

FALL 2026

HealthMatters

YOUR MEDICARE ADVANTAGE NEWSLETTER



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 **Jefferson**
Health Plans

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Winter's Coming: Use Your Medicare Advantage Benefits to Get Ready

Shorter days and the occasional nip in the air signal that winter will soon be upon us. Now is the perfect time to prepare. In this issue of Health Matters, learn how Jefferson Health Plans Medicare Advantage benefits can help you prepare for the cold, snow, and ice ahead.

In this issue:

- Earn rewards dollars for getting your flu shot and other immunizations – \$0 copay, [page 2](#).
- Use your dental benefits to improve your oral health, [page 3](#).
- Find tips to stay mentally and physically healthy indoors, [page 3](#).
- Spend OTC dollars on items to reduce your fall risk. Get more fall prevention tips, [page 4](#).
- Learn about men's health services. Use our provider network to find specialists who treat an enlarged prostate, [page 4](#).



Earn Wellness Rewards

Jefferson Health Plans Medicare Advantage plan members may earn rewards for completing eligible health activities:

- **Flu vaccine:** \$10
- **Pneumococcal vaccine:** \$10
- **Shingles vaccine:** \$10
- **VACCINE BONUS:**
An additional \$10 for completing all three
- **Annual Wellness Visit:** \$75



Get Your Flu Vaccine Questions Answered

Adults age 65 and older are at higher risk for serious complications from the flu. Getting a flu vaccine can help lower your risk of illness and severe symptoms.

WHO: People of all ages, especially those 65 years and older.

WHAT: For adults age 65 and older, the CDC recommends a high-dose inactivated, recombinant, or adjuvanted inactivated flu vaccine. If one of these vaccines is not available, older adults should get a standard-dose, unadjuvanted flu vaccine instead. Ask your doctor which option is right for you.

WHEN: Get your flu shot now. Flu season usually peaks in the winter but your body needs about two weeks to build protection. Vaccine immunity lasts through the season.

WHERE: Flu vaccines are available at doctor's offices, clinics, pharmacies, and even some schools or workplaces.

WHY: The flu can disrupt daily life and lead to serious complications, including pneumonia, sinus or ear infections, and worsening of conditions such as heart failure, asthma, or diabetes.



Dental Hygiene Can Reduce Your Risk for Infection and Disease

*A Message from Suzan Ly, DDS, MPH,
Jefferson Health Plans Dental Director*

Did you know that brushing and flossing every day, along with routine visits to your dentist, can lower your chance of serious illnesses like heart disease, diabetes, and pneumonia?

Taking good care of your mouth lowers the germs that could lead to tooth decay and gum problems. Swollen and infected gums allow bacteria to enter your bloodstream and spread throughout your body, including your heart and brain.

4 Ways to Know if Your Dentures Fit Correctly

If your dentures do not fit well, your dentist can help by replacing, adjusting, or relining them to improve the fit.

- 1 Comfort.** No irritation, soreness, or pressure on your gums, tongue, or other parts of your mouth
- 2 Functionality.** You can chew, bite, and speak normally.
- 3 Stability.** With the help of suction, adhesives, or implants, they stay in place.
- 4 Support.** They maintain your face's shape and prevent a sunken or collapsed appearance.



Find a Provider

You can use our provider portal at JeffersonHealthPlans.com/FindADoctor to find in-network doctors, hospitals, pharmacies, and specialty services.

3 Ways to Stay Active Indoors

When the temperature plunges, try these indoor activities.



Take a Fitness Class

Look for low-impact classes designed for older adults, such as chair exercise, cycling, swimming, yoga, or tai chi.



Music and Dance

Join a dance class or move to your favorite music at home. Dancing and group sing-alongs can boost your mood, while learning an instrument can challenge your brain.



Piece of Mind: Use Puzzles to Challenge Your Brain

Set up a jigsaw puzzle, play cards or Scrabble, or try crosswords, Sudoku, and brain-training apps to help keep your mind sharp.

Your **SilverSneakers®** fitness program benefit offers many indoor fitness options:



- In-person classes
- Live online classes
- Exclusive video library

**SilverSneakers is not a covered benefit in our Select (D-SNP) plan.*





What Men Should Know About BPH

Men's health does not always get as much attention as women's and children's health, but regular care is just as important. From heart health and diabetes care to sleep medicine and urology, taking a complete approach can help men stay healthy and active.

One common concern for older men is benign prostatic hyperplasia, or BPH. This happens when the prostate becomes enlarged with age and begins to affect urination.

Symptoms may include:

- Needing to urinate more often or urgently
- Waking up several times at night to urinate
- Trouble starting urination or a weak, stop-and-start stream
- Dribbling or feeling that the bladder is not completely empty

The good news is that BPH can be treated. If you notice these symptoms, talk with your primary care provider. They can help determine whether you should see a urologist.

Fall is No Time to Fall

- 1. Clear away wet leaves.** Leaves can become slippery on sidewalks and driveways. Rake them regularly and wear shoes with good traction.
- 2. Watch for frost and ice.** Chilly mornings can make steps, porches, and walkways slick. Take your time and use handrails when available.
- 3. Avoid tripping hazards.** Keep walkways clear of fall decorations, pumpkins, extension cords, and other seasonal items.
- 4. Light your path.** Make sure walkways and entryways are well lit and carry a flashlight if you're outside after dark.

Use Your OTC Benefit to Purchase Safety Items

Looking to lower your risk of falling in your home? Your OTC benefit can buy safety items like grab bars.

To see what is covered, visit

JeffersonHealthPlans.NationsBenefit.com/login

or call **1-800-974-6443 (TTY 711)**.



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)