

# HealthMatters

YOUR MEDICARE ADVANTAGE NEWSLETTER



Four Ways to Get More from Your Flex Card

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Keep Preventive Screenings  
and Exams on Track  
See our handy scheduling  
guide on [page 3](#)

Make Exercise Fun with  
SilverSneakers  
Learn about your free  
fitness benefit on [page 4](#)

# Benefits Help You Stay Healthy

**Jefferson Health Plans Medicare aims to add more years to your life and more life to your years. In addition to coverage for your doctor visits and prescriptions, we offer many benefits that promote a healthy lifestyle, such as screenings, vaccines, healthy eating, and exercise. Your benefits help you maintain, or improve, your health – supporting strength, stamina, independence, and activities you enjoy for years to come.**

In this issue of Health Matters, as part of our ongoing commitment to your wellness, you'll find highlights of some of our most popular benefits. For example:



Your Jefferson Health Plans Flex Card can help pay for health-related products and services.



No-cost preventive care services, such as screenings and check-ups, can identify health conditions early when they're most treatable.



Your no-cost SilverSneakers membership offers fitness options to improve your health.

**Thank you for choosing Jefferson Health Plans Medicare. We are honored and look forward to supporting your health and quality of life.**

## Four Ways to Get More from Your Flex Card

Your Jefferson Health Plans Flex Card combines over-the-counter (OTC), dental, vision, and hearing allowance, and Wellness Rewards benefits into one card for easier use. If you are a member of a Dual Eligible Special Needs Plan, you also receive additional grocery and utility benefits. Use the Flex Card confidently at participating stores and medical facilities for eligible purchases based on your plan.

### 4 Tips to Maximize your Flex Card



#### Don't leave money on the table! Your Flex Card covers:

1. Eligible OTC items such as pain relief, cold medicine, vitamins, toothpaste, and other dental care products.
2. Extra dental, vision, and hearing expenses.
3. An allowance every quarter to use towards groceries or utility bills if you are a member of our Dual Eligible Special Needs Plan.
4. Earned Wellness Rewards dollars, which are loaded onto your card after we confirmed you've completed an eligible activity.

Benefit details, including Flex Card information, vary by plan. For more information, visit [JeffersonHealthPlans.NationsBenefits.com](https://JeffersonHealthPlans.NationsBenefits.com) or call 1-800-974-6443 (TTY 711).

## 5 Ways to Cash in on Healthy Choices




### Questions?

Call us at **1-866-901-8000** to learn more about the Wellness Rewards program.



As a member, you can earn up to **\$115 in Wellness Rewards** by completing these activities:

1. Annual wellness visit – **\$75**
2. Flu Vaccine – **\$10**
3. Pneumococcal Vaccine – **\$10**
4. Zoster (Shingles) Vaccine – **\$10**
5. **VACCINE BONUS** when you get all three – flu, pneumococcal, and zoster – **\$10** 

All plans offer a \$0 copay for PCP visits; some include transportation.†

Rewards load onto your Flex Card. Check your balance or order online at [JeffersonHealthPlans.NationsBenefits.com](http://JeffersonHealthPlans.NationsBenefits.com). You can also use rewards in-store at major retailers.

†Available for members enrolled in the following plans: Prime (HMO), Flex Plus (PPO), Special (D-SNP), Dual Pearl (D-SNP).

## Preventive Care Can Improve Long-Term Health

### Book Your Annual Wellness Visit Today!

A Medicare Annual Wellness Visit is an appointment during which you and your doctor discuss your concerns and develop a preventive care plan – at no cost to you. Remember to update your prescriptions and ask whether an extended supply of your medications is right for you.


You can earn **\$75 in Wellness Rewards** by going to your Medicare Annual Wellness Visit.

See [page 2](#) to learn more.

### Schedule These Five Exams and Screenings Now

Use this checklist to guide you in scheduling preventive care. Through routine screenings and exams, you're more likely to catch conditions early, when they're most treatable.

1. **Dental exams** catch problems and protect your teeth and gums.
2. **Eye exams** help detect issues, even those related to your overall health.
3. **Hearing exams** check your overall hearing health. If issues are found, your care team can help you enjoy conversations again.
4. **Colorectal screenings** can detect cancerous and even precancerous growths. Consult your doctor for screening timing.
5. **Breast cancer screenings**, like mammograms, save lives. Ask your doctor if you're due.

Cut out this list and put it where you'll see it often, like on your refrigerator. 



### Find a Doctor

There's a good chance your doctor is in our network! To be sure, or to find a new primary care provider or specialist who is in our network, visit [JeffersonHealthPlans.com/FindADoctor](http://JeffersonHealthPlans.com/FindADoctor).

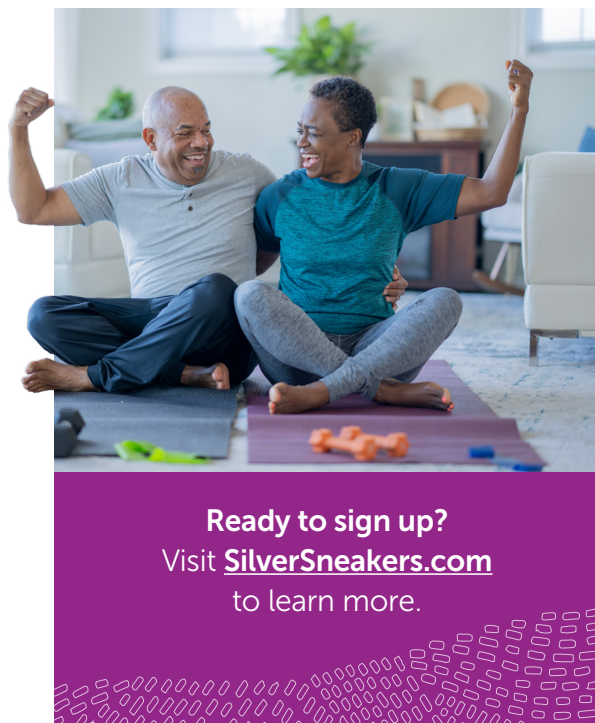
# Have Fun with SilverSneakers!

Jefferson Health Plans Medicare invites you to recapture the fun of exercise with SilverSneakers.\* This free benefit builds stamina, strength, flexibility, and balance through classes like yoga, water aerobics, dance, and mind-body. You're more likely to stick with exercise when you're having fun.

## SilverSneakers offers no-cost options, including:

- In-person fitness centers and gyms nationwide, including one near you.
- Live online classes and workshops.
- Exclusive video workouts, wellness videos, and programs from top instructors.
- Access to the Salvation Army Kroc Center of Philadelphia and Camden, or the PASSi Evergreen Center.

Exercise supports strength, independence, and lower health risks. In-person classes offer social benefits and a chance to meet new friends.



## Three No-Cost SilverSneakers Benefits

SilverSneakers enables you to work out whenever, wherever you are through:



**In-person classes**



**Live online classes**



**An exclusive video library**

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

## Wellness That Meets You Where You Are

Staying connected is key to good health. Jefferson Health Plans offers programs for community engagement, wellness, and social support, giving you access to:

- ✓ Fitness classes for all ability levels
- ✓ Preventive health screenings
- ✓ Monthly fresh food pop-ups and nutrition education
- ✓ Help navigating your health benefits
- ✓ **And more!**



Visit [JeffersonHealthPlans.com/Medicare](https://JeffersonHealthPlans.com/Medicare) or call **1-833-435-1995** to learn more.