

FALL 2025

HealthMatters

YOUR MEDICARE ADVANTAGE NEWSLETTER



Stay in Check with Your Health This Fall

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Stay in Check with Your Health This Fall

With the change in seasons, now is the perfect time to check in on your health and make sure you're up to date on important preventive care. Use this checklist to guide in scheduling appointments, catch up on screenings, and refill prescriptions so you are ready for the busy months ahead.

Bonus: You could earn Wellness Rewards dollars for completing some of these activities! Call **Member Relations** at **1-866-901-8000** to learn more.



Flu Shot

Protect yourself and others — talk to your doctor about whether a flu shot is right for you.



Annual Wellness Visit

This no-cost yearly visit is your chance to talk with your doctor about your overall health and create a personalized wellness plan.



Dental Exam

Don't skip your smile! Regular checkups help catch issues early and keep your teeth and gums healthy.



Eye Exam

Vision changes can sneak up on you. An eye exam helps spot issues early — even those related to your overall health.



Hearing Exam

Struggling to hear clearly? A hearing exam can help you get back on track and avoid missing out on conversations.



Colorectal Cancer Screening

Screenings save lives. Talk to your doctor about when and how often you should be screened.



Breast Cancer Screening

Mammograms detect breast cancer early, when it's most treatable. Ask your doctor if you're due. Read more on page [4](#).



Prescription Drug Refills

Make sure you're stocked up! Refill any prescriptions and avoid last-minute surprises.



Are You at Risk for Falls?

Take a quick quiz to see how your fall risk stacks up:

Question	Yes	No
Have you fallen in the past year?		
Do you feel unsteady when walking?		
Do you use, or have you been told to use, a cane or walker?		
Do you have vision concerns?		
Have you lost feeling in your feet?		

If you answered **"Yes"** to two or more items, you may be at higher risk for falls. It's a good idea to talk to your provider about steps to protect yourself.



How to Reduce Your Risk of Falls

- **Move with confidence.** Exercises like tai chi or balance routines strengthen legs and improve stability.
- **Review your medications.** Some medications can cause dizziness. Talk to your doctor to ensure your prescriptions are safe.
- **Make your home safer.** Improve lighting, secure rugs, and add grab bars to reduce common hazards.
- **Check your senses.** Regular eye and hearing assessments with your doctor can identify sensory issues.



Interested in trying tai chi?

Wellness Partners offers virtual classes! View the schedule [here](#).

Don't
Overlook
Bone
Health



Falls can lead to fractures, especially for those with osteoporosis — a condition that weakens bones. One way to assess your bone health is through a bone density test, which can help identify the risk of osteoporosis before it leads to serious issues.

Bone density tests can:

- Detect low bone mass before osteoporosis develops
- Confirm a diagnosis of osteoporosis
- Estimate your risk for future fractures
- Monitor the effectiveness of treatment

Who should be screened?

The U.S. Preventive Services Task Force recommends routine osteoporosis screening for women 65 and older. If you've had a recent fracture, your doctor may suggest a bone density test or treatment to prevent further bone loss.

Talk to your provider to learn more about osteoporosis screenings and how to keep your bones strong.

Let's Talk About Breast Cancer

Breast cancer is one of the most common cancers among adults age 65 and older. The good news? When caught early, it's also one of the most treatable. That's why it's important to stay informed and take proactive steps to protect your breast health.

Know when to get screened

Regular screenings can catch signs of breast cancer before you notice symptoms. Stay on top of your health by following these tips:

- Talk to your doctor to find out when and how often you should get a mammogram.
- Know your family history. If breast cancer runs in your family, you may need screenings earlier or more often.
- Don't wait! If you notice any unusual changes in your breasts, like lumps, swelling, or skin changes, contact your doctor.

Take steps to lower your risk

While there's no guaranteed way to prevent breast cancer, healthy habits can help reduce your risk:

- Stay active with regular movement, like walking or stretching
- Eat a balanced diet with fruits, vegetables, and whole grains
- Limit alcohol and avoid tobacco
- Keep up with routine checkups and talk to your doctor about any concerns

Want to learn more?

Check out these resources:

- [CDC – Breast Cancer Screening](#)
- [National Cancer Institute – Breast Cancer Prevention](#)



Why Mammograms Matter

You might feel healthy and have no symptoms, but that doesn't mean you should skip your mammogram. This quick, low-dose X-ray can detect breast cancer early, often years before a lump can be felt. The earlier breast cancer is found, the easier it is to treat.

Here's what you should know:

- Continue getting yearly mammograms as long as you're in good health
- Skipping even a single screening could delay early detection

Worried about discomfort or safety?

Mammograms are fast, safe, and use the lowest radiation dose possible. Many women say the peace of mind is well worth it.

Plus, scheduling appointments and screenings like a mammogram can help you earn Wellness Rewards!

Read more about mammograms and schedule an appointment [here](#).



Scheduling screenings like a mammogram can help you earn Wellness Rewards!

Recipe Corner: Overnight Oatmeal

Start your morning with a breakfast that's fresh, fruity, and fuss-free! This vibrant overnight oatmeal blends creamy yogurt, tropical pineapple, banana, and crunchy almonds for a perfect balance of sweetness and protein to power your day.

Ingredients

- 2/3 cup old-fashioned oats (uncooked)
- 2/3 cup non-fat milk
- 2/3 cup non-fat Greek yogurt
- 1/8 teaspoon ground allspice
- 1 cup fresh pineapple chunks
- 1 medium banana, sliced
- 2 tablespoons sliced almonds

Directions

1. Mix oats, milk, yogurt, and allspice in two bowls or glass jars.
2. Cover and refrigerate overnight.
3. Just before serving, add pineapple, banana, and almonds.



Mindful Moment

Give your brain a seasonal boost! Just like your body, your mind benefits from regular exercise. Fun activities like puzzles and games can help sharpen memory and keep you feeling mentally strong. Ready to get started? Try our fall-themed word search.



PUMPKIN
AUTUMN
APPLE

HARVEST
SWEATER
SPICE

HAYRIDE
LEAVES

Answers found on page 8!

Take a Health Assessment – And Earn Rewards!

Your health is personal, and your care should be, too. That's why we encourage all Jefferson Health Plans members to spend just a few minutes completing a Health Assessment.

Why it's worth your time:

- Helps personalize your care
- Improves the programs and benefits available to you
- Earns you Wellness Rewards dollars

How to complete your Health Assessment:



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



Log in to the Member Portal at **JeffersonHealthPlans.com/portal** to complete it online.



Beware of Scammers and Medicare Fraud

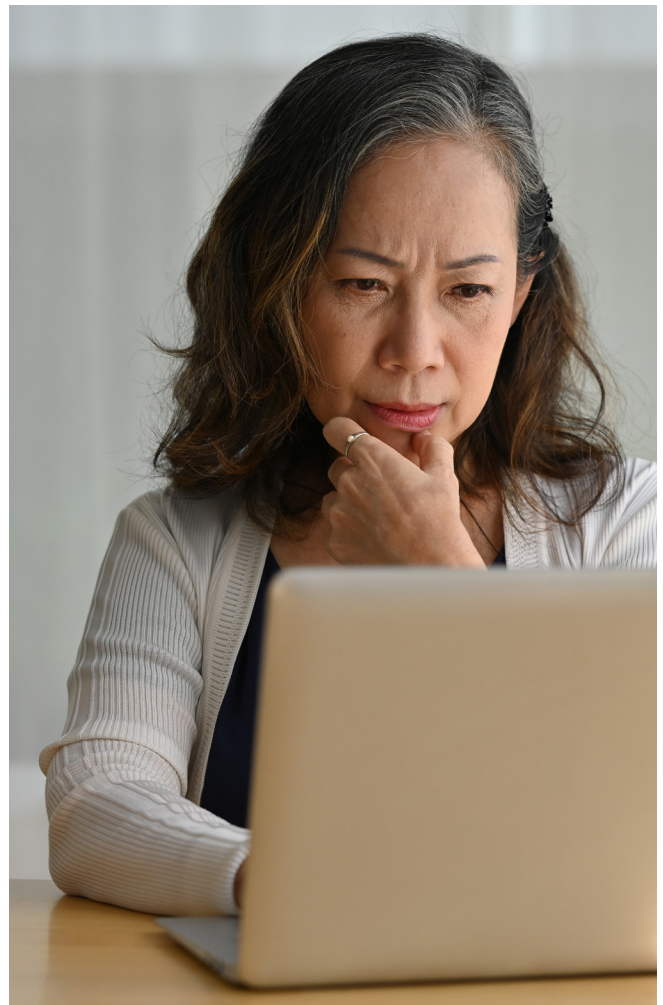
Scammers are increasingly targeting Medicare beneficiaries to steal personal information, identities, and funds. Be cautious of these common scams:

- **New Medicare ID card.** Scammers may call, text, or email you claiming to offer a new, more secure Medicare ID card. They will ask for personal information or your banking/credit card details.
- **Benefits cancelled.** A fraudulent caller may claim your Medicare coverage has been canceled and request personal information to restart your benefits.
- **No-cost medical supplies.** Scammers often offer low- or no-cost medical supplies or prescription drugs as a way to “save you money” just to obtain your information.

Protect yourself from scams

If something doesn't seem right, it probably isn't. You can protect yourself by understanding when to provide your personal information. Remember:

- Medicare will never call, email, text, or message you on social media to ask for your Medicare Number, Social Security Number, or bank account numbers. They also won't try to sell you anything or tell you to pay for a new Medicare card.
- Never give your Medicare card, Medicare Number, Social Security card, or Social Security Number to anyone except your doctor or people you know should have it (like an insurer acting on your behalf).
- Do not accept money or gifts for free medical care, and don't allow anyone other than your doctors or insurer to review your medical records.



You can read more about fraud and preventing fraud on [Medicare.gov](https://www.medicare.gov). If you suspect fraud, report it by calling **1-800-MEDICARE (1-800-633-4227)** or completing an [online fraud report](#).

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Social Media:

 [Jefferson Health Plans](#)

 [@jeffersonhealthplans](#)

JeffersonHealthPlans.com/Medicare

Mindful Moment Answers



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