

HealthMatters

YOUR MEDICARE ADVANTAGE NEWSLETTER



Last Call to Earn Your 2025 Wellness Rewards!

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Traveling for the Holidays?
Learn how to prepare on [page 3](#)

Protect Your Skin
Read our winter tips on [page 4](#)

Mindful Moment
Try the quick puzzle on [page 4](#)

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Last Call to Earn Your 2025 Wellness Rewards!

Time is running out to earn your 2025 Wellness Rewards dollars! You can get rewarded for taking steps to stay healthy, and there's still time to earn yours before the year ends.

Finish the year strong and complete simple activities, like signing up for the **Member Portal** or getting your annual flu shot, and watch your rewards add up!

All Wellness Rewards dollars are automatically loaded onto your Flex Card, which you can use at stores like CVS, Walmart, Walgreens, and more. You can even shop online by visiting **[JeffersonHealthPlans.NationsBenefits.com](https://www.jeffersonhealthplans.com/nationsbenefits)**. Spend your rewards on healthy groceries and everyday essentials — just make sure to **use them by December 31, 2025!**

Call Member Relations to learn about your eligible activities and how much you can still earn.



Schedule Your No-Cost Annual Wellness Visit

Your Medicare Annual Wellness Visit (AWV) is a great way to check in on your overall health and create a plan with your doctor for the year ahead. Plus, you'll earn Wellness Rewards for completing this visit.

Don't wait! Be sure to schedule and complete your AWV before December 31.



2026 Wellness Rewards

We're excited to continue our Wellness Rewards program next year! Stay tuned for details on earning rewards just by taking care of your health in 2026.

Have You Completed Your Health Assessment?

It's quick, easy, and worth \$50 in rewards!

Completing your Health Assessment helps us personalize your care and improve the benefits available to you.

Complete it today:

 Online: **[jeffersonhealthplans.com/portal](https://www.jeffersonhealthplans.com/portal)**

 By phone: Call **1-855-748-3415 (TTY 711)**

Headed Out for the Holidays? We've Got You Covered!

Whether you're visiting family, flying somewhere warm, or taking a cozy winter road trip, the holidays are a special time to reconnect and recharge. Even while you're away from home, your health is still important. Jefferson Health Plans is here for you wherever the season takes you.

Here are some tips for a healthy, stress-free holiday getaway:



Stay connected with JeffConnect

With JeffConnect, you can talk to a Jefferson provider from anywhere using your phone, tablet, or computer. Whether you need a quick consultation or a prescription refill, JeffConnect offers 24/7 video visits to help keep your travel plans on track. Visit JeffConnect.org to sign up.



Don't forget your ID card

Always carry your Jefferson Health Plans Member ID card when traveling. In case of an emergency or unexpected visit to a provider, having your card on hand makes it easier to get the care you need.



Refill before you go

Some prescriptions are eligible for up to a 100-day supply, which can save you time and stress while you're away. Ask your doctor or pharmacist if a longer refill is available for your medications, especially if you'll be gone for a week or more.



Access your plan info anywhere

Use the Jefferson Health Plans Member Portal to manage your care on the go. You can:

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



Log in or sign up at JeffersonHealthPlans.com/portal



MEMBER RESOURCES

3 Tips to Keep Your Skin Healthy This Winter

As the temperatures drop, it's common for your skin to feel dry, tight, or itchy. Cold air outside and dry heat indoors can strip away the moisture your skin needs.

Here are 3 easy ways to care for your skin this season:



1. Moisturize often

Use a thick, fragrance-free moisturizer immediately after bathing and throughout the day. Try taking your bath or shower in the evening so you can moisturize before bed. Your skin will feel soft and nourished when you wake up!

2. Add moisture to the air

Indoor heating systems can reduce humidity levels in your home. Using a humidifier helps add moisture back into the air. Try using one in your bedroom while you sleep.

3. Don't forget sunscreen

Yes, even in winter! UV rays can still damage your skin, especially on bright, snowy days. Make applying SPF part of your daily routine before you leave the house.



Need to see a dermatologist?

Use our provider directory to search for in-network skin care specialists near you: [JeffersonHealthPlans.com/findadoctor](https://www.jeffersonhealthplans.com/findadoctor).

	4		2	6	1
2		6			
6	5	2	4	1	
	3		6	5	
5			1	2	
1	2	4			

Mindful Moment

Take a break and boost your brainpower with this Sudoku puzzle! **Find answers on page 8.**

Our Network is Expanding!

Labcorp joins Jefferson Health Plans' Medicare Advantage network

We are pleased to share that Labcorp will be joining our network on January 1, 2026, as an in-network laboratory provider with Jefferson Health Plans.

What this means for you:

-  **Better access to care.** Shorter wait time and more appointment availability.
-  **More convenient locations.** Choose from over 30% more locations for your blood work and other diagnostic testing needs.
-  **Seamless experience.** Your doctors can send orders directly, and results can be shared quickly for coordinated care.

Jefferson Health Plans is committed to making health care more affordable, accessible, and convenient. Adding Labcorp to our network is one more way we're working to support your health. Visit JeffersonHealthPlans.com/FindADoctor today!

If you have questions or need assistance, call Member Relations at **1-866-901-8000 (TTY 1-877-454-8477)**.



Winter Recipe: Hearty Turkey and Vegetable Stew

A warm, comforting recipe that's full of healthy flavors and easy to make.

Ingredients

- 2 teaspoons vegetable oil
- 1/2 cup onion (chopped)
- 1 garlic clove (finely chopped, or 1/2 teaspoon garlic powder)
- 4 carrots (chopped)
- 2 celery stalks (chopped)
- 2 potatoes (chopped)
- 1 can tomatoes, diced
- 2 cups water
- 2 cups cooked ground turkey (or chicken)
- Salt, pepper, and herbs to taste

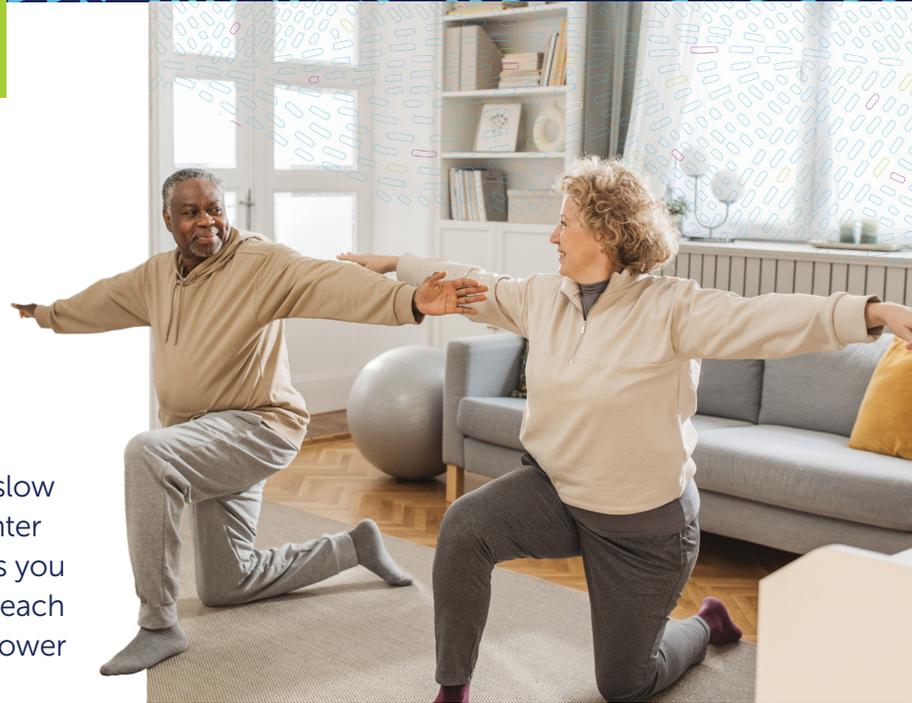
Directions

1. Heat oil in medium saucepan. Add onion, garlic, carrots, and celery. Stir for two minutes.
2. Add potatoes, tomatoes, and water. Bring to a boil, then lower heat and simmer 30 minutes or until vegetables are tender.
3. Stir in turkey and cook another five minutes or until heated. Season to taste before serving.

Recipe courtesy of USDA

Fitness Made Easy — At Home or at the Gym

When the temperatures drop, it's tempting to slow down and stay cozy inside. But even in the winter months, staying active is one of the best things you can do for your health. Just a little movement each day can boost your energy, improve balance, lower blood pressure, and help protect your heart.

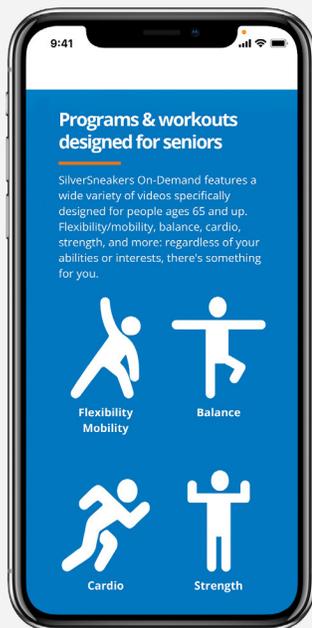


Simple ways to stay active this winter

You don't need a gym or special equipment to stay active this winter. Low-impact exercises like chair yoga and tai chi are perfect for colder months. These gentle movements support flexibility, strength, and stability while being easy on your joints.

The best part? You don't even need to leave home! Jefferson Health Plans offers free virtual classes, including tai chi, yoga, line dancing, and more to help you stay active wherever you are.

Browse the class schedule online at [JeffersonHealthPlans.com/WellnessPartners](https://www.jeffersonhealthplans.com/WellnessPartners).



Fitness that fits your life

With SilverSneakers®, you get access to a fitness program made just for older adults — and it's already included in your Medicare Advantage plan. Whether you prefer working out at home or going to a local gym, SilverSneakers makes it easy with:

- Free gym memberships nationwide
- On-demand exercise videos
- Live virtual fitness classes



Activate your account today at [SilverSneakers.com/GetStarted](https://www.silversneakers.com/GetStarted)

Brighten Your Mood on Shorter, Darker Days

As the days grow shorter and winter sets in, it's normal to feel a little less energetic or cheerful than usual. For some people, the change in seasons brings more than just a case of the winter blues. A drop in mood, difficulty sleeping, or a lack of interest in daily activities could be signs of a condition called Seasonal Affective Disorder (SAD).

Many older adults experience these feelings but may not realize there's a name for it, or that support is available. Understanding SAD is the first step to feeling better.

What is SAD?

Seasonal Affective Disorder is a type of depression that follows a seasonal pattern. It usually begins in the fall and continues through the winter months, when sunlight is limited. Experts believe shorter days can affect your body's internal clock and brain chemicals that influence mood, sleep, and energy.

While SAD can feel overwhelming at times, there are small, meaningful steps you can take to lift your spirits and feel more like yourself again.



Letting in more light

Whether through natural sunshine or special light therapy lamps, light can help reset your body's rhythm. Even sitting near a window or taking a short walk outdoors during daylight hours can make a difference.



Movement matters

Staying physically active supports mental well-being, especially during slower winter months. Learn more about the virtual and in-person fitness options you have available as a Jefferson Health Plans Medicare Advantage member on page [6](#).



Connection is key

Spending time with others helps ease feelings of isolation. A phone call, a cup of tea with a neighbor, or attending a group class online can give you a sense of comfort and routine.

Most importantly, don't hesitate to talk to your doctor if these feelings last more than a few weeks or start interfering with your daily life. You are not alone, and support is available.

WINTER 2025



Social Media:

 [Jefferson Health Plans](#)

 [@jeffersonhealthplans](#)

JeffersonHealthPlans.com/Medicare

Mindful Moment Answers

3	4	5	2	6	1
2	1	6	3	4	5
6	5	2	4	1	3
4	3	1	6	5	2
5	6	3	1	2	4
1	2	4	5	6	3

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