



VIP: Healthy VIEWS

SUMMER 2018

www.keystonefirstvipchoice.com



New Medicare ID cards

Keep an eye out for a new Medicare ID card in the mail. Read about these cards on page 7.

Protect your skin from the sun

Stepping outside into the sunlight can be good for you. Sunlight can boost your mood and help your body produce vitamin D, which is good for your bones. Too much sun, though, can increase your risk for skin cancer.

Skin cancer is the most common cancer in the U.S. About one in five people will develop it in their lifetime. Keep an eye on your skin. The American Academy of Dermatology (AAD) recommends you check your “birthday suit” on your birthday. If you notice anything on your skin changing, growing, or bleeding, see a dermatologist.

Seeing the light

To reduce your risk for skin cancer and to keep your skin looking younger, the AAD recommends you be “sun smart.” Start with sunscreen. Here are words to look for on the bottle:

- **Broad spectrum.** This means the sunscreen protects against ultraviolet A (UVA) and

ultraviolet B (UVB) rays. UVA rays cause premature skin aging. UVB rays play a role in skin cancer.

- **SPF 30.** Apply sunscreen with an SPF 30 or higher to prevent sunburn. Reapply every two hours even when it’s cloudy.
- **Water resistant or very water resistant.** Sunscreen is not waterproof. Reapply the lotion after you’ve gone swimming.

Grab the shades

Next, the AAD says you should dress for the sun. Wear long-sleeved shirts, pants, a wide-brimmed hat, and sunglasses. You should also seek shade. Remember, the sun’s rays are strongest from 10 a.m. to 4 p.m.





Be prepared for your surgery

Surgery can make anyone nervous. People older than age 65 have a higher risk for surgical complications. However, taking steps to prepare for surgery can help put your mind at ease and lead to a successful outcome.

Write down your questions

Bring a list of questions to your appointments before the surgery. Make sure they all get answered. It also helps to have someone with you to write down important information. Here are some questions you might have:

- Should I continue taking all my prescribed medicines before the surgery?



- What type of anesthetic will I get?
- How long will I stay in the hospital?
- What will recovery involve?
- How will I manage pain after surgery?

Make a list of medications you take

Some medications can interact with the anesthetic and raise your risk for complications. Examples include:

- Aspirin
- Blood pressure medication
- Heart medication
- Asthma medication
- Anticoagulants (blood thinners)
- Antidepressants
- Antibiotics

It's important that your surgical care team knows exactly which medicines you take. Also be sure to tell them whether you smoke or drink alcohol, as these substances can cause problems, too.

Take steps to readjust

Older adults have an increased risk for postoperative delirium. The anesthesia causes this condition for about a week after surgery. You may feel disoriented or confused, or have memory or attention problems.

To reduce these issues:

- Have a family member stay with you during recovery.
- If you wear eyeglasses or use hearing aids, make sure they're available as soon as possible after surgery.
- Ask for a recovery room with a window so you can know when it's day and night.
- Pack items to put in your room that will help you readjust, such as a family photo, calendar, and clock.



Prepare for your recovery

Make plans to help you recover at home:

- Plan for someone to help you get home safely after surgery.
- Find out whether you'll need to have a walker or a pair of crutches.
- Stock your home with any food and drinks you'll need.

Nurse advice line

If you still have questions regarding an upcoming surgery, call our 24-hour nurse line for advice at 1-888-765-6375.



Managing diabetes as you age

Taking steps every single day to manage your diabetes will help reduce your risk of developing complications as you age. Here are three key things you can do every day that will make a difference.

1 Take your medicine. As you age, you're more likely to need insulin to treat type 2 diabetes. That's because your body makes less insulin as you get older.

Insulin can't be taken in pill form. You'll either inject it or receive it through a pump. You may also take pills to help lower your blood glucose in addition to pills for other health conditions, such as high blood pressure.

2 Eat a healthy diet. When you have diabetes, you don't have to follow a special diet. Instead, focus on eating a

healthy, well-balanced diet that provides your body with the nutrients it needs. Follow these general guidelines:

- Make your grains whole grains.
- Swap salt for herbs and spices.
- Load up on fruits and vegetables.

3 Be physically active. Exercise can also help you control your weight. If you have diabetes and are overweight, losing just 10 to 15 pounds can make a difference.

Aim for 30 minutes of aerobic exercise at least five times per week. Some examples include walking, riding your bike, playing tennis, or gardening. Do strength-training exercises at least twice per week. You could lift weights, use resistance bands, or do yoga or tai chi. Always talk with your doctor before starting an exercise program to make sure it's safe for you.



Team effort
Remember that you're always the most important person on your diabetes care team. Whenever you have questions or notice any changes in your health, discuss them with your doctor. Together you can address them and prevent more serious problems from occurring.

Skiping screenings? Not so fast

When it comes to putting off health screenings, it's easy to make excuses. Don't let these common excuses keep you from the care you need.

I've heard the test is difficult or painful. Some tests are uncomfortable. Discomfort is not worth avoiding the condition your provider is screening you for.

I don't have a family history. Family history is only one of many factors that affect your chances of having a disease.

I feel fine. Some conditions, like hypertension and diabetes, have no symptoms at the outset.

I don't have the time. Spending a little time now could prevent a lot of time spent later treating an advanced disease.

I'm embarrassed! Health issues can be embarrassing. But remember that your doctor is a professional who has seen and heard almost everything.



Osteoporosis:

What you need to know



Staying active is key to living a healthy life as you age. Unfortunately, osteoporosis is a common disease that can lead to serious injuries and limit your mobility. Learn more about the condition to prevent and treat bone loss.

Q: What is osteoporosis?

A: Osteoporosis is a condition that makes your bones brittle and fragile. It is caused by changes in hormones or not having enough calcium or vitamin D. Other factors like inactivity and smoking can also cause osteoporosis.

Q: How does osteoporosis affect your bones?

A: The inside of a normal bone looks like a honeycomb. With osteoporosis, the holes and spaces in the honeycomb become much bigger. The outside of your bone also becomes thinner. This weakens your bones even more. As you lose bone mass, you're more likely to break a bone. Even a bump or fall can cause a fracture.

Q: What are the signs?

A: There are no warning signs that you have osteoporosis. You can't see or feel bone loss. You may not know that you have it until you break a bone.

Q: Can I be tested for it?

A: A test called a DXA scan will measure the density of minerals in your bones.

Q: When should I have the test?

A: Women older than age 65 should have a bone density test. If you're a woman younger than age 65 and have a high risk for fractures, talk with your doctor. There are no guidelines for men. If you may be at high risk, talk with your doctor.

Q: Can I reduce my risk for osteoporosis and fractures?

A: You can take steps to treat and prevent bone loss. They often include lifestyle changes and medication, if needed. Some lifestyle changes that can help protect your bones are:

- Eating a healthy diet that's high in calcium and vitamin D with dairy products such as low-fat milk, yogurt, and cheese, and foods fortified with calcium like orange juice and cereal
- Increasing your physical activity—aim for about 30 minutes of moderate-intensity physical activity, such as brisk walking, most days of the week
- Quitting smoking and limiting your alcohol intake

If you have questions or concerns about your bone health, discuss them with your doctor. You can take steps to help keep your skeleton strong for many years to come.

Take the lead in colorectal screenings

You feel good when you make healthy choices. It feels better when we choose vegetables over fries. Or when we opt to take a walk instead of spending another hour on the couch. This positive attitude regarding choice also applies to medical care.

A new study shows that people who have a choice about what type of colorectal cancer screening they undergo are more likely to follow through with testing than those whose doctors choose for them. People in the study were divided into Group A or Group B. Group A could choose between two widely used screening tests—colonoscopy or fecal occult blood testing. Group B was told which test to get. More people in Group A went through with the test than the people who were assigned a test in Group B.

Screening options

Consider getting one of the two screenings used in the study:

- **Fecal occult blood testing.** This screening is done once a year, and you do it at home using a test kit. It involves taking a small stool sample and giving it to your doctor. The test screens for blood in the stool, which can be a marker for cancer.
- **Colonoscopy screening.** This is performed by a doctor using a lighted flexible tube to look inside the rectum and colon. During the test, the doctor can find and remove polyps—

growths that can become cancerous. You should get this test at least every 10 years.

Take action today

Don't wait for your doctor to order a colorectal cancer screening. Take the lead in your health and talk about your options. Experts recommend colorectal cancer screening beginning at age 50. But you may need an earlier screening if you have a higher risk. Ask your doctor when and how often you should get a screening, as well as about the benefits and risks of various tests.

It's important to get colorectal cancer screenings. They largely prevent cancer or find cancer when it's most treatable. But they don't work if you don't get them. Talk with your health care provider to schedule a colorectal cancer screening.

Controlling high blood pressure can save lives

Hypertension, also called high blood pressure, can lead to life-threatening illnesses. Researchers have learned that it also may cause mental and physical disability as you age.

Hypertension generally has no signs. The only way to know that your blood pressure is high is to get it checked. You should get screened at least once a year.

Uncontrolled hypertension can cause:

- Stroke
- Heart failure
- Heart attack
- Kidney failure

A silent killer

One-third of adults have hypertension. Once you have it, high blood pressure can last for a lifetime. Medicines, along with exercise and proper diet, can control the condition. But about 30 percent of people with high blood pressure don't know they have it.

Normal blood pressure is lower than 120/80 mmHg. Between 120 and 139 or 80

to 89 can lead to hypertension. Anything above these levels is high blood pressure.

Treat hypertension

Researchers are finding more dangers of high blood pressure. If it is not controlled, hypertension may:

- Cause problems with memory
- Lead to dementia
- Make it difficult to carry out everyday tasks

But successful treatment can help. Talk with your doctor about your blood pressure reading.



Hope for the best

It might just improve your health

It's the day before a big event. Do you see things going well? Or are you certain the world will fall apart?

How you answer may affect your health. Research has found the more positive you are, the lower your risk of getting sick or hurt. But if you're a Negative Nelly, there's good news. There are steps you can take to change your view. And while positive thinking cannot ensure everything goes well, it could protect against health problems.

Benefiting from great expectations

Doctors have known that depression and anxiety can have a bad effect on your body. But now, they're asking: Can a positive mind-set be even better for your physical health? The answer seems to be yes.

In the past few years, studies have compared optimists to pessimists. Those who saw the bright side had:

- Higher blood levels of disease-fighting antioxidants
- Healthier cholesterol

- Decreased risk of dying from heart disease, cancer, or stroke

Build your optimism muscles

You can learn to be optimistic:

- **Use affirmations.** Find a few words that fill you with hope. Regularly repeat them aloud or write them down in a visible place.
- **Envision a better future.** Spend some time imagining the best possible person you could become. Then write it down.

When to seek help for sadness

Everyone has days when they feel down. But when sadness lingers or gets in the way of your daily life, it's time to seek help.

Don't be afraid to bring it up—your doctor has the tools to help you cope. Talk with him or her if you see these signs of depression in yourself or a loved one:

- Sad, hopeless feelings that don't go away
- Trouble sleeping
- Appetite changes
- Loss of interest in previously enjoyable activities
- Thoughts of death or suicide

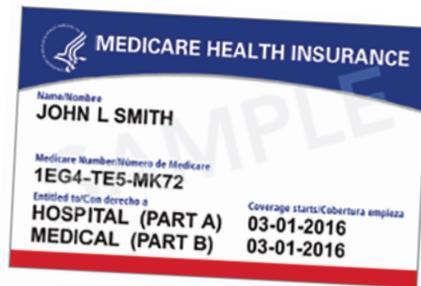
Treatment can help you get better. Medicines, counseling, or a combination can help lift your mood and protect your health.



New Medicare ID cards coming

In April 2018, the Centers for Medicare & Medicaid Services (CMS) started mailing new ID cards. Members will receive a new Medicare ID card in the mail over a period of approximately 12 months.

The card may take time to arrive at your home. You should receive yours in the mail by April 2019.



What you need to know

Here is what you need to know about the new card:

- No more Social Security numbers. Your card will have a new number instead of your Social Security number. This new number is unique to you. It helps you protect your identity.
- The new card is paper. Paper cards are easier than plastic ones for your doctor's office to copy.
- Mailing takes time: Your card may arrive at a different time than your friend's or neighbor's.

What you need to do

1. Make sure your mailing address is up-to-date. If your address needs to be corrected, contact Social Security at www.ssa.gov/myaccount or call **1-800-772-1213**. TTY users can call **1-800-325-0778**.
2. Once you get your new card, destroy your old one.
3. Carry your new Medicare card and your Keystone First VIP Choice ID card and show it to your health care providers when you need care.
4. You can find your number. If you forget your new card, you or your health care provider may be able to look up your Medicare number online.

Help is available

If you don't get your new Medicare card by April 2019, call **1-800-MEDICARE (1-800-633-4227)**. TTY users can call **1-877-486-2048**.



* IMPORTANT NOTE *

Beware of anyone who contacts you about your new Medicare card. We will never ask you to give us personal or private information to get your new Medicare number and card.

Healthy Recipe



Baked 'fried' fish

Friday fish fry, anyone? Try this healthier take on an old favorite to kick off your next weekend.

Ingredients

- ½ cup cornmeal
- ½ cup bread crumbs, preferably whole grain
- 2 tsp. onion powder
- 2 tsp. garlic powder
- 2 tsp. paprika
- 2 tsp. black pepper
- ½ tsp. sea salt
- ¼ tsp. chili powder
- 1 lb. white fish filets, such as tilapia or Dover sole
- 2 eggs, beaten
- Olive oil spray

Directions

1. Preheat oven to 425 degrees. Line a baking sheet with aluminum foil or a silicone baking mat. Place a metal rack on top of the sheet.
2. In a large bowl, stir together cornmeal, bread crumbs, and all spices. Dip a filet in crumb mixture. Then dip in egg wash. Then dip in crumb mixture again. Spray with olive oil spray, then place on rack. Repeat with all filets.
3. Bake for 20 to 25 minutes or until golden brown and crispy.

Per serving

Serves six; serving size is one large filet or two small filets. **Each serving provides:** 176 calories, 4 g total fat (1 g saturated fat, 0 g trans fat), 108 mg cholesterol, 327 mg sodium, 16 g carbohydrates, 2 g fiber, 1 g sugars, 20 g protein.





Keystone First VIP Choice

200 Stevens Drive
Philadelphia, PA 19113-9903

PRSTD STD
US POSTAGE
PAID
LONG PRAIRIE MN
PERMIT NO 781

Health and wellness or
prevention information

©2018 Developed by Staywell

10747MB

Member Information

Recursos
en Español?

Contact Us

We're here to answer **questions** and provide the information you need. Contact us to check your membership status, check a claim, or ask a question.

Contact us by phone or by mail:

Phone

Call **1-800-450-1166**

Member Services for Deaf and Hard of Hearing Members

TTY: **711**

Hours of Service

Seven days a week, 8 a.m. to 8 p.m.

Mail

Keystone First VIP Choice
Member Services

200 Stevens Drive
Philadelphia, PA 19113-9802

Keystone First VIP Choice is an HMO-SNP plan with a Medicare contract and a contract with the Pennsylvania Medicaid program. Enrollment in Keystone First VIP Choice depends on contract renewal.

Recursos en Español

Para información en español, por favor llame al department de atención al cliente de **Keystone First VIP Choice**.

Multi-Language Interpreter Services

If English is not your first language, we have free interpreter services to answer any questions you may have about our health or drug plan. To get an interpreter, just call us at **1-800-450-1166** (TTY: **711**). Someone who speaks English and your language can help you. **This is a free service.**

Tenemos servicios de intérprete sin costo alguno para responder cualquier pregunta que pueda tener sobre nuestro plan de salud o medicamentos. Para hablar con un intérprete, por favor llame al **1-800-450-1166** (TTY: **711**). Alguien que hable español le podrá ayudar. **Este es un servicio gratuito.**

Member Rights and Responsibilities

We are committed to treating our members with respect and dignity. Keystone First VIP Choice and its network of doctors and other providers of services do not discriminate against members based on race, gender, religion, national origin, disability, age, sexual orientation, or any other basis. More information about member rights and responsibilities can be found in the *Evidence of Coverage* book you received when you became a member, and anytime at www.keystonefirstvipchoice.com.

This information is available for free in other languages. Please call our Member Service number at 1-800-450-1166, from 8 a.m. to 8 p.m., seven days a week. TTY/TDD users should call 711.