

SUMMER 2025

# HealthMatters

YOUR MEDICARE ADVANTAGE NEWSLETTER



Get Rewarded for Staying Healthy!

page 3



What If I Need to  
Use My Plan While  
Traveling?

*Learn more on  
page 4*

Mindful Moment:  
Keep Your Mind  
Sharp and Engaged!

*Solve the puzzle  
on page 5*

3 Easy Ways to  
Beat the Heat  
This Summer

*Read our tips  
on page 6*

# TABLE OF CONTENTS

## For Members

- 2 Your Guide to Finding Covered Medications
- 3 Get Rewarded for Staying Healthy
- 3 Help Us Serve You Better
- 4 What Happens If I Need to Use My Plan While Traveling?

## Recipe Corner

- 5 Mindful Moment

## Healthy Living

- 6 3 Tips to Beat the Heat
- 7 Why Colon Cancer Screenings Are Key to Your Health



## Your Guide to Finding Covered Medications

Your Jefferson Health Plans Medicare Advantage plan helps cover the cost of Part D prescription drugs. This list of covered drugs is called a formulary, and it includes generic and brand-name drugs covered by Jefferson Health Plans.

Finding a specific drug is simple. Here's how you can quickly look up what's covered in the formulary:

- **Search by Drug Name or Category:** Use our online tool to search the formulary for the medications by name or category.
- **Download the Formulary:** You can download a PDF version of the formulary for easy access whenever you need it.

To get started and access our formularies, visit: [jeffersonhealthplans.com/medicare/prescription-drugs/formularies](https://jeffersonhealthplans.com/medicare/prescription-drugs/formularies)



### What if my medication isn't listed?

Don't worry! You have options. Your doctor can help you find a similar drug that's covered under your plan. Your doctor can also request a prior authorization, formulary exception, or reimbursement, if necessary. We will work with you to ensure you get the medications you need. Learn more [here](#).

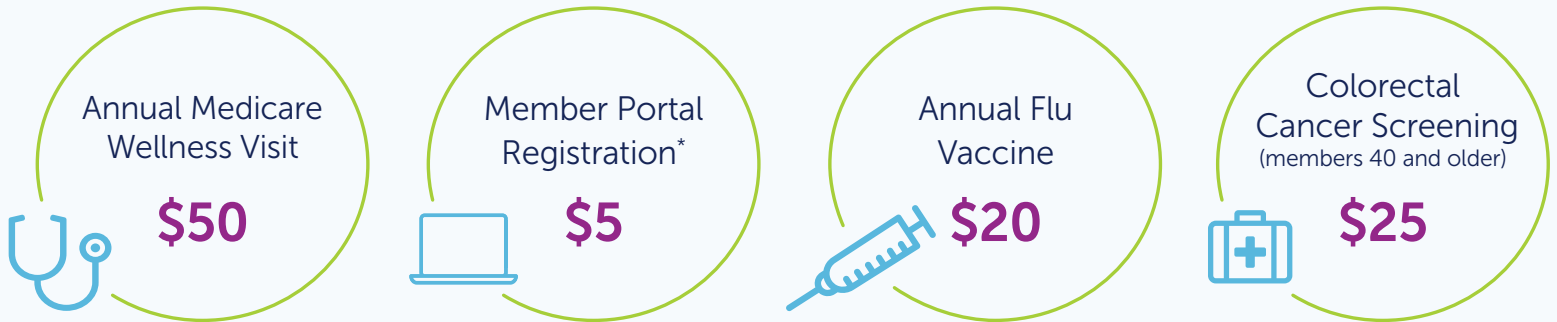




## Get Rewarded for Staying Healthy

Most Jefferson Health Plans Medicare Advantage members can earn \$75 or more in Wellness Rewards this year! It's simple: complete your eligible healthy activities and watch your rewards grow.

### Earn Wellness Rewards in 2025



**You may be eligible for these and more rewards! See below for more details.  
Call Member Relations for all the information you need.**

*\*Available only for members who have not previously registered.*

#### How It Works

Wellness Rewards dollars will be loaded onto your Jefferson Health Plans Flex Card after we verify an eligible activity has been completed. Your Wellness Rewards dollars expire at midnight the evening of December 31, 2025, so be sure to use them before the year ends.

Check the mailing you received in April or call Member Relations at 1-866-901-9023 to learn about your eligible activities and how much you can earn.

#### Check Your Balance and Shop Online

- Visit [JeffersonHealthPlans.NationsBenefits.com](https://JeffersonHealthPlans.NationsBenefits.com).
- Register and log in using your Jefferson Health Plans member ID.
- Shop for eligible items directly online.

Help Us  
Serve You  
Better

Look out for a survey from us in the mail! We recently sent some members the Medicare Consumer Assessment of Healthcare Providers and Systems (CAHPS).

If you receive one of these surveys, we encourage you to complete it and send it back. Your feedback is read and reviewed as it helps us know what we're doing well and what we can improve on to support your health and well-being. It should only take a few minutes to complete, and we appreciate your time.

# What Happens If I Need to Use My Plan While Traveling?

Summer vacations are a time to relax and explore, but sometimes, health issues can arise while you're away. Whether you're visiting family, exploring a new city, or lounging on the beach, it's important to have access to care if needed. Read on for tips to help you have a stress-free summer:



### Stay Connected with JeffConnect

No matter where your summer adventures take you, JeffConnect allows you to meet with a Jefferson provider directly on your phone, tablet, or computer. Need a prescription refill or have questions about a health concern? JeffConnect allows you to have a video visit anytime, anywhere, so you don't have to worry about interrupting your travel plans. Visit **JeffConnect.org** to register.



### Carry Your Member ID Card

Always bring your Jefferson Health Plans Member ID card with you in case of an emergency.



### Know Your Coverage Before You Go

Before traveling, check your specific plan benefits so you know what's covered.



### Access Your Plan Info Anywhere with the Member Portal

You can access your plan details 24/7, from anywhere! On our member portal, you can:

- Check your benefits
- Find in-network providers
- View your member ID card
- Review your prescriptions and refill options

Visit [JeffersonHealthPlans.com/portal](https://JeffersonHealthPlans.com/portal) to register or log in to your account.



## Baked Fish with Herbs and Lemon

Celebrate the flavors of summer with this light, refreshing dish. For a well-rounded meal, add a side of seasonal veggies like roasted asparagus, grilled zucchini, or corn on the cob.

### Ingredients

- 16 ounces salmon, fresh or frozen (or any white fish)
- 1/4 teaspoon paprika
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/8 teaspoon black pepper
- 1/8 teaspoon dried oregano
- 1/8 teaspoon dried thyme
- 1 tablespoon lemon juice
- 1 1/2 tablespoons margarine, melted

### Directions

1. If using frozen fish, thaw in refrigerator according to directions on the package.
2. Preheat oven to 350 degrees F.
3. Separate (or cut) fish into 4 pieces and place in a baking pan.
4. Combine paprika, garlic and onion powders, pepper, oregano, and thyme in a small bowl.
5. Sprinkle herb mixture and lemon juice evenly over the fish. Drizzle melted margarine on top.
6. Bake until fish flakes easily with a fork, about 20 to 25 minutes.

Source: MyPlate.gov



## 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 sudoku.

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

Answers found on page 8!

### 3 Tips to Beat the Heat

As temperatures rise, it's important to take extra care of your health and well-being. Hot weather can be tough on your body, so we've put together a few tips to help you stay comfortable and safe in the summer heat.



**1. Stay Hydrated.** Dehydration can sneak up on you, especially in warmer weather. As we age, our sense of thirst can weaken, but it's essential to drink plenty of fluids throughout the day.

**TIP!** If plain water isn't your favorite, try adding slices of fruit for a refreshing twist.



**2. Apply Sunscreen.** Exposure to the sun's harmful UV rays can cause skin damage, even on cloudy days. Sunscreen is your best defense against sunburn.

**TIP!** Choose a broad-spectrum sunscreen with SPF 30 or higher.



**3. Dress for Comfort.** Wear loose, lightweight, and light-colored clothing to keep your body cool. Dark colors can absorb heat, making you feel warmer than you need to.

**TIP!** Don't forget to wear sunglasses that wrap around your face to block light from all angles to keep your eyes safe while you enjoy the sunshine.





# Why Colon Cancer Screenings Are Key to Your Health

Colon cancer is one of the most commonly diagnosed cancers in the United States. The good news is that colon cancer can often be spotted through regular screenings, such as colonoscopies, which can detect potential issues early when they're easier to treat.

## Why Colonoscopies Matter

A colonoscopy is one of the best ways to detect colon cancer early, and it's also the most effective way to prevent it by removing polyps before they can become cancerous. For those at average risk, a colonoscopy every five to ten years can help you stay ahead of the disease and keep your colon healthy.

## How to Prepare

It's natural to feel nervous about a colonoscopy but knowing what to expect can ease your worries. Here's a quick breakdown:

**The Prep:** You'll need to follow a clear liquid diet and avoid foods that can be hard to digest like tough meats, whole grains, or raw vegetables. You also may need a laxative the night before a colonoscopy. While the prep is uncomfortable, it's the hardest part of the process.

**The Procedure:** This can be done with various levels of sedation, and the doctor will use a small, flexible tube with a camera to examine your colon. After the procedure, you'll wait for an hour or so to allow the sedative to wear off.

**Afterward:** Mild bloating or cramping is normal, but it will pass quickly. If your doctor removes tissue or a polyp during a biopsy, they'll send it to a lab for testing and will share results within a few days.

Talk to your doctor about scheduling a colonoscopy. It's a simple, life-saving test that can significantly reduce your risk of colon cancer.



## Earn Wellness Rewards for Getting Screened

Eligible members can earn Wellness Rewards for getting a colon cancer screening! Find more information on how to earn Wellness Rewards on page 3.

For more expert advice on important health screenings, visit [JeffersonHealth.org/LivingWell](https://JeffersonHealth.org/LivingWell).

*“That’s what the whole purpose is. If you can remove it before it has a chance to evolve into colon cancer, or if you happen to find colon cancer and you haven’t had any major symptoms, chances are it’s probably going to be more of an early stage.”*

**Dr. Ankur Parikh,**  
Medical Oncologist, Jefferson Health



SUMMER 2025



**Social Media:**

 [Jefferson Health Plans](#)

 [@jeffersonhealthplans](#)

[JeffersonHealthPlans.com/Medicare](https://JeffersonHealthPlans.com/Medicare)

## Mindful Moment Answers

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

## 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.