

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.

The Annual Enrollment Period is approaching

The annual enrollment period (AEP) begins Oct. 15 and runs through Dec. 7, 2020. During AEP, you can make changes to your current plan.

During AEP you should:

- Watch for your annual notice of change (ANOC) in the mail. 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, 2021. 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.

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Take control of your medications



Having more than one prescription medicine can be complicated – especially if your medicines need to be taken at different times and refilled on different days. It can feel like your life is all medicine, all the time.

There's a Solution

Coordinate your prescriptions so they can all be filled at the same time.

Most pharmacies have programs that do just that. You can pick up all your medicines with one trip, instead of several.

When you take multiple medicines, it can feel like they're in control, not you. Coordinating medications will help make the process easier.

Ask your pharmacist for more information.



Don't forget to schedule your Annual Wellness Visit

Understand your health

Even if you consider yourself healthy and don't have any known medical problems, an Annual Wellness Visit is beneficial. The once-a-year appointment can reveal vital health information for both you and your doctor. It doesn't take much time and is a great way to learn about your present and future health. You can always learn something new, even if it's good news about your health – it shows you are on the right track!

Fill out or update your health care proxy forms, and if appropriate, your Physician Orders for Life-Sustaining Treatment (POLST) form. This ensures all your health care professionals will know whom to speak with if you cannot and provide only the treatments you wish to receive.

Build personal relationships

An annual visit also helps build a stronger relationship with your doctor. Your physician should be someone you are comfortable talking about sensitive subjects with.

You owe it to your health, so go ahead and schedule your appointment today!



QUESTIONS TO ASK YOUR DOCTOR

Inquire if there are preventive measures you should follow:

- Vaccinations such as tetanus, shingles and pneumonia
- Screening tests:
 - Cholesterol
 - Blood glucose levels
 - Prostate specific antigen (PSA) blood test for men
 - Mammograms for women
- Dietary changes
- Exercise routines
- Medications – benefits, potential side effects and if there are alternatives



Health assessment benefit

BCBSNE wants to help you manage and improve your health and has partnered with Quest HealthConnect™ to provide an additional benefit for you. A health assessment is a way for early detection of health conditions to act on and provides insight to help take charge of your overall health and well-being.

During a health assessment, you can meet with a doctor, nurse practitioner, or physician assistant in your home to discuss your health, medications, and any other health issues. You can schedule this for an in-home visit or virtually by using your telehealth benefit. Quest HealthConnect™ understands the importance of health precautions during this time. Prior to an in-home assessment, patients will be asked if they have any COVID symptoms. The health professionals will take necessary steps to ensure a safe environment during the appointment so that you feel comfortable.

It's available at no additional cost to you.

It's part of your BCBSNE benefit. The health assessment and your results will not affect your health care coverage, premium rates, or out-of-pocket costs.

It's simple and easy. The visit typically lasts an hour. A licensed medical professional from Quest HealthConnect™ will ask some routine health-related questions and answer questions you may have.

It's helpful. The health care professional will give you valuable one-on-one time to help you prepare for your annual doctor visit.



It brings peace of mind. We will share the results with you and your doctor to support the care you already receive.

This health assessment doesn't replace your relationship or appointments you have with your primary care doctor. It supports your regular doctor visits by giving you an additional opportunity to ask questions and talk about concerns you may have. Please prepare a list of current medications you take (prescribed and over-the-counter), any symptoms you're experiencing, and general questions for the health care professional to review.

It's also convenient – you pick the date and time and the Quest HealthConnect™ health professional comes to you. You can call **888-306-0615** from 8:30 a.m. to 5:30 p.m. CT, Monday through Friday, to schedule your in-home assessment. TTY users should call 711.

Quest HealthConnect™ is a Quest Diagnostics™ service that contracts with Blue Cross and Blue Shield of Nebraska to provide health assessments for select members.

5-Minute Exercises

As the weather gets cooler and we continue to socially distance, continue looking after your body. Eat well, get plenty of rest and try some simple exercises to keep those muscles moving! Learn more at silversneakers.com/blog/5-minute-total-body-boost.



EXERCISE #1: Stepup

Do 4 to 8 reps per side

Grab a pair of dumbbells and hold them at your sides with your palms facing your body. Stand in front of a step. Start with a low step, increasing the height for a challenge.

Set your left foot on the step, push down through your heel, and lift yourself up until your leg is straight. Step down. That's one rep. Perform all reps, then switch sides and repeat. Start with four reps per side, working your way up to six and then eight as you get stronger.



EXERCISE #2: Chest Press

Do 8 to 12 reps

Grab a dumbbell in each hand, and lie faceup on a bench. Position the dumbbells just outside of and above your chest, palms facing away from your body. Your elbows should flare about 45 degrees away from your torso. Do not let them flare straight out from your sides. Brace your core to press your back into the bench.

From here, press the weights up and together until your arms are straight, but not locked out. Pause, then slowly lower the weights to return to start. That's one rep. Perform eight to 12 reps total.



EXERCISE #3: Bent-Over Row

Do 8 to 12 reps

Grab a pair of dumbbells, and stand tall with your feet shoulder-width apart. Pushing your hips back and allowing your knees to bend slightly, lower your torso until it's almost parallel with the floor. Let the dumbbells hang at arm's length from your shoulders, palms facing in.

From here, squeeze your shoulder blades together as you bend your elbows and pull the dumbbells up to the sides of your torso. Pause, then slowly lower the dumbbells to return to start. That's one rep. Perform eight to 12 reps total.



October is Breast Cancer awareness month.
Remember to schedule your mammogram!



IS YOUR CONTACT INFORMATION CORRECT AND UP TO DATE?

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