

SPRING 2025

HealthMatters

YOUR MEDICARE ADVANTAGE NEWSLETTER



Spring Into Fitness with SilverSneakers®

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Keep Your
Mind Sharp!

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Smart Food Choices
for a Healthier You

*Learn more on
page 3*

Exercise Your Brain:
Mindful Moment

*Puzzles and games
on page 6*

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Check In, Stay Well: The Power of Wellness Visits

Taking care of your health is one of the most important things you can do, and your Medicare Advantage plan makes it easy with a **\$0** annual wellness visit. This is your chance to sit down with your doctor, review your medications, and catch any potential health concerns early. Plus, when you complete your annual wellness visit, you can earn \$50 in Wellness Rewards.

Regular check-ups help detect conditions like high blood pressure, diabetes, and heart disease before they become serious. If you've noticed any changes in how you feel, don't wait. Call your doctor to schedule an appointment today! Early detection leads to better treatment and a healthier you.

Your Jefferson Health Plans Medicare Advantage plan makes it easy to get the care you need! All of our Medicare Advantage plans include a yearly preventive care visit with your doctor at a \$0 copay, helping you stay on top of your health.

Keep Your Mind Sharp!

Just like your body, your brain needs regular exercise to stay strong. The good news? Keeping your mind active can be fun, easy, and part of your everyday routine.

As we age, staying mentally engaged can help improve memory, boost concentration, and even reduce the risk of dementia. Small, daily activities can make a big difference in keeping your brain sharp and your mind active.

Simple Ways to Boost Brainpower

Brain-stimulating activities like puzzles, games, and reading can strengthen memory and improve focus. Physical activity also increases blood flow to the brain, which helps support cognitive function.






Ready to put your brain to the test?
Scroll to **page 6** for some fun puzzles.
Stay sharp, stay social, and stay engaged!

Don't forget the power of socializing! Spending time with friends and family, joining a club, or participating in group activities can improve cognitive function and emotional well-being.

Smart Food Choices for a Healthier You



Nutritious eating is key to feeling your best and staying healthy. But with so many food options and information out there, making the right choices can sometimes feel overwhelming. Luckily, even small changes to your diet can make a big difference in your health!

What to look for:	
 <p>Go for whole foods</p>	<p>Choose fresh fruits, vegetables, whole grains, lean proteins, and healthy fats. These foods provide essential nutrients that support heart health, brain function, and overall well-being.</p>
 <p>Read the labels</p>	<p>The shorter, the better! Look for foods with minimal ingredients and avoid added sugars, high sodium, and high amounts of saturated fats.</p>
 <p>Watch for hidden ingredients</p>	<p>Many packaged foods contain artificial additives that may not be good for your health. Keep an eye out for artificial sweeteners, preservatives, or Red Dye No. 3*.</p>

*The FDA recently banned Red Dye No. 3, which is found in some candies, baked goods, and processed foods. Check labels for "Red 3" and opt for foods with natural color sources instead.



Healthy Eating Resources

If you're looking for affordable and nutritious food options, check out these resources:

- [Nutrition Info for Older Adults](#)
- [Supplemental Nutrition Assistance Program \(SNAP\)](#)
- [Food Pantries in PA](#)
- [Food Pantries in NJ](#)

As a reminder, you can use your Wellness Rewards or over-the-counter benefits to purchase healthy foods.

Making healthier food choices doesn't have to be difficult. Start small, read labels, and opt for whole, nutritious foods. Your body will thank you!

JUST FOR MEMBERS

Spring Into Fitness with SilverSneakers®

As the days get longer and the weather warms up, there's no better time to get moving. Spring is the perfect season to refresh your fitness routine and get active. SilverSneakers®, included at **no extra cost** with your Jefferson Health Plans Medicare Advantage plan, makes it easy and fun to stay active.

The program is designed for all levels and abilities and provides access to online and in-person classes at over 15,000 fitness locations, plus health and wellness discounts. There's truly something for everyone:



Nationwide fitness locations

Visit participating community centers and gyms near you



SilverSneakers LIVE

Join live online workshops and classes from home, 7 days a week



On-Demand workouts

Choose from 200+ workout videos, including yoga, strength, and cardio



Group fitness classes

Stay social and engaged with group fitness classes for all levels

Regular exercise can boost your energy, improve balance, and even help prevent illness. Whether you prefer the gym, a park, or even your living room, SilverSneakers has options to fit your lifestyle.



Make this spring the season of **MOVEMENT!**

Activate your SilverSneakers account today and start enjoying the benefits.

Get started at
[SilverSneakers.com/GetStarted](https://www.silversneakers.com/GetStarted)

Find the Care You Need in Just a Few Clicks

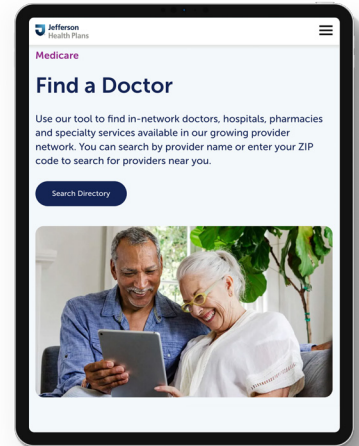
Looking for a doctor, specialist, or hospital close to home?

With our online **Find a Doctor** tool, finding the right provider has never been easier! This tool helps you quickly search for in-network providers near you.

Here are some ways to use the tool:

- **Have a doctor in mind?** Search by name to check if they're in-network.
- **Want care nearby?** Enter your ZIP code to find doctors, specialists, and hospitals close to you.
- **Need a specific service?** Browse by specialty to find the care you need.

Choosing in-network providers helps you save money and make the most of your benefits.



Ready to find a doctor? Visit JeffersonHealthPlans.com/FindADoctor today!
If you have questions or need assistance, call Member Relations at **1-866-901-8000** (TTY **1-877-454-8477**).

Take Your Health Assessment

We encourage you to take the health assessment from Jefferson Health Plans. This helps us tailor your care and maximize your benefits, and you can earn Wellness Rewards dollars. It only takes a few minutes!

Why take the assessment?

- Helps us personalize your care
- Improves the benefits and programs we offer
- Makes you eligible to earn Wellness Rewards

How to complete your assessment:



Call the Health Assessment Unit at **1-855-748-3415 (TTY 711)** to complete it over the phone.



Log on to the Member Portal at JeffersonHealthPlans.com/portal to take it online.

If you're a Jefferson Health Plans Special or Dual Pearl member, complete your health assessment today to earn \$50 in Wellness Rewards.



RECIPE CORNER



Springtime Cereal

Start your morning with a hearty breakfast! This delicious cereal combines in-season fruits, yogurt, sunflower seeds, and almonds for a perfect balance of flavor and energy to fuel your morning. This recipe serves two.

Ingredients

- 3/4 cup high-fiber cereal (e.g., Raisin Bran, Fiber One)
- 1/4 cup 100% bran cereal (e.g., Kellogg's All-Bran Original, Post Bran Flakes)
- 2 teaspoons sunflower seeds (toasted)
- 2 teaspoons almonds (toasted, sliced)
- 1 tablespoon raisins
- 1/2 cup banana (sliced)
- 1 cup strawberries (sliced)
- 1 cup yogurt (raspberry or strawberry, low-fat)

Directions

- Mix the cereal, sunflower seeds, and almonds in a medium bowl.
- Add the raisins, the bananas, and half of the strawberries.
- Gently stir in the yogurt and divide between two bowls.
- Scatter the remaining strawberries over the top and enjoy.

Mindful Moment

Keep your mind sharp and engaged! Regular mental exercises like puzzles and exploring new hobbies can boost memory and reduce the risk of cognitive decline. Kickstart your brain workout today with a fun word search and sudoku.

Word Search

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

FLOWER
BLOOM

SPRING
BUD

GRASS
RAIN

BIRD
EGG

Sudoku

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

Answers
found on
page 8!

Stay Ahead of Spring Allergies with These Expert Tips

Spring is in the air—but so are allergens. If you suffer from seasonal allergies, symptoms like sneezing, congestion, and itchy eyes can impact your daily life. Fortunately, there are steps you can take to stay comfortable this season.

Jefferson Health allergist Dr. Monica Gupta shares these tips:



Start early: Begin taking a daily allergy medication now to help prevent symptoms before they start.



Improve your air quality: Use a HEPA filter to reduce allergens and improve your indoor air quality.



Know your options: If over-the-counter medications aren't enough, talk to your doctor about additional treatments like immunotherapy.



Listen to your body: Severe allergies can lead to sinus infections. If you develop a fever or worsening symptoms, reach out to your doctor.



For more expert advice on managing allergies, visit JeffersonHealth.org/LivingWell.



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Social Media:

[Jefferson Health Plans](#)

[@jeffersonhealthplans](#)

JeffersonHealthPlans.com/Medicare

Have questions?

If you need more information about your plan,
or help finding an in-network provider, [call us!](#)

1-866-901-8000 (TTY 1-877-454-8477)

We're available:

Apr 1 – Sep 30

8 a.m. to 8 p.m.

Monday–Friday

Oct 1 – Mar 31

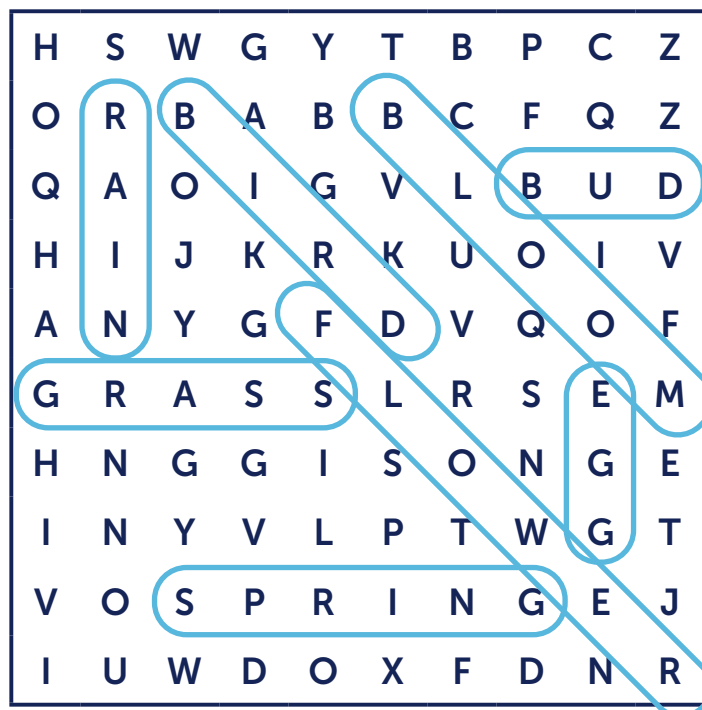
8 a.m. to 8 p.m.

7 days/week



Jefferson Health Plans contracts with Medicare to offer
HMO, HMO-DSNP, and PPO plans. Our HMO-DSNP also has
a contract with the Pennsylvania State Medicaid program.
Enrollment in our plans depends on contract renewal

Mindful Moment Answers



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