

Living Well



Health Partners Plans

SPRING 2018



This Spring, **Be Active!**

Warm weather is finally here. May is National Physical Fitness and Sports Month so get out and get active. In fact, May 31 is National Senior Health & Fitness Day, so let May be the beginning of you living a more active lifestyle.

Regular physical activity is very important for your physical and mental health. It strengthens the body and mind and allows you to continue having an independent, healthy life. Even a little exercise is better than no exercise.

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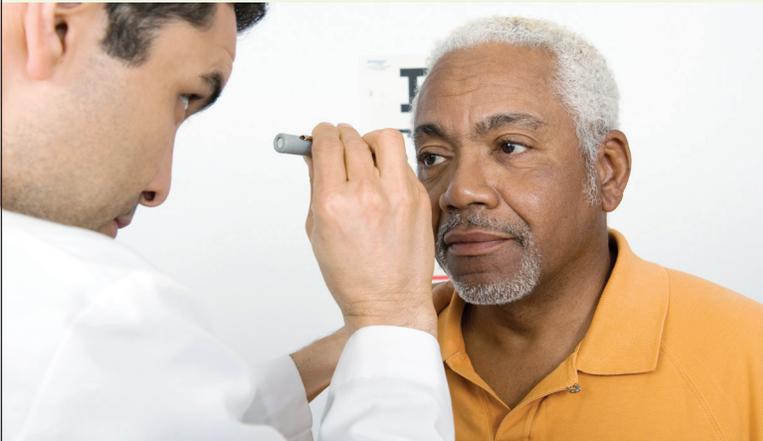
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Seeing Clearly



A healthier you starts with a healthy pair of eyes. Vision problems are right in front of us, but most Americans don't seek help soon enough. You should see an eye doctor at least once a year to check for any vision problems.

May is Healthy Vision Month, making it a perfect opportunity to learn about eye health and common eye diseases. Many of these diseases don't exhibit early warning signs or symptoms, which makes early detection critically important in preventing vision loss and blindness.

Glaucoma is a condition that can damage the eye's optic nerve, resulting in loss of vision and blindness. It often affects side or peripheral vision first and can lead to total vision loss if left untreated. People over

the age of 60 are at risk of glaucoma. It is three times more common in African Americans than in Caucasians.

Diabetic retinopathy is caused by unchecked diabetes. It affects blood vessels in the retina. This disease is a leading cause of blindness in American adults. However, early detection and proactive treatments can protect individuals with diabetic retinopathy against vision loss. People with diabetes can also be affected by diabetic macular edema, cataract and glaucoma.

Age-related macular degeneration (ADM) causes no pain but can lead to vision loss. The disease blurs straight-ahead vision for tasks like reading and driving. Over time, the blurring can get worse and grow larger. Though ADM does not lead to complete blindness, it does severely affect an individual's quality of life.

A cataract is a clouding of the lens in the eye, and most cataracts are caused by aging. The clouding of the lens can cause blurry or cloudy vision and may necessitate frequent prescription changes. They are incredibly common, as millions of older Americans are affected by cataracts or have had cataract surgery. Smoking and diabetes can contribute to cataract development.

Eye health starts with a healthy lifestyle, including a balanced diet, maintaining a healthy weight and not smoking. Use protective eyewear during intensive activities, like skiing, cycling and playing sports. Wear sunglasses on bright, sunny days.

Be Active *Continued from page 1*

The Centers for Disease Control and Prevention (CDC) recommends a mix of aerobic activity and muscle-strengthening exercises. Your physical fitness regimen depends on the shape you're in and your overall health. What's important is that you do physical activities that are right for you and your abilities. Here are examples:

- Brisk walking or jogging, swimming and biking are examples of aerobic (endurance) exercises.
- Free weights, weight machines and resistance bands can build strength.

- Balance drills help prevent falls.
- Stretching activities improve joint range of motion and blood flow.

You don't have to exercise alone either, as many gyms and community centers hold fitness classes designed for seniors. Many gyms and fitness centers participate in HPP's fitness center benefit. For a full list of HPP-affiliated fitness centers, visit HPPPlans.com and look for "Healthier You Fitness memberships" on the Health & Wellness page.

Talk to your PCP about your health and ask about what activities are right for you.

Do You Know the Warning Signs of a Stroke?

It's time to learn how to identify the symptoms of a stroke. Why? Because responding **FAST** can help save a life.

Spotting a stroke can help save lives and improve quality of life after recovery. If you think someone is having a stroke, think **FAST**.

Face: Ask the person to smile. Does one side of the face droop?

Arms: Ask the person to raise both arms. Does one arm drift downward?

Speech: Ask the person to repeat a simple phrase. Is their speech slurred or strange?

Time: If you observe any of these signs, call 911 immediately.



High blood pressure, high cholesterol and diabetes can increase your risk for stroke. A healthy diet full of fruits, vegetables, lean meats and fiber can combat all three of these risk factors. Smokers are also at high risk of stroke, and you can reduce your chances of having a stroke by quitting smoking.

Talk to your doctor about reducing your risk of stroke.

Referrals Seeing a Specialist

Your primary care provider (PCP) helps you manage your health and ensures you receive the care you need. In order to do that, he or she needs to know about the other doctors you see. That's why, effective January 2018, most Health Partners Medicare members* must obtain a referral from their PCP before seeing a specialist.

Getting a referral guarantees you will see the right doctor for a health issue. In some cases, you don't need to visit a specialist at all—your PCP may be able to treat you.

If you're not used to getting referrals, don't worry. Usually, you can request a referral by calling your PCP's office, and many PCPs even allow you to leave a message on their referral line. From there, the office

Getting a referral guarantees you will see the right doctor for a health issue.

staff processes your request to see a specialist. It's also a good idea to confirm with the specialist's office that they received your request from your PCP.

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 County, you will not be required to obtain PCP referrals. However, you should still inform your PCP about other medical care you receive.*

This Test Could Be a Lifesaver

Many of us would rather not think about cancer. And when it comes to cancer of the rectum or colon (colorectal cancer), we'd rather not talk about it either. But colorectal cancer doesn't care if you're embarrassed to talk about it.

Colorectal cancer is the second leading cause of cancer deaths in the United States. Early detection, however, gives you a much better chance of survival. That's why it's important to follow testing schedules.

Most people should start being tested for colorectal cancer at age 50. Those at higher risk (for example, individuals with a history of colon polyps, African Americans and people with a family history of colon cancer) should start at age 45. Over 4 percent of people will develop colorectal cancer.

A colonoscopy can find and remove growths called "polyps," which may be cancerous. Starting at age 50, people with average risk should get a colonoscopy every 10 years. Individuals at increased or high risk should talk to their doctor about how often they should be tested.

There are also noninvasive tests to detect the warning signs of colorectal cancer. A fecal occult blood test (FOTB) can be done at home. It involves collecting a stool sample and mailing it to a lab. The lab will check for blood in the sample, which could be a sign of polyps.

If it's time for you to get tested or if you're overdue, call your doctor now to schedule a test. If you have questions or need assistance, call our 24/7 Member Relations department at **1-866-901-8000 (TTY 711)**.

Reduce Your Risk for Breast Cancer

According to the American Cancer Society (ACS), breast cancer is the second most common cancer among women in the United States and the second leading cause of cancer death in women. While these statistics are startling, you can take action to help prevent this life-threatening disease.

Breast cancer prevention tips:

- Avoid becoming overweight and try to maintain a body mass index under 25.
- Maintain a healthy diet of fruits and veggies and avoid fatty foods and sugary drinks.
- Keep active! Research suggests that 30 minutes of moderate exercise a day can reduce overall breast cancer risk by about 10 to 30 percent!
- Reduce your alcohol consumption.
- Don't smoke. Research suggests that long-term smoking is associated with increased risk of breast cancer in some women.
- If you bear children, breastfeeding your babies for at least six months and up to a year could reduce the risk of breast cancer.

- Avoid hormone replacement therapy, as menopausal hormone therapy increases the risk for breast cancer.
- **Most importantly, get regular breast cancer screenings.**

Getting an annual mammogram enables doctors to detect breast cancer in its earliest stages, which improves the chances of survival. The updated ACS guidelines indicate that women over 45 should get a mammogram once a year.



You Can Prevent Type 2 Diabetes

The Medicare Diabetes Prevention Program (MDPP) provides eligible Health Partners Medicare members with lifestyle change and weight control education to help you avoid getting type 2 diabetes. If you are eligible due to being at risk for diabetes, MDPP services offer monthly coaching sessions with a certified specialist who will help improve your diet, increase your physical activity and lose weight. Nearly 60 percent of pre-diabetic participants that lose 5 to 7 percent of their body weight are able to prevent or delay diabetes.

This one-time preventive program gives you tools and support that can help you avoid type 2 diabetes. MDPP-certified coaches will recommend ways to live a healthier lifestyle while overcoming the typical challenges of maintaining weight loss.



MDPP services are a two-year commitment with support services every month. The program requires no deductible, copays or coinsurance as noted in your *2018 Evidence of Coverage*.

Talk to your PCP to learn more about the program. Tests may be required to determine eligibility.

Wellness Partners Events

Join us for fun, fitness and cool giveaways at our HPP Wellness Partners events. These events are free and open to the public. They were created with a healthier you in mind. Wellness Partners offers everyone a happier approach to a healthy lifestyle through:

- Zumba
- Yoga Days
- Healthy Cooking
- Self-defense Classes
- Walking with HPP
- HPP 5K and 1 Mile Walk
- And more!

Here's a list of upcoming events:

Cooking with HPP

Free Library of Philadelphia—Culinary Literacy Center
1901 Vine St., Philadelphia, PA 19103
May 2, June 6
6 p.m.–7:30 p.m.

Yoga with HPP

John F. Street Community Center
1100 Poplar St., Philadelphia, PA 19123
April 24, May 1, May 8, May 15
6 p.m.–7 p.m.

Walking with HPP

Fortaleza Fitness Center
133 W. Hunting Park Ave., Philadelphia, PA 19140
May 2, May 9
10 a.m.–11 a.m.

For more information or to find a Wellness Partners event near you, visit HPPlans.com/wellnesspartners.

Questions? Call us at **215-967-4514 (TTY 711)**, Monday–Friday, 9 a.m.–5 p.m., or email us at wellnesspartners@hpplans.com.



Wellness Partners



Recipe for Health

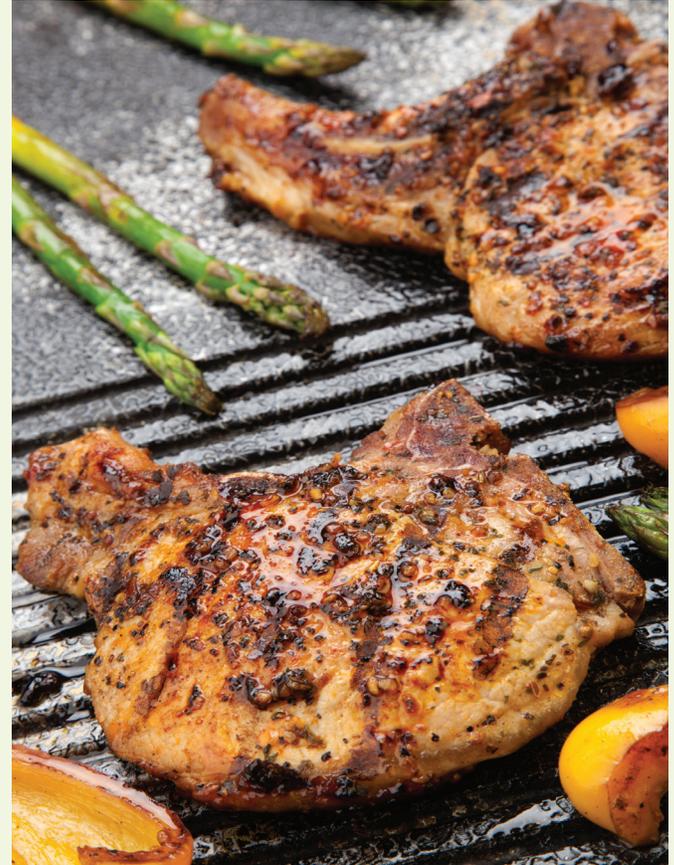
Honey Mustard Pork Chops

Ingredients:

- 1 tbsp. cooking oil (vegetable, canola or olive oil)
- 4 pork chops (1.5-1.75 lbs. bone-in pork chops or 1.10-1.25 lbs. boneless pork chops)
- ½ cup orange juice
- 1 tbsp. soy sauce
- 2 tbsp. honey mustard

Notes: 2 tablespoons of honey mustard can be substituted with:

- 1 tbsp. honey and 1 tbsp. prepared mustard
- 1 tbsp. of maple or table syrup and 1 tbsp. of prepared mustard
- Instead of mixing the honey or syrup with 1 tbsp. of prepared mustard, 1 tsp. dried mustard can be used.



Directions:

1. Heat oil in large skillet on medium heat. After it heats for a minute, add pork chops. Brown on both sides, cooking for about 3½ to 5 minutes on each side.
2. Add orange juice, soy sauce and honey mustard to the pan and stir.
3. Cover the pan and lower the heat to medium-low or low.
4. Cook for another 6 to 8 minutes, and flip the meat halfway through this time. Continue cooking pork chops until they are done.
5. The best way to tell the pork chops are done is when they reach an internal temperature of 145 degrees. They should be firm, brown on the outside and mostly white on the inside but could have a little pink inside too.

Nutritional Information

Servings:	4
Serving size:	1 pork chop
Calories:	300
Fat:	12 g
Saturated Fat:	4.5 g
Sodium:	400 mg
Carbohydrates:	22 mg
Protein:	40 g

**Recipe from Pennsylvania Nutrition Education Network*

Centennial Pharmacy

The Centennial Pharmacy Management Program is an in-network pharmacy for Health Partners Medicare members that experience barriers to getting medications (for example, if you have mobility issues or lack access to transportation that prevents you from picking up medications easily).



Centennial Pharmacy can provide home delivery of medications and communicate with your prescribers to manage all your prescriptions, including new ones, refills and transfers. They can also send a pharmacist to your home to answer questions about medicines, ensure you are receiving the correct doses of medicine and help you dispose of old, unused or discontinued medication.

Health Partners Medicare makes the program available to you at no additional cost. You pay the prescription copayment, deductible and/or coinsurance, which is the same as it would be at any other pharmacy. You can choose not to be a part of this program at any time and transfer back your medications to another in-network pharmacy. If you have questions, contact our Member Relations department at **1-866-901-8000 (TTY 711)**.

Medicare 101: Your New Medicare Card

Starting in April 2018, the Centers for Medicare & Medicaid (CMS) will begin mailing all Medicare beneficiaries a new, redesigned Medicare card with a unique Medicare number. Your Medicare number is unique to you. It is alphanumeric and will not be duplicated or shared with anyone else. Your Social Security number (SSN) will no longer appear on your card.

Health Partners Medicare does not use your SSN as part of your member ID. CMS is now removing your SSN from your Medicare card to better protect your identity and reduce your vulnerability to identity theft.

Your benefits have not changed because of the new Medicare number. Additionally:

- You can start using the new Medicare card as soon as you receive it.

- Medicare will be mailing new Medicare cards between April 2018 and April 2019. Your card may arrive at a different time than your friends' or neighbors' cards.
- The change will help protect your identity. You can protect yourself by making sure no one else can get your personal information from your old Medicare card.
- After you receive your new card, destroy your old card.
- Your new Medicare card does not replace your Health Partners Medicare ID card.
- Beware of anyone who contacts you about your new Medicare card. CMS will never ask you to provide personal or private information in order to receive your new Medicare number and card. You can report suspected scams to **1-800-MEDICARE (1-800-633-4227)**.
- Make sure your mailing address is up to date. If your address needs to be corrected, contact Social Security at **1-800-772-1213 (TTY 1-800-325-0778)** or online at ssa.gov/myaccount.

Medical Identity Theft—Learn How to Protect Yourself

Medical identity theft occurs when someone steals your personal health information (like name, address, Social Security number (SSN) or health plan identification numbers) to get medical care, buy drugs or submit fake billings in your name. It's not to be confused with financial identity theft, which occurs when someone illegally uses your personal financial information (including SSN) to empty your bank account or use credit cards to make purchases in your name. With medical identity theft, a person can simply use your name, birthdate, address and health plan member ID to commit fraud without knowing your SSN.

Here are a few simple steps you can do to prevent your medical information from falling into the wrong hands:

Watch out for red flags. Signs of medical identify theft include receiving a bill for services you never received, medical collection notices on your credit report or a debt collector calling about a debt you do not owe. If you discover a mistake, contact Health Partners Plans and report it.

Check your explanation of benefits. Always read your explanation of benefits. This document, which you

receive in the mail after you see a doctor, typically states, "This is not a bill" in bold at the top of the page. Review each statement completely to ensure the services, dates and organization of where you received care is accurate. This is the best way to detect if someone else is using your health insurance or other personally identifying information.

Protect your personal information. Read your credit card and bank statements regularly. Shred all personal and financial documents, including outdated bills and old prescription labels. Also, never share your personal information by phone or email unless you know whom you're dealing with.

Get a copy of your medical records. You have the right to request a copy of your medical records from your doctors. Review your information to see if it accurately describes your medical history.

Check your credit report. Check your credit report with the three credit bureaus (Experian, Equifax and Transunion) at least once a year. It's easy. Visit <http://www.annualcreditreport.com> to request a free copy of your credit report.

Tell Us How We're Doing!



HPP wants to hear about your experiences with your doctors and other health care providers. After visiting your primary care provider (PCP), you may receive a short phone survey. This anonymous survey is a great way to tell us about your experience with your doctor and the office staff and how they can improve.

Please be as honest as possible. Your feedback lets HPP know how we can work with our providers to ensure you receive the best care and service possible.

You can choose not to participate in the survey. If you do not want to participate, tell the caller you would like to be removed from future calls. Thank you for allowing us to serve you better!

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. You must continue to pay your Medicare Part B premium.



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