

CARE CONNECTION

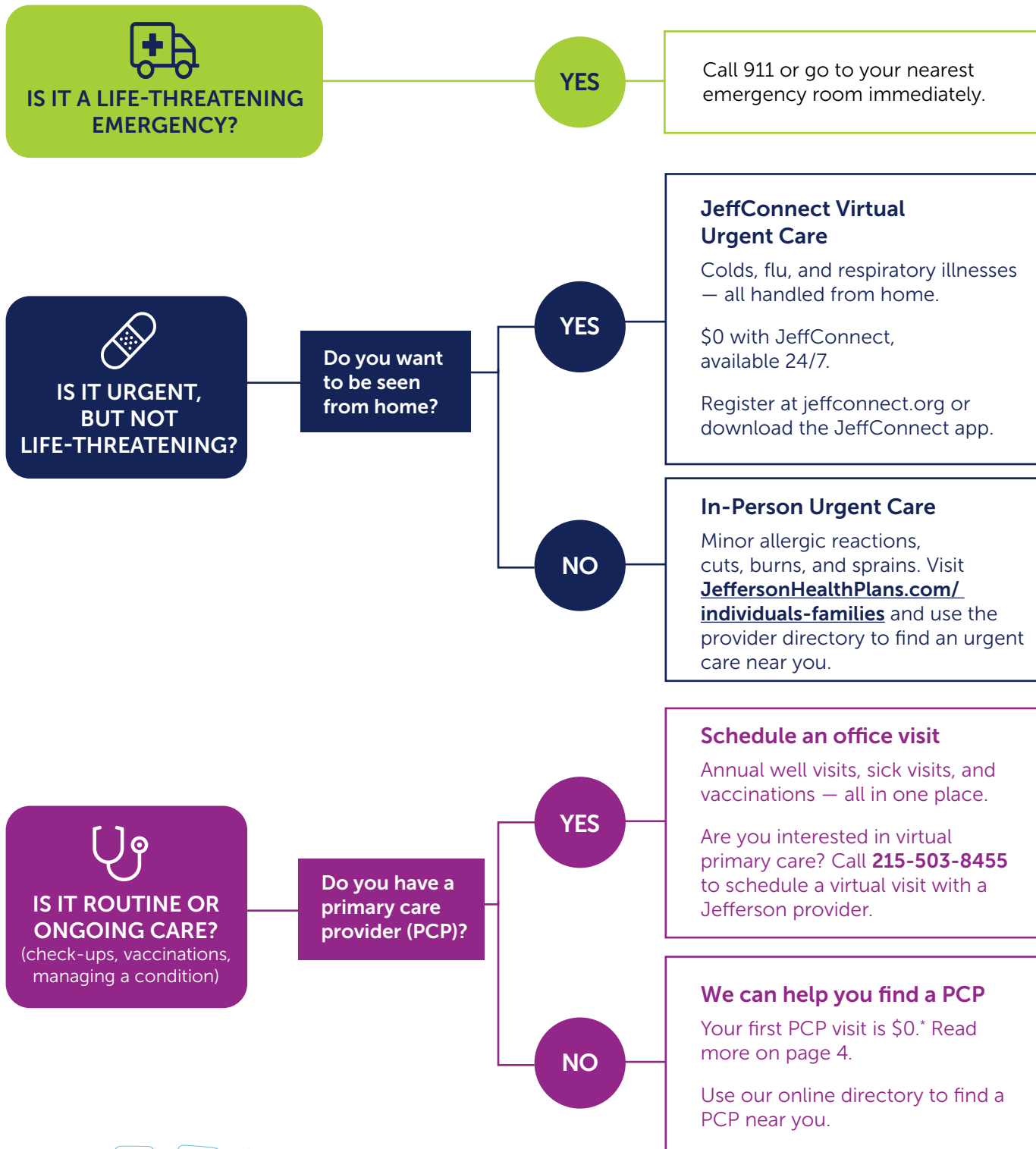
News for a Healthy You



Your Guide to Getting Care

Not sure which type of care is right for you? **Start here.**

WHAT'S GOING ON TODAY?



SUMMER WELLNESS STARTS HERE

Complete the word search below!

Summer is all about good vibes and good health. See how many wellness words you can find below and pick up a few healthy habits along the way!

N	V	G	W	Y	E	I	H	X	Y	S	Z	U	M	N	I	G	Q
L	Z	D	V	E	Z	H	N	Q	K	U	Y	Z	W	E	T	L	G
V	D	V	J	X	Q	W	W	I	Q	N	U	H	W	G	H	C	Z
H	O	N	V	E	E	E	A	P	M	S	C	O	T	F	G	H	Z
W	C	F	I	R	M	L	Y	E	I	C	K	C	O	D	F	E	P
A	T	V	T	C	Y	L	H	Y	D	R	A	T	E	F	R	C	N
L	O	C	A	I	N	N	H	A	R	E	V	K	F	L	E	K	B
K	R	F	M	S	I	E	J	Y	O	E	S	J	I	Y	S	U	I
I	V	V	I	E	I	S	D	W	C	N	B	W	D	S	H	P	F
N	H	I	N	A	M	S	H	R	F	M	S	S	Z	B	L	G	R
G	T	Q	S	R	Q	N	P	W	F	N	J	H	I	W	U	F	L
Q	Y	P	L	X	J	Y	Z	Y	M	G	Q	F	K	D	N	E	A

Find the following words in the puzzle. Words are hidden across and down.

SUNSCREEN
EXERCISE

WELLNESS
VITAMINS

HYDRATE
CHECKUP

WALKING
DOCTOR



QUICK SUMMER HEALTH TIPS:



Tip 1: Drink up

Drink water throughout the day, especially in the heat. Add an extra glass for every hour you spend outside.



Tip 2: Protect your skin

Before you head out the door, reach for the sunscreen. SPF 30 or higher, applied 15 minutes before sun exposure, keeps your skin protected, even on cloudy days.



Tip 3: Keep moving

Summer is the perfect excuse to get outside. A 20-minute walk in the morning (before the heat kicks in) is one of the easiest ways to boost your mood, energy, and heart health all at once.

GET MORE FROM YOUR PLAN

DON'T MISS YOUR \$0 PCP VISIT

Summer is here, and it's the perfect time to make the most of your benefits.

With a Jefferson Health Plans Individual and Family Plan, your first primary care provider (PCP) visit is \$0.*

A routine check-up is your chance to:

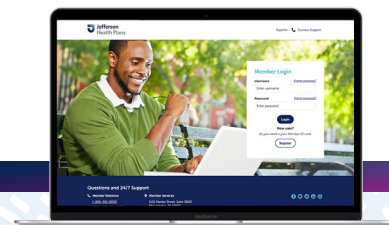
- Review your health history, habits, and any concerns
- Ask questions and get clear answers
- Catch small issues early
- Build a relationship with a doctor who knows you

Even if you're feeling fine, this visit helps you stay that way.

Don't have a doctor yet? We'll help you find one.

Visit JeffersonHealthPlans.com/FindADoctor or call Member Relations at **1-833-422-4690 (TTY 1-877-454-8477)**.

*When seeing a Tier 1 provider for HMO plans and an in-network provider for PPO plans. One \$0 visit per plan year.



Your plan, at your fingertips.

View benefits, check claims, and manage your coverage anytime at JeffersonHealthPlans.com/account

WORD SEARCH SOLUTION:

N	V	G	W	Y	E	I	H	X	Y	S	Z	U	M	N	I	G	Q
L	Z	D	V	E	Z	H	N	Q	K	U	Y	Z	W	E	T	L	G
V	D	V	J	X	Q	W	W	I	Q	N	U	H	W	G	H	C	Z
H	O	N	V	E	E	E	A	P	M	S	C	O	T	F	G	H	Z
W	C	F	I	R	M	L	Y	E	I	C	K	C	O	D	F	E	P
A	T	V	T	C	Y	L	H	Y	D	R	A	T	E	F	R	C	N
L	O	C	A	I	N	N	H	A	R	E	V	K	F	L	E	K	B
K	R	F	M	S	I	E	J	Y	O	E	S	J	I	Y	S	U	I
I	V	V	I	E	I	S	D	W	C	N	B	W	D	S	H	P	F
N	H	I	N	A	M	S	H	R	F	M	S	S	Z	B	L	G	R
G	T	Q	S	R	Q	N	P	W	F	N	J	H	I	W	U	F	L
Q	Y	P	L	X	J	Y	Z	Y	M	G	Q	F	K	D	N	E	A



Need more information about your plan?

Need help finding an in-network provider?

Have questions?

Call us at **1-833-422-4690 (TTY 1-877-454-8477)** to speak with one of our friendly Member Relations representatives.

We are available from 8 am – 8 pm, seven days a week, from **October – March 31** and 8 am – 8 pm, Monday through Friday, from **April 1 – September 30**.

Want to learn more about your drug coverage? Visit JeffersonHealthPlans.com/prescriptions.



Jefferson Health Plans is underwritten by Health Partners Plans, Inc., and Partners Insurance Company, Inc., which hold Pennsylvania Licenses as a Health Maintenance Organization, Insurer, and Preferred Provider Organization, Insurer, respectively, and Qualified Health Plan Issuers in the Pennsylvania Health Insurance Marketplace.