

HealthMatters

YOUR MEDICARE ADVANTAGE NEWSLETTER



Schedule your annual wellness visit **page 2**

Summer: A Great Time to Invest in Your Health

Summer is the perfect season to focus on your health and lower your chances of getting sick or hurt. The nice weather makes it easier to get out and about, so it's a good time to see your dentist, eye doctor, and primary care doctor for your annual visit.

In this issue of Health Matters, we'll discuss some things you might want to discuss with your doctor, such as:

- Any concerns you have about your health, including topics that might be embarrassing, like bladder leakage, page [3](#).
- The benefits of exercise for your physical and mental health, page [3](#).
- Falls and ways you can reduce your risk of falling, page [4](#).
- Where to go when you need care, page [4](#).



Your SilverSneakers® fitness program benefit includes special fall prevention programs, like SilverSneakers Stability and Well-Balanced, to help older adults improve strength, balance, and coordination.



Your Future Self Will Thank You: Schedule Your Annual Wellness Visit

Your Jefferson Health Plans Medicare plan covers a yearly preventive care visit with your doctor, called a Medicare Annual Wellness Visit, at no cost to you. At this visit, you and your doctor will talk about your health concerns and goals. Together, you'll make a plan to help you stay healthy and lower your risk of illness.



4 Tips to Get the Most from Your Annual Well Visit

1. Before your visit, write down any questions for your doctor. You might want to ask about exercise, diet, sleep, your medicines, vaccines, screenings, or memory concerns.
2. At the start of your visit, let your doctor know what's bothering you. Be as clear as you can about your concerns.
3. Ask the doctor if you have all your shots, screenings, and tests.
4. If you have more questions after your visit, call your doctor.

Depending on your age and plan, you might also earn Wellness Rewards that you can use with your Flex Card for completing your Annual Wellness Visit, mammograms, or cancer screenings. For more, visit JeffersonHealthPlans.NationsBenefits.com or call 1-800-974-6443 (TTY 711).

Want to Improve Your Mental Health? Get Physical!

Being physically active can help you think more clearly, learn new things, solve problems, boost your memory, and lower anxiety and depression, according to the Centers for Disease Control and Prevention (CDC). Activities like brisk walking, swimming, dancing, or even doing chores can help lower your risk of memory loss and dementia, including Alzheimer's.

Most Jefferson Health Plans Medicare plans have access to SilverSneakers, a health and fitness

program that focuses on four important areas: stamina, strength, flexibility, and balance. With in-person and online classes, you're sure to find the right fitness program for you. Members can also opt for access to the Salvation Army Kroc Center of Philadelphia or Camden, or the PASSi Evergreen Center.

Interested in signing up?

Visit [SilverSneakers.com](https://www.silversneakers.com) or contact Member Relations at **1-866-901-8000**.



You have access to behavioral health services and resources through Optum. For more information, call **1-800-424-3704**.

Telling Secrets Can Be a Good Thing: Talk to Your Doctor about Bladder Leakage

Urinary incontinence is often seen as a taboo topic, but it's more common than you might think, says Radhika K. Ailawadi, MD, Chief of Urogynecology at Lehigh Valley Health Network, part of Jefferson Health. Many women deal with incontinence, but you don't have to. There are ways you can take control of your bladder and your life.

"Although it can be embarrassing, incontinence affects millions of women and becomes more common as you age," she says.

Categories of incontinence in women

1. Stress urinary incontinence means leaking urine when you laugh, cough, sneeze, or exercise. It's the most common type and affects nearly half of all women.
2. Urge urinary incontinence is when you can't hold your urine once you feel the need to go. Women with this type may have accidents if unable to reach a bathroom right away or may need to go as often as every hour.
3. Mixed incontinence is when you have both stress and urge incontinence.

Ways to treat incontinence

- Avoiding certain foods and drinks, especially those with alcohol and caffeine
- Managing fluid intake throughout the day and night
- Kegel exercises, which are clench-and-release movements that help strengthen your pelvic and bladder muscles
- Physical therapy to help you learn how to do Kegel exercises the right way
- Medication
- Surgery

“If incontinence is restricting your activities, your social interactions, or you're leaking urine in your sleep, you should really talk to your doctor,” Dr. Ailawadi says. “It's not something to be ashamed of, and we can help.”

Your Care Options:

Primary Care, Urgent Care, and Virtual Visits Made Easy

When you're not feeling well, knowing where to go for care can make a big difference. Learning about your options—primary care, urgent care, and virtual visits—can help you get the right care when you need it.



See your **primary care provider (PCP)** for check-ups and when you don't feel well due to a minor illness or injury. Your PCP oversees your overall care and helps you manage any chronic illnesses you might have.



Use **urgent care** for non-emergency illnesses, infections, or small injuries, when your PCP isn't available.



Virtual care lets you see a doctor from the comfort of your home for common concerns, follow-up appointments, or when you need quick medical advice.

Seeing a provider, either in person or online, is an easy way to take care of your health. To check if your doctor is in our network, or to find a new primary care doctor or specialist, visit JeffersonHealthPlans.com/FindADoctor.

Need care from home? Virtual visits are available through JeffConnect.

Register online: JeffConnect.org

Download: JeffConnect app

Call: 1-800-JEFF-NOW to schedule



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)

Tell Your Doctor if You've Had a Fall

One in four older adults falls each year, but less than half tell their doctor. Make sure to ask your primary care doctor to check your risk of falling.

6 tips to help prevent falls

1. Talk with your doctors about medication side effects.
2. Make your home safer by using night lights, installing grab bars in the bathroom, and securing carpet to the floors.
3. Stand up slowly to avoid dizziness.
4. Do strength and balance exercises.
5. Get your vision and hearing checked regularly.
6. Use a cane or walker if you need more stability.

Information from the National Institute on Aging