



Happy New Year!

Welcome to our new members and welcome back to our returning members. We are glad you have selected Blue Cross and Blue Shield of Nebraska (BCBSNE) as your health insurance provider and look forward to serving you!

This newsletter is designed to provide you with tools and resources to keep you healthy, update you on plan information and connect with us.

Additional resources are also available online at [Medicare.NebraskaBlue.com/MedicareAdvantage](https://www.Medicare.NebraskaBlue.com/MedicareAdvantage).

Getting care from the comfort of your home

COVID-19 has changed the way we interact with friends, family and our health care providers. With BCBSNE Medicare Advantage plans, you have many options to get questions answered, get medications and stay healthy all from the comfort of your own home. Options include:



Telehealth visits with your provider: If your primary care doctor or specialist has telehealth options, you pay the same copay as you will to visit the doctor in person.



24/7 Nurse line: if you have a question for a nurse, call **833-968-1764** any time to speak with a registered nurse.



Get your prescriptions delivered via mail order: Register online at [AllianceRXwp.com/Home-Delivery](https://www.AllianceRXwp.com/Home-Delivery) or call AllianceRx Walgreens Prime at **855-457-1350**.

Remember, the doctor's office is a safe and clean environment if you prefer to visit in person.

COVID-19 update

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Testing is covered by your Medicare Advantage plan. If you should need a test or more information on getting tested, you can visit **TestNebraska.com** or call **402-207-9377**.

The Centers for Medicare and Medicaid Services will allow full coverage for any COVID-19 vaccine

that gets approval, even if through emergency-use authorization.

There will be no-cost for you as the member to get vaccinated.

And always remember to wear your mask, keep your social distance and wash your hands often, especially when you are outside the home.



Schedule your **annual wellness visit**

By completing this important step in meeting with your doctor, we will send you a \$50 gift card for taking charge of your health. Any of the following wellness visits will qualify:

Welcome to Medicare visit: Within the first 12 months of your Medicare Part B coverage, your Welcome to Medicare wellness visit is available to you at no additional cost.

Yearly wellness visit: This visit includes a review of your health history and development

of a personalized prevention plan to keep you healthy. After you have had Medicare Part B coverage for 12 months, a wellness visit every year is available to you at no additional cost.

Annual physical exam: Every year a wellness physical exam by your health care provider is available to you at no additional cost.

••• **Watch your mailbox for a welcome packet that includes information on your plan and details on how to receive your incentive.**

Managing your **medications**



BCBSNE Medicare Advantage members have a variety of ways to access both prescription drug and over-the-counter (OTC) medications.

Prescription drug coverage is included in your Medicare Advantage plan from BCBSNE. Medicare Advantage plans include a \$0 copay on 90-day supply of many preferred generic and generic drugs. To see a full list of covered drugs:

- Visit **NebraskaBlue.com/RXCost** to search online or request a copy of the prescription drug formulary to be mailed to you
- Call the customer care center at **855-457-1349**

Over-the-counter allowance provides access to over 90,000 health aids and wellness products including items like pain relievers, face masks, hand sanitizer, cold and flu medicines, allergy drugs, antacids and more. This card can be used to:

- Pay for items at participating locations such as Walmart, Walgreens, CVS Pharmacy and Dollar General
- After your card reaches \$0, it can be used as a discount card for ongoing OTC-approved items
- Purchase OTC items online at NationsOTC.com that will be shipped to you free of charge

Health REMINDERS

Daily reminders

- 1 Drink water
- 2 Take daily medications
- 3 Do small things to stay active, like taking a short walk

Screenings and vaccines

Talk to your doctor about screenings and vaccines and how often you should receive them based on your history.

- Wellness exam
- Mammogram
- Colonoscopy
- Bone density scan
- Glaucoma
- Vaccinations*

* Including Flu, Pneumonia, Tdap and Shingles

Colon health screenings

Which colorectal cancer screening test is right for you?

Being proactive about your health includes the small things you do every day, and being proactive about regular screenings, such as those to monitor your colon health.

50% of deaths due to colon cancer could have been prevented with proper screening. Screening tests can find precancerous polyps early; before you even have symptoms. Early detection is key to a better outcome.

There are many screening options to choose from below. A colonoscopy is the most common and most robust screening. Many of the other tests can provide some information, but may require further examination through a colonoscopy.

Talk to your doctor about which test is right for you!

Screening	Description
Colonoscopy Every 10 years	The gold standard: growths can be removed during screening.
CT colonography Every five years	X-ray screening: growths cannot be removed during the procedure.
Flexible sigmoidoscopy Every five years	A partial screening of the colon: growths can be removed, but you may need a colonoscopy if they are cancerous.
FIT-DNA test or FOBT (Fecal occult blood test) Every year	Both of these tests can be done at home. They look for information from a stool sample. If the results are positive, a colonoscopy may be needed.



Your opinion matters!



Provide your feedback

Every year the Centers for Medicare & Medicaid Services (CMS) mails surveys to Medicare Advantage plan members. The surveys will ask about your experiences with your health care plans, providers, changes to your health over time and your experience with the medical treatment you receive.

CMS randomly selects a small number of members to receive the survey, so every response matters! We know these questions are very personal, but we encourage you to complete the survey to help us better understand how we can ensure that you receive quality care. **Your responses are completely confidential and will not affect your enrollment in your Blue Cross and Blue Shield of Nebraska Medicare Advantage Plan, we only receive overall results.**

We look forward to serving you in 2021!

Tell us your story

Have a story to share about your lifelong health journey or a particular health and wellness milestone? Want to thank a provider or BCBSNE employee who has helped you along the way? We want to hear from you!

**Email your story or photos to
YourStory@NebraskaBlue.com.**

Celebrating our members' health journeys is one small way for us to connect with you. Thank you for letting us be part of your story.

Important RESOURCES

Customer Service

Update your contact information and ask questions about your plan
888-488-9850 (TTY users call 711)

Oct. 1 – March 31: seven days a week from 8 a.m. to 9 p.m. CT

April 1 – Sept. 30: Monday – Friday from 8 a.m. to 9 p.m. CT

Prime Customer Care

Call for questions related to drug coverage or to set up a mail order for your prescriptions

855-457-1349

24 hours per day / 7 days per week

24/7 Nurse Line

833-968-1764

OTC Card Questions

To ask questions about benefits related to the OTC card

800-706-5058

Learn More Online

**Medicare.NebraskaBlue.com/
MedicareAdvantage**

