



Memorial Hermann Advantage HMO is provided by Memorial Hermann Health Plan, Inc., a Medicare Advantage organization with a Medicare contract. Enrollment in this plan depends on contract renewal.

Memorial Hermann Advantage complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 855.645.8448 (TTY 711).

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HEALTH MATTERS

The Memorial Hermann Advantage Member Newsletter

MARCH IS COLORECTAL CANCER AWARENESS MONTH

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MAXIMIZE YOUR
MEDICATION BENEFIT

SPRING 2022



Memorial Hermann Health Plan:

Website
healthplan.memorialhermann.org

Customer Service
855.645.8448

Prescription Drug Information:

Navitus
Navitus.com
(866) 270-3877

Costco Mail Order
(800) 607-6861
pharmacy.costco.com

Other Resources:

Optum Behavioral Health
888.383.8145

Nurse Health Line
844.632.0074 - Option 1

Teladoc (telehealth service)
teladoc.com
800.835.2362

Liberty Dental
866.674.0114

Silver&Fit
silverandfit.com
877.427.4788



MEMORIAL
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Health Plan

MEMORIAL HERMANN ADVANTAGE
HMO

This newsletter is produced by Memorial Hermann Health Plan. For questions or comments, please call the Customer Service team at 855.645.8448.

WELCOME

Welcome to Memorial Hermann Advantage HMO!

We're so glad you're here. As a Memorial Hermann *Advantage* member, we want to ensure you are well informed about your coverage, plan benefits and valuable resources available to you. Our primary goal is to help you stay healthy and doing the things you love, so many of our programs and benefits are specifically designed to help with your overall health and well-being:

Annual Wellness Visit

A new year brings the opportunity to maintain or improve your overall health. Start by scheduling your Annual Wellness Visit with your primary care physician (PCP). During this visit you can review and update your personal prevention plan, consider any current health risks, review and consolidate your medication list and much more.



Preventative Wellness Screenings

The Healthy *Advantage* Reward Program helps you maximize your benefits while taking steps to improve overall health. You can earn gift cards totaling \$180 for completing preventative wellness screenings during the plan year, including breast cancer exam, colorectal cancer screening, your Annual Wellness Visit and more. (See page 6 for more information and how to activate your program benefits.)



We Want to Hear From You

At Memorial Hermann *Advantage*, we value your feedback and want to ensure your experience with us is a positive one. In the future you may receive a request to complete a survey. If so, please take a few minutes to share your thoughts and let us know what you like and how we can improve. Your feedback will help us improve our service and the experience for you and all our members.



For more information on any of these programs or if you have any questions, please visit:

healthplan.memorialhermann.org/medicare-advantage or call Customer Service at 855.645.8448.

Thank you again for choosing Memorial Hermann Health Plan. We wish you the very best in health.

Jay Hurt
Senior Vice President, CEO
Memorial Hermann Health Plan



IMPORTANT DENTAL REMINDER!

Delta Dental is no longer the dental provider for the Memorial Hermann *Advantage* Plans. LIBERTY Dental Plan is now our contracted dental provider.

Before you schedule dental services we strongly encourage you to call (866) 674.0114 or visit [client.libertydentalplan.com/MemorialHermann Medicare](http://client.libertydentalplan.com/MemorialHermannMedicare) to ensure you select an in-network dental provider. LIBERTY Dental has over 5,000 dental providers readily available to assist you.

If you have any questions or need help please do not hesitate to call us here at Memorial Hermann – we're happy to help you!



AWARENESS

Did you know March is National Colon Cancer Awareness Month?

Colorectal cancer was the 2nd leading cause of cancer death in males and the 3rd leading cause in females, of all cancer deaths in Texas. According to the Centers for Disease Control and Prevention, routine colorectal cancer screening is the most effective way to reduce the risk of colorectal cancer. Screenings can help prevent colorectal cancer by identifying and removing polyps before they turn into cancer. Screening can also find colorectal cancer early, when it is easier to treat.

How is screening done?

Screening tests for colorectal cancer include stool tests that can be done at home and procedures that need to be done by a doctor in a medical clinic. Stool tests check your stool for signs of cancer. These include:

- FIT (fecal immunochemical test), which checks for signs of blood in small samples of stool. This test is done every year.
- gFOBT (guaiac fecal occult blood test), which checks for signs of blood in small samples of stool. You will need to avoid certain foods and medicines before doing this test. This test is done every year.
- FIT-DNA (combined FIT and stool DNA), which is used to look for blood in the stool and genetic changes in DNA that could be a sign of cancer. It uses an entire stool sample. This test is done every 1 to 3 years.
- Colonoscopy, which lets your doctor look at the inside of your entire colon. This is done every 10 years. (It will likely be done more often if you have things that increase your risk for colorectal cancer or if polyps are found.)
- Sigmoidoscopy, which lets your doctor look at the inside of the lower part of your colon. This is done every 5 years. (Or you can have it every 10 years if you also do the FIT every year.)

- CT colonography, also called virtual colonoscopy, which uses pictures taken during a CT scan to look at your colon. This is done every 5 years.

How often should you get screened?

For people who have an average risk for colorectal cancer, regular screening is advised. Your risk for colorectal cancer gets higher as you get older. Experts recommend starting screening at age 45 for people who are at average risk and when to start and stop screening.



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WANT TO EARN A \$50 GIFT CARD?

(I mean, who doesn't?!)



In addition, as part of our commitment to helping you live healthy, we cover colon cancer screenings at no cost to you, plus you can earn a \$50 Visa Gift Card! Talk to your doctor today about what colon cancer screening test is right for you. For any questions about how your insurance pays for the tests or for help scheduling, please call our Customer Service team at 855-645-8448.



Easy colorectal cancer screening with InSure® ONE™



It's important to test for colorectal cancer, because treatments are most effective when the disease is caught in its early stages.

Fortunately, you can test for colorectal cancer in the comfort of your own home with the InSure® ONE™ test kit from Quest Diagnostics. The InSure ONE fecal immunochemical test (FIT) is easier, and when completed annually, more accurate than other in-home colorectal cancer stool DNA tests like Cologuard®.

- InSure ONE uses a brush to collect toilet water from a single bowel movement
- You don't have to touch fecal matter
- There are no dietary or medicinal restrictions
- Send the test kit back to the lab through the US mail
- It may save you money in out-of-pocket costs



If you're 45 years of age or older, ask your provider about the InSure ONE test today.

Learn more at:

[QuestDiagnostics.com/home/patients/health-test-info/cancer/colorectal-cancer.html](https://www.questdiagnostics.com/home/patients/health-test-info/cancer/colorectal-cancer.html)

1. InSure® FIT™ Fecal Immunochemical Test Immunoassay for human hemoglobin in stool. Product Instructions. Enterix Inc., Edison, NJ. 2010. Overall agreement with InSure FIT.
2. Imperiale TF, Ransohoff DF, Itzkowitz SH, et al. Multitarget stool DNA testing for colorectal-cancer screening. N Engl J Med. 2014;370:1287-1297. doi: 10.1056/NEJMoa1311194

Sources:

American Cancer Society website accessed February 8, 2022 www.cancer.org/cancer/colon-rectal-cancer/about/key-statistics.html

Texas Department of State Health Services website accessed February 8, 2022 www.dshs.texas.gov/tcr/data/colorectal-cancer.aspx#:~:text=In%202019%2C%20an%20estimated%2011%2C533,males%20and%20females%20in%20Texas.

Centers for Disease Control and Prevention website accessed February 8, 2022 Colorectal (Colon) Cancer | CDC

Be rewarded for staying healthy.

The Memorial Hermann Healthy *Advantage* Wellness Program is designed specifically for our Medicare Advantage members who want to make the most of their plan benefits, while taking steps toward improving their overall health and well-being. The Healthy *Advantage* Wellness Program has set rewards for certain health-related activities. Each reward will vary based on the type of service completed during the plan year.



How to Activate Your Wellness Program:

To activate your Healthy *Advantage* Wellness Program benefits [you must complete and return the annual Health Risk Assessment \(HRA\)](#). Upon completion, your rewards program will be activated, and you will receive your first \$25 gift card.

Once a member completes a service and a claim is filed, we will run monthly reports to identify which members have completed which activities. We will then mail a MasterCard gift card with the specific allotted value for that particular service.

The gift card can be used for any purchases, whether online or at brick and mortar locations. The card is not reusable and can be disposed of after the valued amount has been entirely spent.

Please allow up to 60 days from the date the claim was received for processing and mailing of your gift card. For more detailed information on our rewards program, please visit: healthplan.memorialhermann.org/medicare-advantage/healthy-advantage-wellness-program or call Customer Service at 855.645.8448.

A NEW YOU IN 2022 (And \$50!)

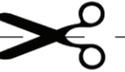
A new year brings the opportunity to maintain or improve your overall health. Start by scheduling your Annual Physical Exam with your primary care physician (PCP).

Your Annual Wellness Visit is an excellent way to develop and update your personal health prevention plan. This plan can aid in preventing future illnesses based on your current health situation and risk factors.

This exam also provides the perfect forum to discuss health problems that you were always meaning to ask your doctor about but haven't had a chance to, such as frequent falls, medication issues, brain fog, or leakage. In addition, by completing your Annual Wellness Visit, you are eligible for a gift card worth \$50.

Are you keeping track of your preventative screenings?

The easiest way to treat a disease is stop it before it starts. Preventive care is care that you receive to prevent illness, detect medical conditions, and keep you healthy. Medicare provides many preventive services, such as screenings, vaccines, and counseling. If you meet the eligibility requirements and guidelines for a preventive service, please ensure that you receive the service. When seeing an in-network provider, you may pay nothing for certain preventive services that are covered. Ask your doctor which services are right for you. You can use the space below to check off services you have completed, track appointment dates, times and other important information.



2022 SCREENINGS CHECKLIST

- Annual Physical Exam (every year) ___/___/___ Notes: _____
- Flu Shot (every year) ___/___/___ Notes: _____
- Pneumococcal Shot ___/___/___ Notes: _____
- Diabetes Screening
 - Retinal Eye Exam (every year) ___/___/___ Notes: _____
 - HbA1c Test (every 6 months or as indicated by your provider) ___/___/___
Notes: _____
 - Kidney Screening (every year) ___/___/___ Notes: _____
- Blood Pressure Screening (every year) ___/___/___ Notes: _____
- Cardiovascular Disease Screening - cholesterol, lipids, triglycerides (every 5 years) ___/___/___
Notes: _____
- Glaucoma Screening (every year) ___/___/___ Notes: _____
- Depression Screening (every year) ___/___/___ Notes: _____
- Breast Cancer Screening (every 2 years) ___/___/___ Notes: _____
- Pap Tests Screening (every 2 years unless high risk) ___/___/___ Notes: _____
- Colorectal Cancer Screening (frequency depends on risk level) ___/___/___ Notes: _____
- Prostate Cancer Screening (every year) ___/___/___ Notes: _____
- Bone Mass Index Screening (every 2 years) ___/___/___ Notes: _____
- Smoking Cessation Counseling ___/___/___ Notes: _____
- Alcohol Misuse Screening and Counseling ___/___/___ Notes: _____
- Hepatitis B / Hepatitis C Screening ___/___/___ Notes: _____

Healthy Advantage Wellness Program Reward Values



Annual Health Risk Assessment (HRA).....	\$25
Annual Wellness Visit	\$50
Breast Cancer Screening	\$25
Colon Cancer Screening	\$50
Retinal Eye Exam for Diabetics*(excluding Glaucoma screening)	\$15
Kidney Disease Monitoring for Diabetics	\$15

*Subject to Vision Care benefit coverage as outlined in the Evidence of Coverage. Limited to one gift card per year.

Medication Therapy Management (MTM) program



What is a MTM?

Memorial Hermann Advantage offers this **FREE** service to members who qualify to help you make sure your medications are working for you, help you find lower cost options, and answer any questions or concerns you may have about your medications. It can also help protect members from the possible risks of drug side effects and potentially harmful drug combinations.

Those members who become eligible for Medication Therapy Management (MTM) complete a comprehensive medication review (CMR) through a verbal discussion between our member and a pharmacist about the member's medications, vitamins, and over-the-counter (OTC) products.

Who conducts the MTM program?

MedWiseRx™ provides the MTM service on behalf of Memorial Hermann Health Plan, at no cost to you. They review your medications and health conditions to find ways to improve your health, lower risk of drug related problems, provide tips to help you take your medications and save money on your prescriptions. This review is done in the comfort of your home in just one phone call.



Who can benefit from the MTM service?

Those who:

- ✓ Take several chronic medications
- ✓ Have multiple health conditions (such as diabetes, high blood pressure, high cholesterol etc.)
- ✓ Take multiple medications from different providers or doctors
- ✓ Fill medications at multiple pharmacies or use discount cards
- ✓ Use over-the-counter products alongside their medications
- ✓ Have questions or problems with their medications
- ✓ Take medications that require frequent or close monitoring

Where can I learn more about MTM?

Our website offers comprehensive information on our MTM program and how you can qualify, what criteria Medicare uses to qualify you and how the program works. You may also call the plan to discuss MTM services and request more information by calling Customer Service at (855) 645-8448 (TTY 711) for assistance. Hours of operation are 7 days a week from 8 a.m. to 8 p.m. CT, during October 1 – March 31 and Monday – Friday from 8 a.m. to 8 p.m. CT, during April 1 – September 30. You can visit also visit: healthplan.memorialhermann.org/medicare-advantage/pharmacy-benefits/medication-therapy-management.

Who do I contact to begin the MTM process?

Please call MedWiseRx, our MTM partner, by calling the MTM service at: (844) 866-3735, Monday through Friday, 7 a.m. to 9 p.m. CST, Saturday 7:30 a.m. to 7 p.m. CST.

Maximizing Medication Benefits

"Medications do not work in those who do not take them". Taking your medicines for as long as prescribed, at the right time and dose, and according to instructions, can help you feel and stay well. Memorial Hermann Medicare Advantage is dedicated to providing you with access to quality health care that will give you the best results. It's essential to understand how important it is to take your medications exactly as prescribed.

Many diseases like diabetes, high blood pressure and high cholesterol can be harmful to your health even when you do not feel any symptoms. If you skip doses because of the medication cost, have trouble remembering to take it or experience unwanted side effects, please reach out to us. Our team of pharmacists and staff can help you solve these type of problems.



Convenient 90-day supply at your doorstep.



What you pay for one 90-day supply (your copay) is usually less expensive than paying for three separate 30-day refills. Getting a 90-day supply is also more convenient for you with fewer trips to the pharmacy. You can even get your medications sent directly to your home from the Costco Mail Order Pharmacy. You do not need to be a Costco member to use Costco pharmacies. Your medications can be conveniently and safely delivered to you no matter where you are in the U.S. Call (800) 607.6861 or go online at pharmacy.costco.com.

Additional tips to help you stick with your medication plan:



Make a schedule and set up a system to remind you to take your medications regularly—use a pillbox for every pill, or use smart phone "app" reminders.



If necessary, discuss other treatment options. Never stop treatment on your own.



Talk to your doctor about any unwanted side effects that you are experiencing with your medications.

NUTRITION

Eat your best. Feel your best.

The foundation of your house is important to making sure your home remains safe and comfortable. If there are cracks or weak areas of your foundation, you risk significant damage to your home. Regular inspection and maintenance of your home's foundation can help you avoid costly repairs. Good nutrition is much like the foundation of your home. Your body needs proper nutrients and calories to function at its best. Good nutrition is essential to ensure your body has what it needs to maintain your best level of health and to help you recover if you do become sick or injured.

Start simple with MyPlate

MyPlate is a program from the United States Department of Agriculture. Healthy eating includes eating a variety of foods from the basic food groups:



How does healthy eating help you?

Not only does eating healthy protect you from disease, it also can help you control some diseases you may already have. Below are some healthy tips to follow:

- Getting enough calcium and vitamin D helps protect your bones from becoming thin and brittle as you get older. If you already have brittle bones, calcium can keep them from getting worse. Calcium is found in dairy products and certain leafy green vegetables (turnip, collard, and mustard greens; kale; bok choy; and broccoli). Look for other products that are calcium-fortified. Vitamin D is found in egg yolks; oily fish like tuna and salmon; and foods with added (fortified) vitamin D, such as milk and other milk products, orange juice, and breakfast cereals.
- Low-fat eating that includes plenty of whole grains, fruits, vegetables, and low-fat dairy products can lower your chances of heart disease, stroke, and diabetes. It may also prevent certain types of cancer.
- Eating oily fish that has a lot of omega-3 fatty acids can help lower your risk of heart disease.
- Eating lots of fruits and vegetables helps lower your risk of cancer, heart attack, and stroke.
- Eating foods that contain folate or folic acid (such as leafy green vegetables or folic acid-enriched grains) before and during pregnancy helps protect babies from birth defects.
- Limiting saturated fats can help lower your risk of high cholesterol, heart attack, and stroke.
- Using healthy fats such as olive, peanut, and canola oils are part of a heart-healthy eating plan.

For more information on serving sizes, easy recipes and more, visit [ChooseMyPlate.gov](https://www.choosemyplate.gov).

Spring into healthy eating!

Springtime is for eating fresh and feeling light! Bring this dish to your next outing and be sure to receive high praise.

This dish has all of the benefits of heart-healthy ingredients with the indulgent taste of a flavorful, creamy avocado base. This go-to, dairy-free option can also become gluten free if swapped out with gluten free rotini noodles.

Cherry Tomato Pasta with Avocado Sauce



Total Prep Time:
30 Minutes



Yields:
10 servings

Nutrition Facts:

3/4 cup: 314 calories, 18g fat (2g saturated fat), 0 cholesterol, 125mg sodium, 32g carbohydrate (2g sugars, 5g fiber), 9g protein.

Food Allergy Alert: recipe contains pine nuts.

Ingredients:

- 1 package (14-1/2 ounces) protein-enriched rotini (about 3-1/2 cups uncooked)
- 2 medium ripe avocados, peeled and pitted
- 1 cup fresh spinach
- 1/4 cup loosely packed basil leaves
- 2 garlic cloves, halved
- 2 tablespoons lime juice
- 1/2 teaspoon kosher salt
- 1/4 teaspoon coarsely ground pepper
- 1/3 cup olive oil
- 1 cup assorted cherry tomatoes, halved
- 1/2 cup pine nuts

Optional: Shredded Parmesan cheese, shredded mozzarella cheese and grated lime zest



Source: Tasteofhome.com

Directions:

1. Cook rotini according to package directions for al dente.
2. As rotini cooks, place avocados, spinach, basil, garlic, lime juice, salt and pepper in a food processor; pulse until chopped. Continue processing while gradually adding oil in a steady stream.
3. Drain rotini; transfer to a large bowl. Add avocado mixture and tomatoes; toss to coat.
4. Sprinkle with pine nuts, and add toppings as desired.