THIRD EDITION
2026

Healthy You



Changes are coming to Medicaid!

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Jefferson Health Plans

Jefferson Health Plans EverWell Can Help You Stay Healthy and Active

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Protect Yourself From the Flu

Play it safe this flu season. More information on page 4

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Changes are coming to Medicaid!

Starting January 1, 2027, some Medicaid recipients in Pennsylvania will need to meet work requirements and will need to have their Medicaid eligibility checked every six months instead of every year. Medicaid is also called Medical Assistance or MA in Pennsylvania.

Who is affected by the new Medicaid rules?

Medicaid recipients will need to meet these new requirements if you:

- Are 19-64 years old
- Do not have a dependent/child under 14 years old

How do you meet Medicaid work requirements?

You can meet work requirements if you do one or a combination of these activities for at least 80 hours a month:

- Work;
- Volunteer or do community service;
- Participate in a job training program; and/or
- Go to school at least half-time

You may also meet the requirement based on your monthly income if you make at least $580 each month. Or you may meet the requirement depending on your income if you do seasonal work; a caseworker can help calculate if your income meets this option.

For more information on these changes, visit **dhs.pa.gov/MedicaidChanges**.

Is anyone exempt from Medicaid work requirements?

Some people do not have to meet work requirements to get or keep Medicaid. People who have certain health needs or a disability, are pregnant or recently gave birth, take care of a child or disabled family member, or meet other conditions that exempt them from these requirements.

How do I show I am meeting Medicaid work requirements?

The Pennsylvania Department of Human Services' (PA DHS) goal is to help Pennsylvanians understand these changes and meet the new requirements. Current Medicaid recipients affected by these changes will receive a **letter in the mail** from PA DHS soon that will include information on whether you need to meet these requirements or provide more information to PA DHS about your income or work, volunteer, school, or training activities.

If you or someone you know is affected by the new Medicaid rules, the work requirements will start at your first renewal in 2027. People applying for Medicaid coverage will have to show that they meet work requirements during their application.

Jefferson Health Plans EverWell Can Help You Stay Healthy and Active

Jefferson Health Plans EverWell plan benefits go beyond doctor visits and prescriptions. Visit our **Community Engagement webpage** to learn about free programs, classes, and resources designed to help you stay active, make healthy choices, and manage ongoing health conditions.

Free Programs and Services

Our Community Wellness Centers offer free programs and services for people of all ages:

- Fitness classes, including yoga, Tai Chi, line dancing, and self-defense
- Health and wellness education, including nutrition, tobacco cessation, and chronic condition management
- Family education, support groups, and homework hubs
- Preventive health screenings, including blood pressure, A1C, and cholesterol checks
- Monthly fresh food giveaways
- Care navigation support, including help with benefits, provider referrals, care coordination, food assistance, and community resources



Visit our website to find a Wellness Center near you.

Join a Gym for Free With Jefferson Health Plans EverWell

As a member, you can join participating fitness centers at **no cost to you**.

There are no minimum visit requirements, so you can work out on your schedule.

Call Member Relations at **1-800-553-0784** to find a participating gym near you or visit **JeffersonHealthPlans.com/Fitness** to learn more.

Protect Yourself From the Flu

The flu can make you very sick and may lead to serious health problems. A yearly flu shot is the best way to help protect yourself and those around you.

Who should get it?
Most people age 6 months and older.

When should I get it?
Get your flu shot **now**. It takes about two weeks for your body to build protection.

Where can I get it?
At your doctor's office, a clinic, pharmacy, or some schools and workplaces.

Why get vaccinated?

- Helps lower your risk of getting the flu
- Can prevent missed work, school, and family activities
- Helps protect against serious complications, including pneumonia
- May help prevent flu from making conditions like asthma, diabetes, and heart disease worse



Not sure which flu vaccine is right for you?

Talk with your doctor or pharmacist.

Follow-Up Care Matters

After a trip to the emergency room or a hospital stay, seeing your primary care provider (PCP) can help you recover and stay healthy.

When to Follow Up

After an ER visit: See your PCP within 7 days.
After a hospital stay: See your PCP within 7 to 14 days.

Bring your discharge papers, medication list, and any test results to your appointment. Your PCP knows your health history and can:

- Review what happened during your ER visit or hospital stay
- Update your medications and care plan
- Order follow-up tests, if needed
- Help prevent complications
- Connect you with specialists or home health services

If You're Pregnant

If you think you may be pregnant, schedule an appointment with an OB-GYN as soon as possible.

At your first visit, your doctor will:

- Confirm your pregnancy
- Estimate your due date
- Check your overall health
- Review your health history
- Answer your questions and concerns
- Create a plan for your prenatal care

Following up after a health event or early in pregnancy can help you get the care and support you need.

A Common Health Risk You May Not Know About

About 1 in 3 adults has metabolic syndrome, a group of health conditions that can raise your risk of heart disease, stroke, and type 2 diabetes. Many people do not know they have it because it often has no symptoms.

> **The good news?** Metabolic syndrome can be managed with healthy lifestyle changes and, if needed, medication.

Know Your Risk

Your primary care provider (PCP) can check for metabolic syndrome with a physical exam, blood pressure check, waist measurement, and simple blood tests.

You may be at risk if you have:

- A waist size over 35 inches for women or 40 inches for men
- High blood pressure
- High blood sugar
- High triglycerides
- Low HDL ("good") cholesterol

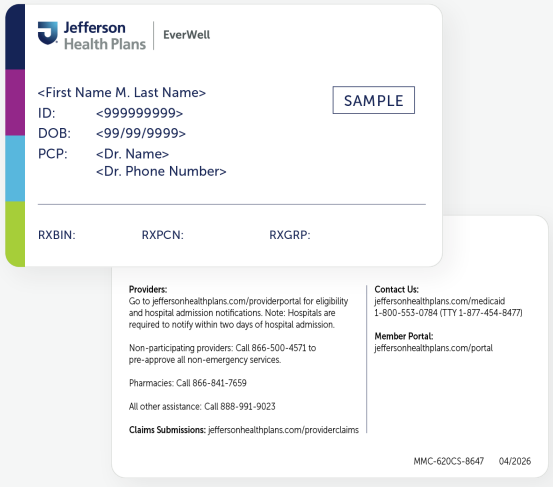
If you have concerns, talk with your PCP. Early detection can help you take steps to improve your health and lower your risk of serious disease.



Apple or Pear?

People who carry extra weight around their waist, often called an "apple-shaped" body, have a higher risk of metabolic syndrome than those who are "pear-shaped" and carry more weight in their hips and thighs.

Risk also increases with age and may be higher among African American and Hispanic adults.



Your New Member ID Card Is Coming Soon

Watch your mailbox for a new member ID card! When it arrives, check that your name and other details are correct. The only change will be your prescription (RX) numbers. Keep using your current ID card until January 1. **Starting January 1, use your new card when you see a doctor, receive medical care, or fill a prescription.** After January 1, safely destroy your old card so you don't mix up the cards. If your new card does not arrive, is lost, or has incorrect information, call Member Relations at **1-800-553-0784 (TTY 1-877-454-8477)**.

Enhanced Member Supports Unit (EMSU) Lends a Helping Hand

A Jefferson Health Plans EverWell member was struggling to manage diabetes and other serious health conditions. With help from an EMSU care coordinator, he enrolled in a local meal program, connected with behavioral health services, and developed a care plan. Over time, he began seeing his doctors regularly, taking his medications, and making healthier choices. His blood sugar improved, and he felt healthier and more confident in managing his health.

This real-life story is one example of how the EMSU team supports members in getting the care they need to stay healthy. Our EMSU nurses and social workers are here to guide you at every step.

Let's Get Connected

Need help with your healthcare or support services? Call the EMSU team at **1-866-500-4571**, Monday through Friday, from 8 a.m.-4:30 p.m. If you call after hours, leave a voicemail and we'll return your call the next business day.

Visit JeffersonHealthPlans.com/EMSU to learn more about Care Coordination services.

EMSU Can Help You:

- Understand your Jefferson Health Plans EverWell benefits
- Schedule doctor and dental appointments
- Get transportation to medical visits
- Arrange home care or medical equipment
- Connect with behavioral health services
- Get medications and medical supplies
- Find help with food, utilities, and other community resources



Baby Partners pairs you with a dedicated care coordinator who will guide you through your pregnancy. They'll connect with local resources that can help with food, diapers, and more, both before and after your baby arrives.

To learn more, **JeffersonHealthPlans.com/BabyPartners** or call the Baby Partners team at **1-866-500-4571 (TTY 1-877-454-8477)**.



Your doctor can help you decide which screenings are right for you and how often you should have them.

Free Screenings Can Help Find Cancer Early

Regular cancer screenings can help find cancer before symptoms appear, when treatment may work best. Many screenings are covered at no cost through your health plan.

Talk with your doctor about screening for:

- **Breast cancer:** Mammograms can help find breast cancer early. Most women should begin screening at age 40.
- **Colorectal cancer:** Screening usually starts at age 45 and may include a colonoscopy or an at-home stool test.
- **Cervical cancer:** Pap and HPV (human papillomavirus) tests can help find changes that may lead to cervical cancer before they become serious.

Be Chill and Take Your Pill – *As Prescribed by Your Doctor*



Taking your medications the right way can help you stay healthy, feel better, and manage chronic conditions like diabetes and high blood pressure.

Your Jefferson Health Plans EverWell plan covers prescription drugs with **$0 copays**, including some over-the-counter medicines when prescribed by your doctor.

Medication Tips

- ✓ Take your medication as prescribed. Don't skip doses or take less than directed.
- ✓ Talk to your doctor before stopping a medication. Let them know if you're having side effects.
- ✓ Don't take extra medication if you miss a dose unless your doctor tells you to.
- ✓ Finish your medication as directed, even if you start feeling better.
- ✓ Never take someone else's medication. It may not be safe for you and could cause serious side effects.

Refill on Time

Don't wait until you're down to your last pill to refill your medication.

Most prescriptions can be refilled when you have about a week's supply left. Check your prescription label to see how many refills remain. If it says "0 refills," contact your doctor as soon as possible to request a renewal.

Staying ahead on refills can help you avoid missed doses and stay on track with your treatment.

Sharing Your Health Information: Know Your Choices

SCAN TO LEARN MORE

Starting January 1, 2027, Jefferson Health Plans will use a new and secure way to share some of your health information with your doctors and other health care providers. This can help your care team work together and provide better care.

If you do not want your health information shared this way, you can choose to opt out at any time. You can also choose to share health information from another health plan with Jefferson Health Plans.

Your choice will not change your health plan benefits, coverage, or access to care.

> To make or change your choice, log in to your account at **JeffersonHealthPlans.com/Account** and follow the instructions. To learn what information may be shared and how to manage your choices, visit our **Member Education FAQ** page or scan the QR code.



Jefferson Health Plans

Website: JeffersonHealthPlans.com/Medicaid

Member Portal: JeffersonHealthPlans.com/Account

Member Relations: 1-800-553-0784 (TTY 1-877-454-8477)

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Jefferson Health Plans

Discrimination is Against the Law

Jefferson Health Plans EverWell complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex gender, gender identity or expression, or sexual orientation.

Jefferson Health Plans EverWell does not exclude people or treat them differently because of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex gender, gender identity or expression, or sexual orientation.

Jefferson Health Plans EverWell provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

Jefferson Health Plans EverWell provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, contact Jefferson Health Plans EverWell at **1-800-553-0784 (TTY 1-877-454-8477).**

If you believe that Jefferson Health Plans EverWell has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex gender, gender identity or expression, or sexual orientation, you can file a complaint with:

Jefferson Health Plans EverWell
Attn: Complaints, Grievances & Appeals Unit
1101 Market Street, Suite 3000
Philadelphia, PA 19107
Phone: 1-800-553-0784 (TTY 1-877-454-8477)
Fax: 1-215-991-4105

The Bureau of Equal Opportunity,
Room 223, Health and Welfare Building,
P.O. Box 2675, Harrisburg, PA 17105-2675,
Phone: (717) 787-1127, TTY/PA Relay 711,
Fax: (717) 772-4366, or
Email: RA-PWBEOAO@pa.gov

You can file a complaint in person or by mail, fax, or email. If you need help filing a complaint, Jefferson Health Plans EverWell and the Bureau of Equal Opportunity are available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at https://ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail, phone or email at:

U.S. Department of Health and Human Services, 200 Independence Avenue SW.,
Room 509F, HHH Building,
Washington, DC 20201,
1-800-368-1019, 800-537-7697 (TDD).
OCRMail@hhs.gov

Complaint forms are available at **http://www.hhs.gov/ocr/office/file/index.html**.

Notices of Availability

ATTENTION: If you speak a language other than English, free language assistance services are available to you. Appropriate auxiliary aids and services to provide information in accessible formats are also available free of charge. Call 1-800-553-0784 (TTY 1-877-454-8477) or speak to your provider.

Spanish: ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. También están disponibles de forma gratuita ayuda y servicios auxiliares apropiados para proporcionar información en formatos accesibles. Llame al 1-800-553-0784 (TTY 1-877-454-8477) o hable con su proveedor.

Chinese; Mandarin: 注意：如果您说中文，我们将免费为您提供语言协助服务。我们还免费提供适当的辅助工具和服务，以无障碍格式提供信息。致电 1-800-553-0784（文本电话：1-877-454-8477）或咨询您的服务提供商。

Nepali: सावधान: यदि तपाईं नेपाली भाषा बोल्नुहुन्छ भने तपाईंका लागि गि: शुल्क भाषिक सहायता सेवाहरू उपलब्ध छन्। पहुँचयोग्य ढाँचाहरूमा जानकारी प्रदान गर्न उपयुक्त सहायता र सेवाहरू पनि नि: शुल्क उपलब्ध छन्। 1-800-553-0784 (TTY 1-877-454-8477) मा फोन गर्नुहोस् वा आफ्नो प्रदायकसँग कुरा गर्नुहोस्।

Russian: ВНИМАНИЕ: Если вы говорите на русский, вам доступны бесплатные услуги языковой поддержки. Соответствующие вспомогательные средства и услуги по предоставлению информации в доступных форматах также предоставляются бесплатно. Позвоните по телефону 1-800-553-0784 (TTY: 1-877-454-8477) или обратитесь к своему поставщику услуг.

Arabic: الم جان ي ة. ك م ا ت ت و ف ر و س ا ئ ل م س ا ع د ة و خ د م ات م ن ا ب س ة ت ت ح د ث ال ل غ ة ال ع ر ب ي ة، ف س ت ت و ف ر ل ك خ د م ات ال م س ا ع د ة ال ل غ و ي ة 1-800-553-0784 (1-877-454-8477) أ و ت ن ب ي ه: إ ذ ا ك ن ت م ات ب ت ن س ي ق ات ي م ك ن ال و ص و ل إ ل ي ه ا م ج ان ًا. ات ص ل ع ل ى ال ر ق م ت ح د ث إ ل ى م ق د م ال خ د م ة. ل ت و ف ي ر ال م ز ي د

Haitian Creole: ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd aladispozisyon w gratis pou lang ou pale a. Èd ak sèvis siplemantè apwopriye pou bay enfòmasyon nan fòma aksesib yo disponib gratis tou. Rele nan 1-800-553-0784 (TTY: 1-877-454-8477) oswa pale avèk founisè w la.

Vietnamese: LƯU Ý: Nếu bạn nói tiếng Việt, chúng tôi cung cấp miễn phí các dịch vụ hỗ trợ ngôn ngữ. Các hỗ trợ dịch vụ phù hợp để cung cấp thông tin theo các định dạng dễ tiếp cận cũng được cung cấp miễn phí. Vui lòng gọi theo số 1-800-553-0784 (Người khuyết tật: 1-877-454-8477) hoặc trao đổi với người cung cấp dịch vụ của bạn.

Ukrainian: УВАГА: Якщо ви розмовляєте українська мова, вам доступні безкоштовні мовні послуги. Відповідні допоміжні засоби та послуги для надання інформації у доступних форматах також доступні безкоштовно. Зателефонуйте за номером 1-800-553-0784 (TTY: 1-877-454-8477) або зверніться до свого постачальника.

Chinese; Cantonese: 注意：如果您說中文，我們可以為您提供免費語言協助服務。也可以免費提供適當的輔助工具與服務，以無障礙格式提供資訊。請致電 1-800-553-0784 (TTY: 1-877-454-8477) 或與您的提供者討論。

Portuguese: ATENÇÃO: Se você fala português do Brasil, serviços gratuitos de assistência linguística estão disponíveis para você. Auxílios e serviços auxiliares apropriados para fornecer informações em formatos acessíveis também estão disponíveis gratuitamente. Ligue para 1-800-553-0784 (TTY: 1-877-454-8477) ou fale com seu provedor.

Bengali: মনোযোগ দি: দি আপনি বাংলা বলেন তাহলে আপনার জন্য বিনামূল্যে ভাষা সহায়তা পরিষেবাদি উপলব্ধ রয়েছে। অ্যাক্সেসযোগ্য ফরম্যাটে তথ্য প্রদানের জন্য উপযুক্ত সহায়ক সহযোগিতা এবং পরিষেবাদিও বিনামূল্যে উপলব্ধ রয়েছে। 1-800-553-0784 (TTY: 1-877-454-8477) নম্বরে কল করুন অথবা আপনার প্রদানকারীর সাথে কথা বলুন।

French: ATTENTION: Si vous parlez Français, des services d'assistance linguistique gratuits sont à votre disposition. Des aides et services auxiliaires appropriés pour fournir des informations dans des formats accessibles sont également disponibles gratuitement. Appelez le 1-800-553-0784 (TTY: 1-877-454-8477) ou parlez à votre fournisseur.

Cambodian: សូមយកចិត្តទុកដាក់៖ ប្រសិនបើអ្នកនិយាយ *ភាសាខ្មែរ* សេវាកម្មជំនួយភាសាឥតគិតថ្លៃគឺមានសម្រាប់អ្នក។ ជំនួយ និងសេវាកម្មដែលជាការជួយដំសមរម្យ ក្នុងការផ្តល់ព័ត៌មានតាមទម្រង់ដែលអាចចូលប្រើប្រាស់បាន ក៏អាចរកបានដោយឥតគិតថ្លៃផងដែរ។ ហៅទូរសព្ទទៅ 1-800-553-0784 (TTY: 1-877-454-8477) ឬនិយាយទៅកាន់អ្នកផ្តល់សេវារបស់អ្នក។

Korean: 주의: 한국어를 사용하시는 경우 무료 언어 지원 서비스를 이용하실 수 있습니다. 이용 가능한 형식으로 정보를 제공하는 적절한 보조 기구 및 서비스도 무료로 제공됩니다. 1-800-553-0784 (TTY: 1-877-454-8477)번으로 전화하거나 서비스 제공업체에 문의하십시오.

Gujarati: ધ્યાન આપો: જો તમે ગુજરાતી બોલતા હો તો મફત ભાષાકીય સહાયતા સેવાઓ તમારા માટે ઉપલબ્ધ છે. યોગ્ય ઑક્ઝિલરી સહાય અને ઍક્સેસિબલ ફૉર્મેટમાં માહિતી પૂરી પાડવા માટેની સેવાઓ પણ વિના મૂલ્યે ઉપલબ્ધ છે. 1-800-553-0784 (TTY: 1-877-454-8477) પર કૉલ કરો અથવા તમારા પ્રદાતા સાથે વાત કરો.