

A newsletter for Medicare Advantage members / FALL 2020

# HERE'S TO HEALTH

FROM PROMINENCE HEALTH PLAN

## Have you had your annual FLU SHOT?

Flu vaccine information  
you should know  
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**Last call for your 2020  
Prominence Perks**

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**The ABCs of managing  
your diabetes**

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**See what's new with  
your benefits for 2021!**

# THE IMPORTANCE OF GETTING YOUR **FLU SHOT**

**N**ow is a great time to think about getting your flu shot if you haven't done so already. Here are some things to consider regarding the vaccine.

**Flu impact and risks.** According to the Centers for Disease Control and Prevention (CDC), people 65 years and older are at high risk of developing serious complications from flu compared with young, healthy adults. Beyond an acute infection, older adults can experience catastrophic disabilities due to the presence of co-existing medical conditions such as heart or lung disease. Although the flu vaccine is not 100% effective, if you get sick with influenza, it can still shorten the course of illness and help to prevent hospitalization.

## **Why yearly vaccines matter.**

When it comes to influenza, we know that this virus can and does mutate. Every year, the influenza vaccine or flu shot helps to train the immune system to respond to the new strains of these viruses.

## **When to get vaccinated.**

Historically the peak flu season occurs in February. The best time to get the influenza vaccine begins in October and extends through January and possibly even later in the season. If you forget about it before the holidays, don't worry – it's not too late to get your flu shot.

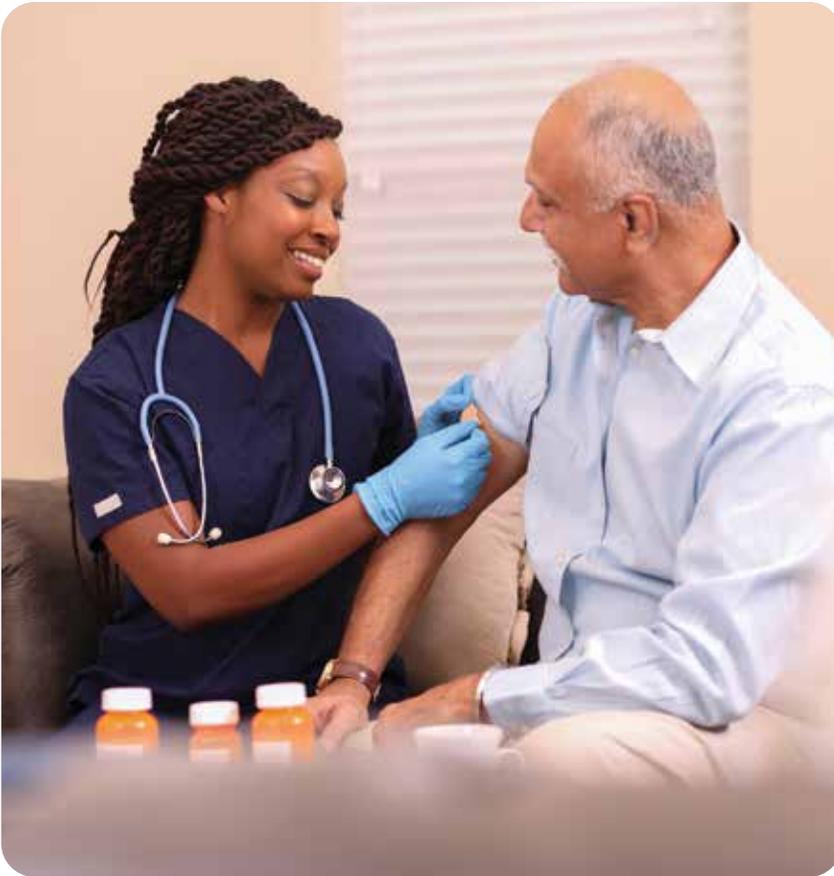
## **Preventing flu transmission.**

Masks or face coverings, hand hygiene, respiratory etiquette, social distancing and surface decontamination continue to be important ways to prevent transmission of both influenza and COVID-19.

**Don't wait! Help protect yourself, your loved ones and your community; roll up your sleeve and prepare to get the flu shot!**

**With very few exceptions, the CDC recommends everyone 6 months of age and older get the influenza vaccine.** Some exceptions include those with a history of a severe, life-threatening allergic reaction to the flu vaccine or its ingredients, or people with a history of Guillain-Barré syndrome. The CDC recommends the influenza vaccine should also be deferred in cases of a suspected or known COVID-19 diagnosis. If you are unsure about whether or not you should be vaccinated, talk to your healthcare provider.





## Answers to your flu shot questions

### Can the flu vaccine cause me to contract the flu?

The injectable influenza virus vaccine (flu shot) will not cause influenza. It is a “killed virus” or “inactivated vaccine.”

### What is the dosage for my age?

The injectable influenza virus vaccine comes in a regular dose, which is used for patients 6 months and older. The high-dose vaccine, known as Fluzone® High-Dose, is formulated for patients aged 65 and older. Additionally, there is an adjuvanted flu vaccine, FLUAD®, made with an additive that can create a stronger immune response to vaccination for adults 65+.

### What if I have an egg allergy?

No problem. An egg-free vaccine is available. It's called the recombinant influenza vaccine, Flublok® Quadrivalent, and it can be used for patients aged 18 and older.

### What if I have an adverse reaction to the flu vaccine?

Report any previous or present reactions from the flu shot, and receive advice from your physician.



## Don't forget about your **PROMINENCE PERKS!**

**Did you complete your preventive services this year?** This is a reminder that you can earn gift cards\* for completing recommended preventive services before December 31, 2020.

Prominence Perks vouchers were mailed earlier this year for completing the preventive services based on your eligibility. If you haven't received your Prominence Perks vouchers for 2020 or need help scheduling your preventive screenings, please contact 877-397-7320 (TTY: 711), Monday through Friday, 8 a.m. to 5 p.m. PST.

Also, stay tuned for our Prominence Perks Healthy Rewards Program in 2021 that will help you continue to live and feel better.

\*Rewards are non-transferrable and may be subject to applicable restrictions. Individual rewards based on current eligibility status. Prominence Health Plan may discontinue this program at any time.



## YOUR DIABETES ABCs

Being diagnosed with diabetes can be overwhelming and put you at risk of other health issues. The good news is that you can manage this condition by making healthy choices and following your diabetes ABCs.

**A for the A1C test.** The A1C test shows your average blood glucose level over the past three months. The A1C goal for people with diabetes is below 7 percent. With Prominence Health Plan, the A1C test is available at no charge to you. Through our Prominence Perks Program, you can earn a gift card\* if you get your eye exam, A1C and microalbumin tests. For details, call 877-397-7320 (TTY: 711).

**B for blood pressure.** Check your blood pressure twice a day: first in the morning before eating or taking medications, and then in the evening. Each time, take two or three readings to ensure accuracy. Keep a record and discuss with your provider. You can get a blood pressure monitor with Prominence Health Plan over-the-counter (OTC) benefits. For more information, call 1-855-969-5882 (TTY: 711).

**C for cholesterol.** Diabetes tends to lower “good” cholesterol levels, raise triglyceride and raise “bad” cholesterol levels. Regardless of cholesterol levels, for patients 40-75 years of age with diabetes, the American College of Cardiology/American Heart Association® recommend statin therapy (cholesterol-lowering drugs) for primary prevention of cardiovascular events such as heart attacks and stroke. It is essential that you speak to your provider about your cholesterol.

**S for stop smoking.** Both smoking and diabetes can narrow blood vessels, which makes your heart work harder. Talk to your provider about ways to stop smoking.

\*Rewards are non-transferrable and may be subject to applicable restrictions. Individual rewards based on current eligibility status. Prominence Health Plan may discontinue this program at any time.

## More ways to control your diabetes

### Stay active\*

As part of Prominence benefits, we offer the Silver&Fit® program to help you stay active. For more information, contact our Member Services team at 855-969-5882 (TTY: 711).

### Take your medicine

Make sure your doctor is aware of any concerns you may have. If you need help staying on track, contact our Outreach Team at 877-397-7320 (TTY: 711).

### Check your blood glucose

With Prominence Health Plan, you can get a free Ascensia CONTOUR™ Meter to help monitor your blood glucose. For more information, contact our Member Services team at 855-969-5882 (TTY: 711).

\*Before starting a new exercise program, talk to your doctor.

# Your Vision Health

**Y**ou may have heard that people with diabetes may have eye conditions that can lead to blindness. This is true; but with regular checkups and early detection, you can greatly reduce your risks and treat minor problems quickly.

Diabetic retinopathy is the most common cause of vision loss among people with diabetes, according to the National Eye Institute (NEI). Between 40 to 45 percent of Americans diagnosed with diabetes have some stage of

diabetic retinopathy, the NEI says. Cataract and glaucoma are also common conditions.

All people with diabetes, both type 1 and type 2, are at risk, which is why everyone with diabetes should get a comprehensive dilated eye exam at least once a year.

Diabetic eye disease may have no warning signs. The best way to protect your eyes is to find and treat problems early, before they cause vision loss or blindness.



## THANK YOU for being a member

We want to thank you for choosing Prominence Health Plan as your Medicare Advantage plan provider. We truly appreciate your membership and hope to continue helping with your healthcare needs well into the future. If you're happy with us, we'd love for you to share it with your friends. If you have any Medicare-eligible friends, give them our number. We can talk to them at any time throughout the year. They can call us at 866-619-0411 (TTY: 711).

If you have any questions about your benefits, please contact Member Services at 855-969-5882 (TTY: 711), 8 a.m. to 8 p.m., seven days a week from October 1 through March 31, and Monday through Friday from April 1 through September 30.

### Autumn challenge word scramble answers (see puzzle on page 7).

1. benefit, 2. copay, 3. fitness, 4. diabetes, 5. statin, 6. glucose, 7. voucher, 8. preventive, 9. friends
10. thanks, 11. influenza, 12. eligible
13. active, 14. meter, 15. fraud, 16. report, 17. vision, 18. cataract
19. vaccine, 20. member

## NEW BENEFITS FOR 2021!

**Good news! We've made our benefits even better starting January 1!**

We've lowered our specialist visit copays for all regions. We've also decreased our hospital copays across the board, with some regions seeing a significant decrease. We've added more drugs to our \$0 tiers, including generic insulin.

We've also changed the way we implement our benefits for dental, hearing and vision. Last year, we introduced the Prominence+ Card to pay for those benefits. While this was a great success, we did hear that some members found it complicated, so we will discontinue the card. You still will have those benefits, but will not need to carry another card.

We've kept our over-the-counter (OTC) card, so you will still be able to pick up supplies and medications at your local pharmacy. Also, we've added the ability to order supplies online or over the phone to be delivered to your home.

Our fitness benefit is still available at no charge, and we've increased our at-home fitness options for those who are unable to visit a gym due to COVID-19 or personal preference.

Each plan has slightly different changes, so for your specific benefits please visit [prominencemedicare.com](http://prominencemedicare.com). We will also send you our annual member guide by the end of the year with details.



## Three ways to prevent MEDICARE FRAUD

It's important to be mindful of Medicare fraud in order to protect against it. Fraud can occur when con artists get access to your Medicare number or personal information and steal your identity. This can result in higher healthcare costs and taxes for everyone. Here are protective measures from [Medicare.gov](http://Medicare.gov) that you can take:

- 1 Guard your Medicare card like it's a credit card.** Remember:
  - ◆ Medicare will never contact you for your Medicare number or other personal information unless you've given them permission in advance.
  - ◆ Medicare will never call you to sell you anything.
  - ◆ You may get calls from people promising you things if you give them a Medicare number. Don't do it.
  - ◆ Medicare will never visit you at your home.
  - ◆ Medicare can't enroll you over the phone unless you called first.
- 2 Check regularly for Medicare billing fraud.** Review your Medicare claims and Medicare Summary Notices for any services billed to your Medicare Number you don't recognize.
- 3 Report anything suspicious to Medicare.** If you suspect fraud, call 1-800-MEDICARE.

# Autumn challenge word scramble

Give your mind a workout by unscrambling the words below, which are related to articles in this issue. Answers are on page 5.

1. eetnfb \_\_\_\_\_

2. yoapc \_\_\_\_\_

3. snsitfe \_\_\_\_\_

4. astbdeei \_\_\_\_\_

5. natsti \_\_\_\_\_

6. egcolus \_\_\_\_\_

7. ucoverh \_\_\_\_\_

8. eieevtprnv \_\_\_\_\_

9. idesfnr \_\_\_\_\_

10. shktna \_\_\_\_\_

11. zeauilfn \_\_\_\_\_

12. iieebgll \_\_\_\_\_

13. tavcei \_\_\_\_\_

14. eemtr \_\_\_\_\_

15. drfua \_\_\_\_\_

16. erotpr \_\_\_\_\_

17. nvios \_\_\_\_\_

18. trtaccaa \_\_\_\_\_

19. cavenci \_\_\_\_\_

20. rebmme \_\_\_\_\_

Find us on  

This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments and restrictions may apply. Benefits and/or copayments/coinsurance may change January 1 of each year.

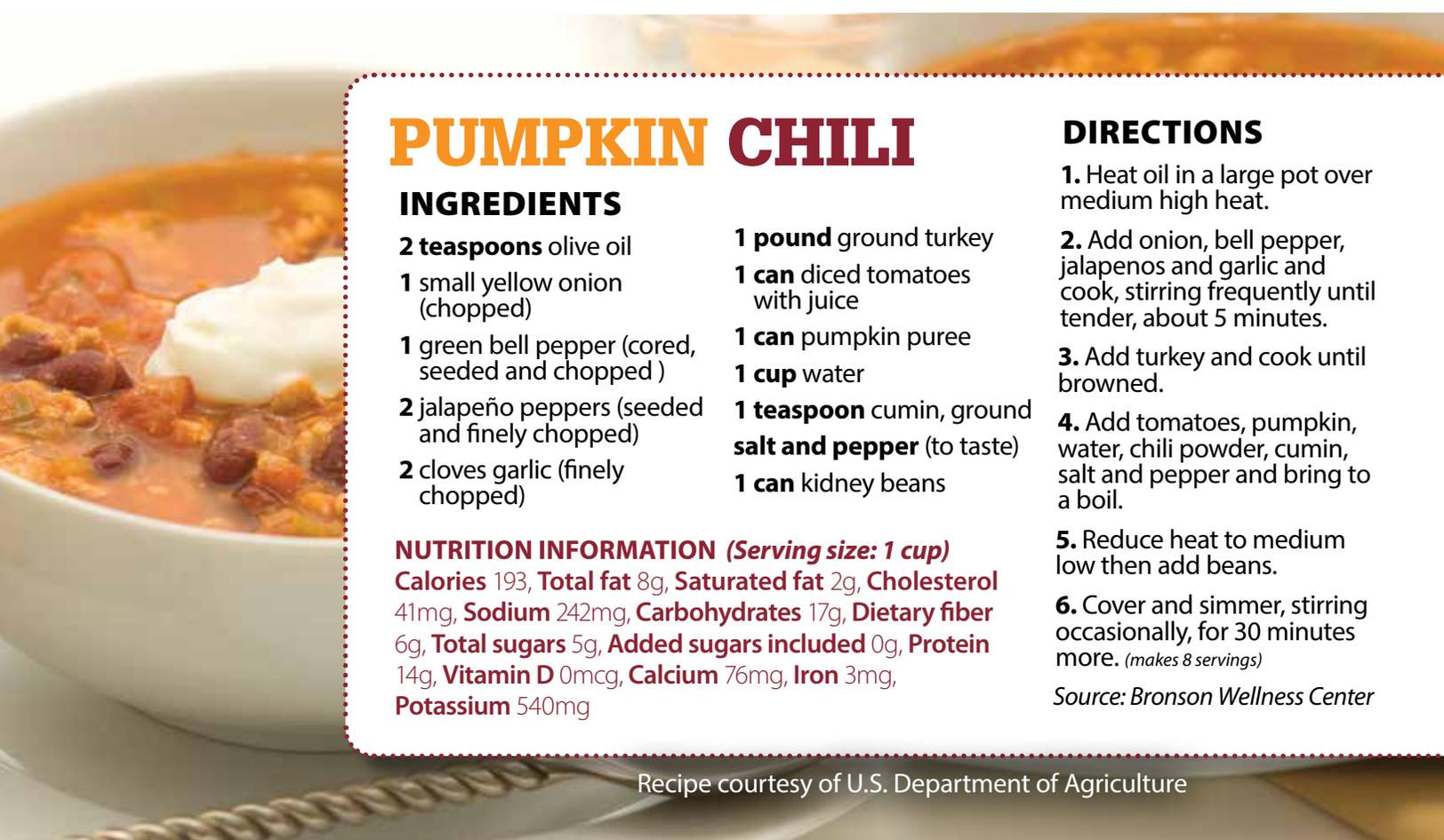
Prominence Health Plan is an HMO plan with a Medicare contract. Enrollment in Prominence Health Plan depends on contract renewal.

Prominence Health Plan complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

**ATENCIÓN:** si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-969-5882 (TTY: 711).

**PAUNAWA:** Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-855-969-5882 (TTY: 711).

**CHÚ Ý:** Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-855-969-5882 (TTY: 711).



## PUMPKIN CHILI

### INGREDIENTS

- 2 teaspoons** olive oil
- 1** small yellow onion (chopped)
- 1** green bell pepper (cored, seeded and chopped)
- 2** jalapeño peppers (seeded and finely chopped)
- 2** cloves garlic (finely chopped)
- 1 pound** ground turkey
- 1 can** diced tomatoes with juice
- 1 can** pumpkin puree
- 1 cup** water
- 1 teaspoon** cumin, ground **salt and pepper** (to taste)
- 1 can** kidney beans

### NUTRITION INFORMATION (Serving size: 1 cup)

**Calories** 193, **Total fat** 8g, **Saturated fat** 2g, **Cholesterol** 41mg, **Sodium** 242mg, **Carbohydrates** 17g, **Dietary fiber** 6g, **Total sugars** 5g, **Added sugars included** 0g, **Protein** 14g, **Vitamin D** 0mcg, **Calcium** 76mg, **Iron** 3mg, **Potassium** 540mg

### DIRECTIONS

1. Heat oil in a large pot over medium high heat.
2. Add onion, bell pepper, jalapenos and garlic and cook, stirring frequently until tender, about 5 minutes.
3. Add turkey and cook until browned.
4. Add tomatoes, pumpkin, water, chili powder, cumin, salt and pepper and bring to a boil.
5. Reduce heat to medium low then add beans.
6. Cover and simmer, stirring occasionally, for 30 minutes more. (makes 8 servings)

Source: Bronson Wellness Center