

Living Healthy

Spring 2019



Yoga and You

Help for your whole body

Colorectal Cancer

Get your critical screenings!

Nuts

The amazing value for you



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The Amazing Benefits of Nuts

Did you know that eating certain varieties of nuts may prevent weight gain and provide other heart healthy benefits? It's true – don't let the high fat content fool you.

What are nuts — and why are they healthy?

Remarkably, nuts are classified as a fruit. This is surprising because they're not particularly sweet like most types of fruit. Nuts come from a variety of plant families and are labeled as either tree nuts (one-seeded fruits in a hard shell) or peanuts.

A one-ounce serving of nuts has between 160-200 calories, of which 80-90 percent is comprised of monounsaturated fat. This form of fat in your diet can reduce your bad cholesterol level (LDL) while maintaining your good cholesterol level (HDL).

Top health benefits

- Nuts are a great source of many nutrients – one ounce of mixed nuts contains vitamin E, magnesium, phosphorus and selenium
- Nuts can help you lose weight – especially eating almonds and pistachios
- Nuts can help your body to reduce long-term inflammation, which can cause damage to organs
- Pistachios, almonds, walnuts, peanuts and pine nuts can help lower cholesterol and triglyceride levels while maintaining healthy cholesterol levels
- Nuts are very good for your heart and can lower your risk for a stroke because of their cholesterol levels, LDL particle size, and benefits to artery function and inflammation

Talk with your doctor about the benefits of adding nuts to your diet and substituting them for some of the less healthy foods you eat such as red meat, French fries or sugary snacks.

Sources: my.clevelandclinic.org, sciencedaily.com

New Medicare Changes in 2019

Great news for Medicare enrollees

Beginning in 2019, the Centers for Medicare and Medicaid Services will add a new election period, the Open Enrollment Period, that runs from January 1, 2019 through March 31, 2019. As a Medicare recipient, you are able to make a one-time plan change during this period. If your friends aren't in a Virginia Premier plan, let them know they have this one-time option to switch to a Virginia Premier membership.

For those eligible for both Medicare and Medicaid

As a "dual eligible," you can change your Medicare Dual Special Needs plan (D-SNP) once every quarter during the first nine months of the plan year. For more information, please call our Member Services department at 1-877-739-1370 (TTY: 711).

From October 1 to March 31, we are open daily from 8:00 am to 8:00 pm, 7 days a week. From April 1 through September 30, we are open Monday through Friday, 8:00 am to 8:00 pm. On certain holidays, and on weekends from April 1 through September 30, your call will be handled by our automated phone system.

Advantage Gold or Advantage Platinum members

Please keep us in mind as your friends and family become eligible for Medicare. They can call us Monday through Friday, 8:00 am to 8:00 pm at 1-833-264-0812 (TTY: 711).



Balance and Peace of Mind – Yoga for Older Adults

Are you afraid of falling? If you're an older adult, consider taking a yoga class. It provides many different health benefits, including improved balance. And with the Silver&Fit® Exercise and Healthy Aging program as a benefit of your Medicare Advantage plan, you can get started at no extra cost to you. Silver&Fit® includes a free fitness center membership and many participating facilities offer yoga classes tailored to older adults. You can also practice yoga on your own with exercise DVDs from the Silver&Fit® at-home fitness program.

What can yoga do for me?

Regardless of what age you start to practice yoga, here are some benefits you can expect:

- Over time, yoga increases flexibility through stretching
- The slow and measured movements of yoga can help you build strength, have better balance and prevent falls
- Practicing yoga regularly can help to lubricate and protect your joints
- Yoga can boost the brain levels of a chemical called GABA, which helps to reduce anxiety and boost your mood
- The focus on the breath and synchronized movement helps to keep the mind clear and engaged

What is needed to get started?

You don't need a lot of equipment to get started. You will want to have:

- A form-fitting shirt
- Exercise pants
- No shoes (yoga is practiced barefoot)
- A yoga mat to provide traction

Talk to your doctor before starting an exercise regime such as yoga. It takes time to build muscle, and he or she can advise on the best workout schedule for you.

Sources:

aarp.org/healthy-living
chopra.com



Learning to Live with COPD

Living with chronic obstructive pulmonary disease (COPD) may require a few changes, but it doesn't have to be complicated. Here are some suggestions to help you avoid COPD complications:

- Quit smoking. Virginia Premier members can participate in smoking cessation services – call our Health Education department at 1-855-813-3012 for more information.
- Remove the environmental triggers. Get rid of the pet dander, dust or other allergens irritating your condition.
- Continue taking your medication. Just because you feel better doesn't mean you can quit taking your COPD controller medication.
- Although the flu season slows down after February, pneumonia isn't necessarily tied to any time period. If you haven't gotten your pneumonia vaccine yet, please discuss with your doctor.

Source: mayoclinic.org



National Take Back Day

Spring is in the air — and with that comes spring cleaning! While tidying up, you may come across some unused and expired prescriptions. Most people don't know how to safely dispose of these medications and improperly discarding them can cause a public safety issue. An easy solution is National Prescription Drug Take Back Day, held on April 27 from 10:00 am to 2:00 pm.

Twice a year, the Drug Enforcement Administration holds National Prescription Drug Take Back Day. At selected locations, unwanted, unused or expired medications will be safely and anonymously collected. Visit takebackday.dea.gov to find a collection site near you. Mark your calendars!

If you miss the event on April 27, go to the website above to locate an authorized collector for year-round drug disposal.

The Easy Way to Pay Your Medicare Premium

Automatic drafts are a convenient way to pay your bills. And now, you have this secure payment option when it comes to your monthly Medicare premiums. For our Advantage Gold and Platinum members, remember you can have your Part B premium automatically deducted from your Social Security check. To find out more, please call our Member Services department at 1-877-739-1370 (TTY: 711). For our Advantage Platinum members with a monthly premium payment, you can have an automatic payment set up with your bank.

March is National Colon Cancer Awareness Month

Colorectal cancer is cancer that starts in the lower end of your digestive system. Approximately one in 23 people is at risk for developing this cancer, and 90 percent of the new cases occur in people 50 or older. Colorectal cancer cases are increasing among those under the age of 50.

“One in 23 people is at risk...”

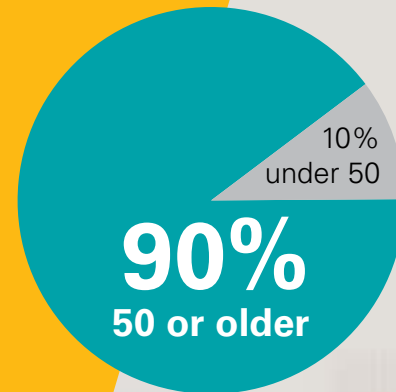


Are you at risk?

Individuals in the following categories are at greater risk:

- People with a personal and/or family history of polyps or cancer
- People over the age of 50
- Certain ethnic groups including African Americans, Native Americans and Latinos
- Those with ulcerative colitis or Crohn’s disease
- People with genetic conditions such as hereditary nonpolyposis colon cancer or familial adenomatous polyposis

Colon cancer cases by age:



What can you do?

There are many colorectal cancer tests available, and all people 50 or older with Part B Medicare are covered. Also, individuals of any age may be eligible for a colonoscopy. Speak with your doctor to determine what test is right for you and when you need it.

Screening colonoscopy

Medicare coverage for a screening colonoscopy is based on beneficiary risk. Medicare also covers a screening barium enema or screening flexible sigmoidoscopy as a substitute for a screening colonoscopy.

- **For beneficiaries 50 and older who are not considered to be at high risk for developing colorectal cancer:** Medicare covers one screening colonoscopy every 10 years. To be covered, the test cannot be done within 47 months of a previous screening flexible sigmoidoscopy.
- **For beneficiaries at high risk for developing colorectal cancer:** Medicare covers one screening colonoscopy every two years, regardless of age.

Know the common symptoms of colorectal cancer

- Change in bowel habits
- Rectal bleeding or blood in stool
- Persistent abdominal discomfort
- Nausea or vomiting
- Unexplained weight loss
- Chronic fatigue

Keep in mind that more than half of those diagnosed with colorectal cancer have no symptoms.

Other things you can do

To help prevent this disease, maintain a healthy weight, eat a healthy diet and quit smoking. Virginia Premier members can participate in smoking cessation services – call our Health Education Department at 1-855-813-3012 for more information. In addition, limit alcohol intake and adopt a physically active lifestyle.

Source: ccalliance.org



Sudoku Puzzle (Level: Easy)

Complete the puzzle so that each and every row, column and region (a 3 x 3 box marked in bold) contains the numbers one through nine only once. The numbers supplied here are "given" and cannot be changed.

Answers on page 12

Source:
createclassicsudoku.com

6	2	9		4		5		
		1	3	8	5		2	
	8				9	4		1
	9		4	1	3	8		
7								6
	5	3	2		6		1	
1		7	5				6	
	3		9	6	2	1		
		2		1		8	5	3

Quality Management

We're always looking for new ways we can improve your care, which is why we started our Quality Management Program. The program focuses on these four important points:

1. The appropriateness of your health care services
2. The effectiveness of your care and care outcomes
3. Cost and utilization management
4. Your overall care experience

The Quality Management Program's description, in its entirety, is available for you to review on our website under the Member Resources section found at medicare.virginiapremier.com.

Connect With Us Online!

Read below to learn what you can do on our website. Go to medicare.virginiapremier.com to locate the **Find a Doctor** and **Pharmacy** sections in the main menu. Under **Members**, find sections for **Plan Documents**, **Member Resources** and **Supplemental Benefits**.



Plan Documents

- View and print a copy of your coverage documents
- Check your Summary of Benefits, including co-payments, co-insurance and deductibles
- See benefit restrictions and out-of-area services
- Get this member newsletter as a PDF file



Member Portal

- Manage your account information
- Print or order ID cards



Pharmacy Benefits

- See your pharmacy benefits
- Research medication information
- Find a pharmacy



Supplemental Benefits

- Get mail order forms for over-the-counter health items



Find a Doctor

- Find a doctor, specialist, hospital, medical group, urgent care or other facilities

You can also track your claims and get pharmacy information by calling Member Services at 1-877-739-1370 (TTY: 711).

Notice of ID Card Updates

This year your Virginia Premier member ID cards will not display the name of your primary care physician (PCP). Don't worry: Your PCP is still registered in our system. You will need to notify us if you change providers. If you do need to change your PCP, you can see any of our in-network providers on our online Provider Search Tool. To update your primary care physician, call Member Services at 1-877-739-1370 (TTY: 711).

Did You Get Your New Medicare Card?

You should have received your new Medicare card. If not, here are ways to request it.

If you haven't received your card:

- Sign in to **MyMedicare.gov** to get your new Medicare Number or print your official card. Now that Medicare is finished mailing new cards, your new number will appear in **MyMedicare.gov**.
- Call 1-800-MEDICARE (1-800-633-4227); TTY: 1-877-486-2048, 24 hours a day/7 days a week. There may be something that needs to be corrected, like your mailing address.

You can still use your old Medicare card to get health care services until January 1, 2020.

Do not discard your Social Security card.

Watch out for scams

If someone calls and asks you for your information, for money, or threatens to cancel your health benefits if you don't share your personal information, hang up and call 1-800-MEDICARE (1-800-633-4227), TTY: 1-877-486-2048, 24 hours a day/7 days a week.

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

Activate Your Health with Preventive Screenings!

The most important part of your health care should be getting all your preventive screenings. Take control of your health!

All the screenings below are provided at \$0 to you. If you need help setting up a screening or finding the right resources, please call our Member Services department at 1-877-739-1370 (TTY: 711).

- Annual Wellness Visit
- Annual flu shot in the fall or winter
- Pneumonia vaccine
- Breast cancer screening, every 12 months for women age 40 and older
- Cervical and vaginal cancer screening, covered once every 24 months
- Prostate cancer screening, for men age 50 and older
- Colorectal cancer screening, for people 50 and older
- Diabetes screening, if you have certain risk factors
- Alcohol use screening
- Depression screening, once per year
- Bone mass measurement
- Cardiovascular disease testing, once every five years
- Lung cancer screening*

Please be sure to check with your doctor about when you should schedule these screenings.

*For qualified individuals

Puzzle Corner Answers

6	2	9	1	4	7	5	3	8
4	7	1	3	8	5	6	2	9
3	8	5	6	2	9	4	7	1
2	9	6	4	7	1	3	8	5
7	1	4	8	5	3	2	9	6
8	5	3	2	9	6	7	1	4
1	4	7	5	3	8	9	6	2
5	3	8	9	6	2	1	4	7
9	6	2	7	1	4	8	5	3

Contact our Member Services department at 1-877-739-1370 (TTY: 711). From October 1 to March 31, we are open daily from 8:00 am to 8:00 pm, 7 days a week. From April 1 through September 30, we are open Monday through Friday, 8:00 am to 8:00 pm. On certain holidays, and on weekends from April 1 through September 30, your call will be handled by our automated phone system.

What are My Rights and Responsibilities with Virginia Premier?

At Virginia Premier, we want our care to meet your needs. You have certain rights and responsibilities to make sure this happens.

The Member Rights and Responsibilities statement specifies that members have:

1. A right to receive information about the organization, its services, its practitioners and providers and member rights and responsibilities.
2. A right to be treated with respect and recognition of their dignity and their right to privacy.
3. A right to participate with practitioners in making decisions about their health care.
4. A right to a candid discussion of appropriate or medically necessary treatment options for their conditions, regardless of cost or benefit coverage.
5. A right to voice complaints or appeals about the organization or the care it provides.
6. A right to make recommendations regarding the organization's member rights and responsibilities policy.
7. A responsibility to supply information (to the extent possible) that the organization and its practitioners and providers need in order to provide care.
8. A responsibility to follow plans and instructions for care that they have agreed to with their practitioners.
9. A responsibility to understand their health problems and participate in developing mutually agreed-upon treatment goals, to the degree possible.

For a complete listing of rights and responsibilities, please see your plan's Evidence of Coverage (EOC) document. EOCs for all our Medicare Advantage plans are available on our website at: [medicare.virginiapremier.com/vphp/plan_documents](https://www.medicare.virginiapremier.com/vphp/plan_documents). You can also call to request a printed copy at 1-877-739-1370 (TTY: 711).



Virginia Premier is an HMO and HMO SNP organization with a Medicare contract. Enrollment in Virginia Premier depends on contract renewal. Benefit information in this newsletter is not a complete description of benefits. Contact the plan for more information. Limitations, co-payments and restrictions may apply. Benefits, premiums and/or co-payments may change on January 1 of each year. The provider network may change at any time. You will receive notice when necessary. You must continue to pay your Medicare Part B premium. This information is available for free in other languages.

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Grilled Halibut

Makes: 4 servings

Ingredients

- 4 (4-6-oz.) halibut steaks
- 2 tbsp. extra-virgin olive oil
- 1 mango, diced
- 1 red pepper, finely chopped
- 1/2 red onion, diced
- 1 jalapeno, minced
- 1 tbsp. freshly chopped cilantro
- Juice of 1 lime




Directions

1. Preheat grill to medium-high, brush halibut with oil on both sides and season with salt and pepper.
2. Grill halibut until cooked through, about 5 minutes per side.
3. Mix together remaining ingredients (mango through lime) in a medium bowl and season with salt and pepper. Serve salsa over halibut.

Source: [delish.com](https://www.delish.com)



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