

Living Well



Health Partners Plans

FALL 2017



Save Time and Money with a 90-Day Supply

Many members tell us that cost and transportation can keep them from getting their prescriptions on time. That's why we offer 90-day supplies of most medications at a reduced cost. Your current neighborhood pharmacy may offer 90-day supplies. Our network also includes several mail-order pharmacies where you can get drugs delivered to your door at no extra cost.

Health Partners Medicare Prime (HMO) and Value (HMO) members get three months' worth of their medication for the price of two when ordering a 90-day supply.

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Health and wellness or prevention information

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Health Partners Plans
901 Market Street, Suite 500
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Referrals? Why? How?

Your primary care provider (PCP) keeps track of your overall health and makes sure you get all the care you need. In order to do that, he or she needs to know about the other doctors you see. That's why, starting in 2018, most Health Partners Medicare members* will need to get a referral from their PCP before seeing a specialist.

Getting a referral helps make sure you don't waste time and money seeing the wrong type of doctor or waiting to see a specialist for a problem your PCP can treat. That is one reason many members are already getting referrals from their PCPs even though they aren't required to do so.

If you're not used to getting referrals, don't worry. Usually, all it takes is a simple phone call to your PCP. Many PCP offices allow you to leave a message on their referral line and may not even need to contact you

Getting a referral helps make sure you don't waste time and money

before processing it. It's always a good idea to check with the specialist a few days after you request a referral to make sure he or she has received it from your PCP. And remember, you can change your PCP at any time by calling Member Relations 24/7 at 1-866-901-8000 (TTY 711).

*If you are a Prime or Value member residing in Lancaster, Lehigh or Northampton counties, you will not be required to obtain PCP referrals. However, you should still inform your PCP about other medical care you receive.

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.



Wipe Out Your Premium with PACE

Health Partners Medicare Prime (HMO) has some great advantages, including \$0 primary care visits, no deductible on preferred generic and generic drugs, and extra dental and vision coverage. Those extra benefits come with a \$37 premium for 2018. The good news is that some members can wipe out some or all their premium with the PACE program.

Pennsylvania's PACE program helps participants pay for prescription drugs. In 2018, PACE will cover up to

The following eligibility requirements apply to PACE:

- You must be a Pennsylvania resident for at least 90 days prior to the date of application.
- You cannot be enrolled in the Department of Human Services' Medicaid prescription benefit.
- A single person's total income must be \$14,500 or less (\$17,700 or less for a married couple).

To apply for PACE or learn more, visit pacecares.magellanhealth.com or call 1-800-225-7223.



\$37.18 of a participant's monthly premium for a participating Medicare Part D prescription plan or a Medicare Advantage plan that includes prescription coverage, like Health Partners Medicare Prime.

Note: The above applies only to the PACE program. Participants in the PACENET program cannot use that benefit to cover Health Partners Medicare premiums.

Save Time and Money with a 90-Day Supply *Continued from page 1*

A Special plan member would pay only the amount for a one-month supply. Either way, a 90-day supply can save you time and money!

Ask your doctor if a 90-day supply is right for you. Identify the pharmacy you plan to use ahead of time and bring that information to your next doctor's appointment. If you need help finding a pharmacy, you can search online at HPPMedicare.com. If you're

looking for a mail-order pharmacy, search "mail order" and leave location blank. Of course, you can always call Member Relations 24/7 at 1-866-901-8000 (TTY 711).

Some restrictions do apply. If you currently pay a percentage toward the price of a medication, you would need to pay the applicable percentage of the 90-day cost. The Prime and Value plans' specialty tier medications are not available in a 90-day supply.

You Responded, We Listened

Health Partners Medicare strives to provide great benefits and service. That means listening to members. This year, many members questioned why different dosages of the same drug fell into different tiers with different copays. For example, 20 mg of Drug A might have a \$7 copay for a Prime (HMO) member, but 40 mg might have \$20 copay. That didn't make sense to members and it didn't make sense to us either, so we fixed it. All higher dosage drugs that were in a higher tier have moved into the lower tier. Enjoy the savings!



Getting Older Means New Oral Health Concerns

Everybody should pay attention to their teeth and gums and that's doubly true as you get older. Here are three oral health issues you might not have thought about when you were younger:

Cancer. Dentists do more than check your teeth and gums. They also look for evidence of oral, head and neck cancer. That's especially important today because oral cancer is on the rise, especially among men.

Dry mouth. Many medications and medical conditions can reduce saliva (spit) in the mouth. This is more than an annoyance; it can lead to serious problems. Dry mouth can cause choking and swallowing problems. It also allows more bacteria to grow in your mouth, causing tooth decay. The good news is your dentist can diagnose and treat this common condition.

Candida. This fungus can cause white or yellow splotches in the mouth, pain, trouble swallowing and cracking at the corners of the mouth. Candida risk is higher in people with weakened immune systems due to age, disease or certain medications. Poorly fitting dentures can provide the perfect environment for candida.

More Smiles with Prime

Why is our Prime plan so popular? One reason is the great dental coverage. Members get two oral exams/cleanings, one set of X-rays and one fluoride treatment a year with no copays. Plus, if you need supplemental dental work, the first \$800 is covered each year after a \$50 deductible. It's just another way the Prime plan pays for itself.

Help Fight Fraud!

Do you know that abusing federal health care programs (like Medicare) costs taxpayers billions of dollars and puts beneficiaries' health and welfare at risk?

As a beneficiary, protect yourself:

- Protect your Medicare number on your Medicare card.
- Remember that nothing is ever “free.” Don’t accept offers of money or gifts for free medical care.
- Never give your Medicare number to get a free offer or gift.
- Always check your Medicare statement for errors, like equipment or services you never received. Use a calendar to record all your doctor’s appointments and what tests or X-rays you get. Then check your Medicare statements to make sure you received each service listed and that all the details are correct. If you spend time in the hospital, make sure that the admission date, discharge date and diagnosis on your bill are correct.
- Ask questions. You have a right to know everything about your medical care including the costs billed to Medicare.
- Educate yourself about Medicare. Know your rights and know what a provider can and can’t bill to Medicare.
- Be wary of providers who tell you that the item or service isn’t usually covered, but they “know how to bill Medicare” so Medicare will pay.
- Check your pills before you leave the pharmacy to be sure you got the correct medication, including whether it’s a brand or generic, and if it’s the full amount. If you don’t get your full prescription, report the problem to Health Partners Medicare.
- Report suspected instances of fraud to our Special Investigations Unit.
- Don’t contact your doctor to request a service that you don’t need.
- Don’t let anyone persuade you to see a doctor for care or services you don’t need.
- Don’t accept medical supplies from a door-to-door salesman. If someone comes to your door claiming to



be from Medicare or Medicaid, remember that these programs don’t send representatives to your home to sell products or services.

- Don’t be influenced by certain media advertising about your health. Many internet, television and radio ads don’t have your best interest at heart.
- Don’t give your Medicare card, Medicare number, Social Security card, or Social Security number to anyone except your doctor or other authorized Medicare provider.

If you know about someone who is committing Medicare fraud, REPORT IT! Contact our Special Investigations Unit by calling the confidential and anonymous hotline number at **1-866-477-4848** or use these non-anonymous email options:

- **Fraud, Waste, and Abuse issues:** HPP’s Special Investigations Unit at SIUtips@hpplans.com
- **Compliance issues:** HPP’s Compliance department at Compliance@hpplans.com
- **Privacy/HIPAA issues:** HPP’s Privacy department at PrivacyOfficial@hpplans.com

You can also report Medicare fraud or abuse by calling the Medicare fraud tip line at **1-800-HHS-TIPS (1-800-447-8477)**.



Recipe for Health

Pumpkin Soufflé Casserole

This autumn desert is low in sugar and fat and high in protein and fiber.

Serves 8

Prep time: 30 min., cooking time: 25-35 min.

Ingredients:

- 1 12-oz. can of low-fat evaporated milk
- 3 tbsp. unsalted butter plus more to butter baking dish(es)
- 4 egg yolks
- 8 egg whites
- 5 tbsp. all-purpose flour
- 1⁴/₅ cups (1 can) pumpkin pie filling
- Confectioner's sugar for decoration

Directions:

1. Preheat oven to 375F.
2. Melt butter in a saucepan over low heat.
3. Whisk in flour to form a thin paste.
4. Add evaporated milk and whisk until smoothly combined.
5. Bring to a boil and then simmer until thick enough to stick to the back of a spoon
6. Set aside to cool.
7. Divide eggs — whites in a large, very clean mixing bowl and yolks in another smaller bowl. (Put aside four yolks for another recipe or discard.)
8. Use whisk or mixer to whip egg whites until stiff peaks form.
9. In a separate bowl, combine the milk mixture, egg yolks and pumpkin pie filling.
10. Carefully fold the milk, egg and pumpkin mixture into the egg whites.
11. Divide mixture into 8 buttered 6-oz. ramekins or a buttered 2-qt. casserole.
12. Bake until soufflés have risen and browned, about 25 min. for ramekins or 35 min. for a casserole.
13. Sprinkle with confectioner's sugar and serve immediately.



Nutrition Facts

Servings 8.0

Amount Per Serving

Calories: 205, % Daily Value*

Total Fat: 8 g, 13%	Total Carbohydrates: 14 g, 5%
Saturated Fat: 5 g, 24%	Dietary Fiber: 2 g, 9%
Monounsaturated: Fat 1 g	Sugars: 3 g
Polyunsaturated Fat: 0 g	Protein: 17 g, 34%
Trans Fat: 0 g	Vitamin A: 128%
Cholesterol: 111 mg, 37%	Vitamin C: 4%
Sodium: 217 mg, 9%	Calcium: 16%
Potassium: 11 mg, 0%	Iron: 3%

*The Percent Daily Values are based on a 2,000-calorie diet, so your values may change depending on your calorie needs. Nutritional information was created using the myfitnesspal.com recipe builder. The values here may not be 100% accurate because the recipe has not been professionally evaluated.

Living Wills and Power of Attorney – What You Should Know

Although it may be uncomfortable to think about, it is important to let your loved ones and health care providers know about the treatment you do or do not want to receive should you face a life-threatening illness. You have the right to ensure your wishes are followed through a legal document called an advance directive.

You do not need to be sick to create an advance directive. Having one before life-threatening conditions or health emergencies occur can help reduce confusion for you and your loved ones.

There are two types of advance directives: living will and health care power of attorney.

Living Will

This legal document spells out how you want your care to be handled if you are no longer able to make decisions for yourself. Your living will can include information on the use of dialysis and breathing machines, resuscitation efforts, feeding tubes and organ or tissue donation.

Health Care Power of Attorney

This document enables you to authorize someone to act as your agent to make decisions about your health care if you are unable to communicate your wishes. You

can appoint anyone you wish to have power of attorney privileges, including a relative, friend or lawyer.

To help ensure your wishes are met

- You should give a copy of your advance directive to your primary care provider (PCP) and to the individual(s) you have named to make decisions for you in the event you cannot speak for yourself.
- Tell your care coordinator at Health Partners Medicare about whether or not you have an advance directive. We can note it in our system with your permission.

Call Health Partners Medicare at 1-866-901-8000 (TTY 711) or call your care coordinator if you would like us to mail you standard advance directive forms or if you want more details.



Exercise Therapy for Peripheral Artery Disease

Peripheral Artery disease causes a narrowing of certain arteries to the legs, stomach, arms and head – but most commonly in the arteries of the legs. If you have been diagnosed with Peripheral Artery Disease, your doctor may recommend a program of supervised exercise training (SET for short).

The Centers for Medicare and Medicaid (CMS) announced that for years 2017 and 2018, coverage for this exercise therapy will be billed to Original Medicare. Doctors who prescribe this therapy to their Medicare

Advantage plan members with Peripheral Artery disease, will bill Original Medicare for the therapy – not the Medicare Advantage Plan.

However, beginning in 2019, all Medicare Advantage plans, including Health Partners Medicare, will cover for this therapy. If you are a member who is receiving supervised exercise training for peripheral artery disease, you will not see any changes to your coverage. In 2019, your provider will simply change from billing Original Medicare to billing your Medicare Advantage plan.

Healthy Eating on a Budget

We all know we should be eating more fruits and vegetables, but they can be expensive. Stretch your budget with these foods for better health all year.

Sweet Potatoes are a true superfood; they are loaded with beta carotene for vision, skin and immune system health. Naturally sweet, they are also a healthful alternative to white potatoes. Try them steamed and mashed with a little butter. Store them in a paper bag in a dark place. Do not store them in a refrigerator.

Cabbage is one of the least expensive fresh vegetables and is a great source of vitamin K, which helps your body heal from wounds and maintain strong bones. Even if the outer leaves of the cabbage start to brown, the inside ones are still good. For best nutrition, try steaming or sautéing the cabbage instead of boiling it. It's also great raw — just shred and toss with a light dressing. Store in a refrigerator.

Bananas taste sweet, but are only about 100 calories each. They are a great source of potassium, which may help lower blood pressure and reduce your risk of stroke. Best of all, they are usually less than 75 cents a pound. Although they do get brown and mushy after a few days, they can be frozen. Peel bananas before freezing and toss in a smoothie or mash them for use in baked goods.

Frozen Fruits are just as nutritious as fresh. They are great in smoothies. Start with one cup of fruit and 1¼ cup of juice in a blender. One great combination is orange juice with frozen pineapple and/or mango. Another combination is apple juice with frozen strawberries. Either goes great with bananas.

Dry Lentils make for a filling soup or side dish. Many dry beans need to be presoaked and take a long time to cook; lentils can be ready in under an hour. Lentils are a great source of protein, fiber and B-vitamins.

Whole Grains are packed with fiber and nutrients. They also keep you full longer than other grains. Try brown rice for its nutty flavor. Quinoa is a tiny seed that cooks up like rice. It is a perfect protein with a mild flavor. Bulgur is a cracked whole wheat grain with a chewy texture. It's great as a side dish or in vegetarian chili. And don't forget oatmeal — a super breakfast food as long as you don't add too much sugar.

Note: You should always check with your doctor before changing your diet.



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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