

Thank you!

Thank you for being a Blue Cross and Blue Shield of Nebraska (BCBSNE) Medicare Advantage member. This newsletter is designed to provide you with tools and resources to help meet your health care needs.

Additional resources are also available online at Medicare.NebraskaBlue.com/MedicareAdvantage.

Would you like to receive this communication electronically? Please email getstarted@NebraskaBlue.com or call **888-488-9850** to provide your contact information and email address.

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Why strong star ratings are important

The Centers for Medicare and Medicaid Services (CMS) uses a five-star quality rating system to measure experiences Medicare members have with their health plan and health care system. Health plans are rated on a scale of one to five stars, with five being the highest. The purpose of rating each plan is to raise the quality of care Medicare beneficiaries receive, ensure consistent services are provided and make comparing plans easier.

Recently CMS released the star ratings for 2022 Medicare Advantage plans, with BCBSNE plans receiving 4 and 4.5 stars. These positive star ratings mean BCBSNE will continue to offer Medicare Advantage plans with enhanced benefits and quality provider relationships to help you manage your health effectively.

The Annual Enrollment Period (AEP) runs through Dec. 7, 2021. During AEP you should:



- Review for your annual notice of change (ANOC). This will outline what is new with your plan in the coming year.
- Review your health coverage needs. Has anything changed that you need to address?
- Ask us any questions you might have by calling 888-488-9850.

Any changes made will be effective with coverage beginning

Jan. 1, 2022. If you are happy with your current coverage, you do not have to re-enroll or take any action to maintain BCBSNE Medicare Advantage coverage.

We understand that Medicare can be confusing, and we are here to help. Please call 888-488-9850 or visit our website at Medicare.NebraskaBlue.com.



October was National Breast Cancer Awareness Month – did you remember to schedule your mammogram?



New benefits for you in **2022**

Starting Jan. 1, 2022, several new benefits will be available to you, and your monthly premiums will stay the same as last year.

The new benefits will include:

- One Annual Wellness Visit per calendar year
- Reimbursement for fluoride treatment
- New pharmaceutical home delivery options
- One broad pharmacy network (no longer preferred vs. standard)

You currently receive these benefits at no cost:

- Annual Wellness Exam
- Vision and hearing screening
- SilverSneakers® fitness membership
- \$0 copay for 90-day mail-order supply of medications in tiers 1 and 2

For questions about your coverage, please call Customer Service at 888-488-9850. Additional materials, such as the Evidence of Coverage (EOC), prescription drug list, provider directory and pharmacy directory, can be found at **Medicare.NebraskaBlue.com**.

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FIVE TIPS to stay active during the colder months

It is important for us to stay active during the cold winter months. Prolonged inactivity can lead to loss of muscle mass and increase the risk of falls. Inactivity can also have a negative effect on mental health. The good news is that physical activity can increase our strength and balance. Here are five tips for incorporating some light exercise into your day during this time of year:

- 1 **Choose shoes carefully:** As often as possible, wear walking shoes. This will give you the support you need and you will be ready to get moving whenever the opportunity arises.
- 2 **Park further away from entrances:** This is a great way to squeeze a little more activity into your day. Take the stairs if you can.
- 3 **Exercise to music:** Put on some music and dance, walk or run. Whatever your fitness level, the music will give your routine a little flair.
- 4 **Clean the house:** Give your home a deep cleaning. Housework can keep us busy and is a great way to keep the body moving.
- 5 **Stay fit with SilverSneakers:** Use your Medicare Advantage fitness benefit with SilverSneakers to access gyms and fitness locations nationwide, in addition to virtual classes you can take from the comfort of your own home.



FREE in-home test kits for preventive services

BCBSNE has contracted with Home Access Health, an independent company, to send in-home test kits for select preventative screenings at no cost to you. If you are eligible, you will receive more information by mail giving you the opportunity to complete and return a kit. Both you and your doctor will receive a copy of the results from Home Access Health. Remember to return your completed test kit to Home Access Health by **Nov. 30, 2021**.

Managing your diabetes

At least once a year, your health care provider will assess how well you are managing your diabetes. A change in health, such as a new diagnosis or hospital stay may lead to changes to your diabetes management plan.

- › **Track your blood sugar levels:** Very high blood sugar levels (called hyperglycemia) or very low blood sugar levels (called hypoglycemia) can be risky to your health. Your provider will advise you on how often you should check your blood sugar and when to get your HbA1c test. If you are managing your diabetes without taking insulin, you may not need to check your blood sugar as often.
- › **Take your medications:** You should take your medicine as prescribed even when you feel well. Tell your provider if you have any side effects or if you cannot afford your medications.
- › **Manage your blood pressure:** Get your blood pressure checked often.
- › **Manage your cholesterol:** Get a blood test to check your cholesterol and triglyceride levels.
- › **Get yearly eye exams:** Finding and treating eye problems early will help preserve your vision.
- › **Check your kidney function:** Diabetes can affect your kidneys. Urine and blood tests will show if your kidneys are okay.
- › **Make healthy food choices:** The food you eat affects blood sugar levels, so it is important to learn what is best for you to eat, how much and when.
- › **Be active:** Walking and other forms of daily exercise can help improve blood sugar levels. Make a plan to be more physically active that is suitable for you.
- › **Look at your feet:** Take time to look at your feet every day for any skin changes. Ask someone else to check your feet if you can't. If you have sores, blisters, breaks in the skin, infections or a build-up of calluses, please inform your health care provider.
- › **Talk with your provider about your questions and concerns:** Make a list so you remember to get all your questions answered at your clinic visit.

Have you received your


\$50
GIFT CARD?



If not, here's how:

- Make an appointment with your health care provider for your Annual Wellness Visit and diabetic retinal eye exam
- Complete the Annual Wellness Visit and eye exam by **Dec. 31, 2021**
- Receive your \$50 Walmart® gift card (approximately 6-8 weeks after your visit or exam)

Walmart is an independent third party not affiliated with the offerings or promotions detailed herein.



BCBSNE hosts a variety of seminars about our products and benefits during the Annual Enrollment Period, Oct. 15 - Dec. 7.

To learn more about your health plan or if you have friends with questions, register at:
[Medicare.NebraskaBlue.com/Seminars](https://www.Medicare.NebraskaBlue.com/Seminars).



**IS YOUR CONTACT
INFORMATION
CORRECT AND UP
TO DATE?**

We're here for you.

- Please call Customer Service at 888-488-9850, TTY users call 711
- Oct. 1 - March 31, we are available seven days a week from 8 a.m. to 9 p.m. CT
- April 1 - Sept. 30, we are available Monday through Friday from 8 a.m. to 9 p.m. CT