WINTER 2026

HealthMatters

YOUR MEDICARE ADVANTAGE NEWSLETTER

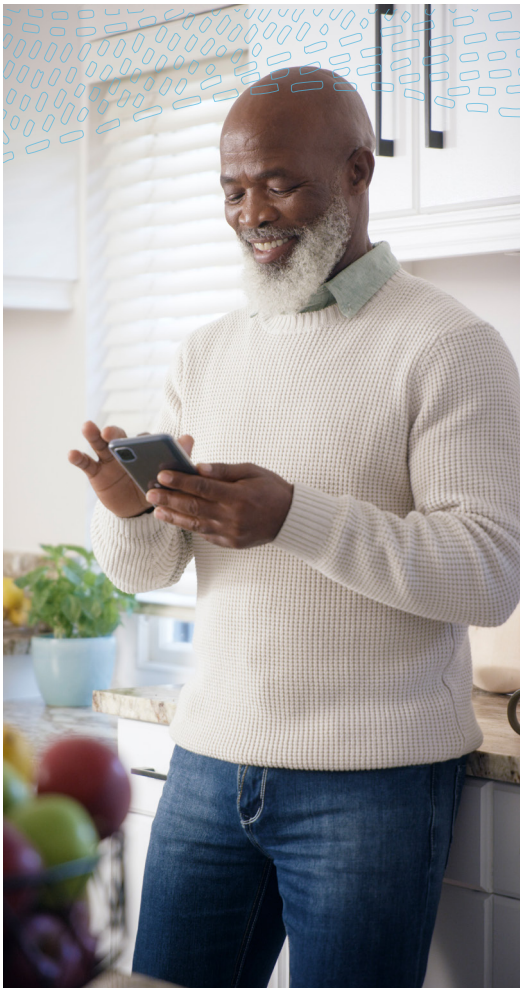


Learn how your health plan can help you with supplies this winter **page 2**

Jefferson Health Plans

Learn why colon cancer screenings are key on page 3

Learn more about your prescription drug coverage on page 3



Your Winter Game Plan Starts Now

Thank you for being a valued member of Jefferson Health Plans. We look forward to continuing to serve you in 2027. Just as thoughts of blizzards and ice can have you checking flashlight batteries and tuning up your snowblower, this issue of Health Matters is all about getting ahead of the season.

Inside, you'll find ways to use your Jefferson Health Plans Medicare Advantage benefits before winter settles in, from stocking up on over-the-counter essentials to making the most of your prescription drug coverage. We'll also look at a screening that could help save your life and important information about your new Member ID card.

In this issue:

- Use your benefits to stock up on health items, groceries, and more before winter weather arrives, **page 2**.
- Learn why colon cancer screenings are among the most important preventive tests you can get, **page 3**.
- Get more value from your prescription drug coverage with simple medication tips, **page 3**.
- Learn about changes to your Member ID card, and how to share your health information with your doctors, **page 4**.

Use Your Benefits to Stock Up on Supplies Now

Most people prefer to stay home during bad weather, so use your benefits now to stock up and stay indoors when the snow flies. Your Jefferson Health Plans Medicare Advantage plan comes with a convenient Flex Card that you can use for easy access to benefits.

Over-the-Counter Health Items:
Pain and allergy relief, cold and flu medicine, vitamins, and dental care items.

Dental, Vision, and Hearing Services:
Many plans offer an annual allowance for extra dental work, glasses, contacts, and hearing needs.

Groceries, Food, and Utilities*:
Some plans include an allowance for healthy foods, fresh produce, and utility bills.

To learn what your specific plan covers, visit **JeffersonHealthPlans.com/medicare/for-members/plan-details**.

*The benefits mentioned are part of a special supplemental program for the chronically ill. Not all members qualify.

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 prevented through regular screenings, such as colonoscopies.

Why colonoscopies matter

Many people think a colonoscopy is designed to find colon cancer. What you may not know is that it can help prevent cancer from developing in the first place. During the procedure, your doctor can find and remove precancerous polyps before they become cancer. If your results are normal, you may not need another screening colonoscopy for up to 10 years.



Talk to your doctor about scheduling a colonoscopy.

It's a simple, life-saving test that can significantly reduce your risk of colon cancer.

Getting the Most Out of Your Prescription Drug Coverage

Taking your medications as prescribed is one of the most important steps you can take to manage your health. The good news is your Part D prescription drug benefits can help!

Pill Boxes: Your over-the-counter benefit can be used to buy pill boxes. Using a pill box can be a helpful way to stay organized and make sure you are taking your medications, especially if you take a few different medicines.

Extended Supplies: You may see some cost savings by choosing an extended supply of your medications. Ask your doctor if up to a 100-day supply is right for you.

Medication Sync: Ask your doctor or pharmacist about medication sync, which aligns prescription refills so all your medications are ready at the same time. Medication sync can make pharmacy visits more convenient (for example, once a month), and a defined medication schedule may help you manage any health conditions.



Sharing Your Health Information: Know Your Choices

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. You can also scan the QR code to learn what information may be shared and how to manage your choices.



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 Services at the phone number listed in your member materials. We're here to help.



Jefferson Health Plans

Visit **JeffersonHealthPlans.com/Medicare** or call **1-866-901-8000 (TTY: 1-877-454-8477)** for any questions about your benefits.

8 a.m. – 8 p.m., Monday – Friday (April 1 – Sept. 30)

8 a.m. – 8 p.m., 7 days/week (Oct. 1 – March 31)