emergency room every year. Weight loss and energy supplements that contain stimulants are the worst offenders. Some supplements contain banned substances not listed on the label. Even standard vitamins and minerals can be dangerous if you take too much.

Here are a few tips:

- Talk to your doctor before starting a supplement.
- Tell your doctor and pharmacist about any supplements you currently take.
- Never take more than the recommended dosage.
- Keep supplements away from children.



- Read the label of your supplements. If you don't know what an ingredient is, ask your pharmacist or doctor.

Health Partners Medicare Benefit Highlights

As a Health Partners Medicare member, you have access to some great extra benefits. Make sure you take advantage of the ones that are right for you. They can improve your health while saving you time and money.



90-Day Prescriptions

Going to the pharmacy every month to pick up your medication can be a hassle. And if you have drug copays, they can really add up.

What if you could save time and money and lower your risk of running out of medication? For some medications, Health Partners Medicare offers the option of a 90-day supply with a lower copay. Call Member Relations 24/7 at 1-866-901-8000 (TTY 711) to learn more.



24/7 Doctor “Visits” by Phone or Video

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. Set up your account online or over the phone now for faster service when you need care. Teladoc is not for emergencies. If you are experiencing an emergency, call 911 or go to your nearest emergency room.



No-Cost Fitness Center Memberships

Through our fitness center program, we give you a wide selection of fitness centers including most area YMCAs. Most centers offer free weights and machine weights, cardio equipment, and fitness and exercise classes. Many also have swimming facilities, playing fields and athletic courts. Starting January 1, Health Partners Medicare no longer requires a certain number of visits. Interested in learning more? Visit www.HPPMedicare.com or call Member Relations at 1-866-901-8000 (TTY 711).



Weight Watchers®

Members who are at least five pounds overweight can join Weight Watchers for only \$2 a meeting. When you sign up, we will pay your membership fee and send you 10 coupons to attend weekly Weight Watchers meetings. Take coupon #1 to a Weight Watchers meeting location of your choice, show your Health Partners Medicare member ID card and pay your \$2 copay. Every week after that, go to the same meeting, present the proper coupon and pay your copay (also required for missed meetings). Lose one pound a month to keep participating. To get started, call Member Relations at 1-866-901-8000 (TTY 711).



Recipe for Health

Better-for-You Classic Chili



There's nothing better than a hot bowl of chili on a cold night. We made a few updates to a classic chili recipe to make a hearty meal that's good for your heart.

Ground turkey is a lower-calorie replacement for ground beef (based on same fat content). Many recipes call for prepared sauces, which are high in added sodium. By substituting tomato paste and water for sauce, we've reduced the salt. Using "no salt added" tomato products and rinsing the canned beans will reduce it even more.

Browning the onions, spices and tomato paste before adding the other ingredients kicks up the flavor. For even more zing, try adding a splash of lime juice or apple cider vinegar before serving.

Ingredients:

- 1 lb. 4 oz. (20 oz.) package of 97% lean ground turkey
- 1 large onion, diced
- 1 large green or yellow bell pepper, diced
- 2 cans (1 4/5 cups ea.) "no salt added" diced tomatoes
- 2 cans (16 oz.) pinto or kidney beans, drained and rinsed
- 2 cans (8 oz. ea.) "no salt added" tomato paste
- 4 tbsp. chili powder
- 1 tbsp. dry oregano
- 1 tbsp. garlic powder
- 1 tsp. sugar
- 2 - 3 cups water
- 1 cup reduced fat shredded cheddar cheese (for serving)

Directions:

- In a six-quart pot, brown the ground turkey, breaking it up with a wooden spoon or spatula.
- Pour turkey and juices into bowl and set aside.
- With heat on medium, sauté the diced onions and peppers until they soften. Add chili powder, oregano, garlic powder and sugar and stir to coat. Add tomato paste and continue stirring until mixture begins to darken.

- Add cooked turkey, beans and diced tomatoes and scrape bottom of pan to remove any food stuck to the bottom.
- Stir contents and simmer on low heat for one hour. (You can also use a slow cooker and cook on low for eight hours.)

Nutrition Facts

Servings: 8

Amount Per Serving: 1.5 cups

Calories: 330, % Daily Value*

Total Fat: 9g, 14%	Total Carbohydrate: 37g, 12%
Saturated Fat: 4g, 19%	Dietary Fiber: 10g, 39%
Monounsaturated Fat: 1g	Sugars: 11g
Polyunsaturated Fat: 0g	Protein: 26g, 51%
Trans Fat: 0g	Vitamin A: 51%
Cholesterol: 61mg, 20%	Vitamin C: 29%
Sodium: 583mg, 24%	Calcium: 19%
Potassium: 1014mg, 29%	Iron: 32%

*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% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. Food and Drug Administration.

Read Our Notice of Privacy Practices



Health Partners Medicare is committed to maintaining and protecting the confidentiality of our members' protected health information. When you first became a member, we sent you a Notice of Privacy Practices. This meets the requirements of federal regulations governing the privacy of your protected health information, including the Health Insurance Portability and Accountability Act of 1996 (HIPAA). The Notice explained how we use and disclose your health information in the process of providing you with medical care, and how you can access this information.

To obtain the current version of our Notice of Privacy Practices, please call us at 1-866-901-8000 (TTY 711) and request that we mail one to you. You can call 24 hours a day, seven days a week. You can also get the notice online at www.HPPMedicare.com. Simply click "Privacy Practices" at the bottom of any page.

Special Plan (D-SNP) Members:



The Care Navigation Team is Here to Help!

Do you need assistance in managing your health care needs? If so, we have a team that can help. Our Care Navigation team is available Monday through Friday, 8 a.m. to 8 p.m. and can help you:

- Manage/coordinate your medical care
- Schedule medical appointments
- Locate specialists and other providers including homecare
- Obtain medications, medical supplies and equipment
- Arrange transportation
- Identify community resources

Call Member Relations at 1-866-901-8000 (TTY 711) to learn more.

15 Minutes to Better Health

Get Your Personalized Health Report

Most of us want to take better care of our health but don't know where to start. Getting your personalized health report is a great first step. This report details your overall health status and what you can do about it.

To get your personalized health report, take our health questionnaire online. It asks about your lifestyle and health status. It takes about 15 minutes and you get your report instantly. You can also answer the questionnaire over the phone in about 30 minutes and get your report by mail.

Your Personalized Health Report

With your personalized health report in hand, you can take control of your health. It shows you:

- A summary of your health status

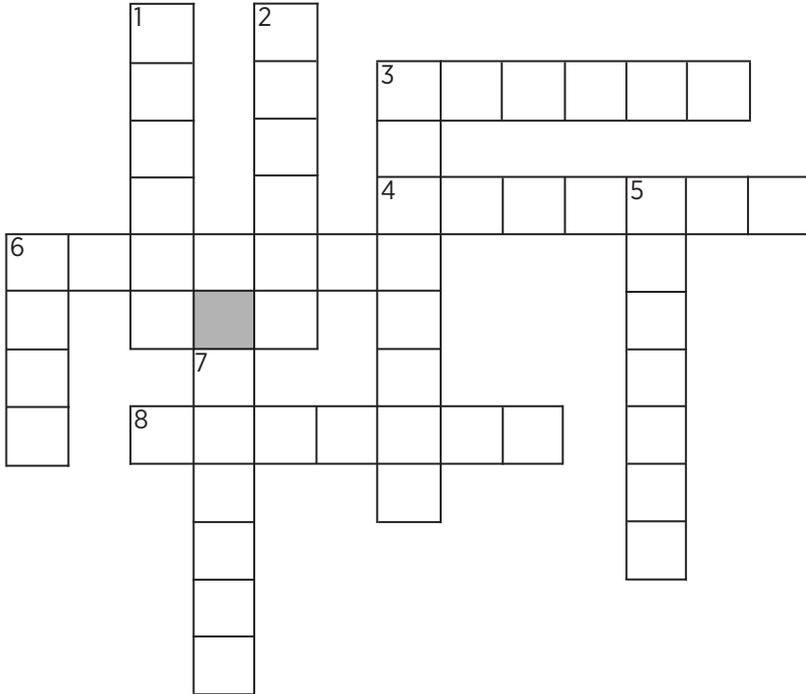
- Your risk for problems such as diabetes, heart disease and stroke
- Tips on how to lower your risks for these and other health conditions

The information contained in your health report is confidential, private health information. Your information can't be used against you, nor can it be shared without your permission. We may contact you about extra help we can offer based on your answers. Your answers may also help us develop new programs to help all our members.

Remember, you should repeat your health questionnaire every year and see your progress. Visit the EveryBODY Get Healthy member portal via www.hpplans.com/portal/Medicare or call 1-855-827-2862 (TTY 711) from 10 a.m. to 7 p.m..

Crossword Puzzle

The answers to these clues are found in the newsletter articles.



Down: 1 - Ninety; 2 - Turkey; 3 - Prostate; 5 - Teladoc; 6 - Fall; 7 - Weight
Across: 3 - Polyps; 4 - Opiates; 6 - Fitness; 8 - Genetic

ACROSS

- 3 Colon cancer screening checks for these small lumps of cells that may become cancerous.
- 4 These powerful painkillers can be addictive.
- 6 Membership to _____ centers is another benefit of Health Partners Medicare.
- 8 Beware of scam artists performing this kind of screening.

DOWN

- 1 Number of days' supply you can receive of some prescriptions through Health Partners Medicare.
- 2 This type of meat has fewer calories than beef with the same fat content.
- 3 Men over age 50 may be tested for this type of cancer every year.
- 5 This service lets you talk to a doctor 24 hours a day, seven days a week at no cost to you.
- 6 This type of accident is a leading cause of hospitalizations and nursing home admissions.
- 7 Health Partners Medicare members can get discounted memberships to "watch" this.

In-Home Services Help Keep Members Healthy

Has it been a while since you've been to the doctor? Regular checkups and screenings are important. They help catch new problems early and manage long-term conditions.

At Health Partners Medicare, we know it can be hard to get to the doctor even when you know you should. That's why we partner with a variety of respected health services companies to provide health assessments and screenings in members' homes. Eligibility for these services is based on medical history and access to care.

You may receive a letter or call from one of these companies to set up an appointment. The companies include Optum, MedXM and Visiting Nurses Association. They will need to confirm your name, birth date and address before scheduling a visit.

The company will work with you to find a time that fits your schedule. A licensed medical professional will come to your home to complete the assessment screening. Then, the company will send a report to you and your doctor. We hope you will work with your doctor to address any issues in the report.

If you have any questions or concerns, please call Health Partners Medicare Member Relations 24/7 at 1-866-901-8000 (TTY 711).

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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