URINARY INCONTINENCE: 
Talk to Your Doctor

Urinary incontinence affects more than half of all seniors in the U.S. It can often be treated, but many people are hesitant to talk to their doctors. They might feel embarrassed or think that it’s a normal part of aging.

If your bladder is getting in the way of your daily activities or sleep, it’s time to talk to your doctor. Don’t be embarrassed – your doctor talks about it all the time.
REMEMBER TO TAKE YOUR MEDICATION

Medication adherence, which means taking your medications at the right dose and the right time, is important to your health. Taking your medications as prescribed keeps you healthier now – and also helps prevent future problems.

We all struggle with medication adherence from time to time. But when you miss a dose, you miss out on important benefits.

Use the following tips to help you remember to take your medications:

**TIMING**
- Take your medicine at the same time every day
- Incorporate medications into your daily routine: place them by your toothbrush or coffeemaker
- Refill your medications a week before they run out

**GET SUPPORT**
- Ask your doctor or pharmacist if you have any questions
- Use family and friends as a support system to help you remember

**HELPFUL TOOLS**
- Place an alarm on your phone or computer
- Use a pillbox to help you organize your medications
- Reward yourself for a job well done by going out to your favorite restaurant after a full month without missing your medication

With these simple tips, you can improve medication adherence and lead a healthier life.
AH-CHOO!
All About the Common Cold

THE #1 REASON PEOPLE MISS WORK AND SCHOOL IS THE COMMON COLD.

Most adults get two or three colds each year, and kids get sick more often than that. Symptoms include sore throat, runny nose, coughing, sneezing, headaches and body aches.

ABOUT Colds
Certain viruses cause colds. They are spread through the air and through close personal contact. Contaminated surfaces can also spread viruses. Here’s an example of how it works:

PREVENTION
You might assume colds are a fact of life. But there are ways to protect yourself. Follow these tips to reduce your risk of getting a cold:

- Wash your hands frequently with soap and water
- Don’t touch your eyes, nose or mouth unless you’ve washed your hands
- Keep your distance from others who are sick

PROTECT OTHERS
Keep your family and friends healthy. If you have a cold, stay home. Also be sure to:

- Avoid shaking hands or kissing others
- Cough or sneeze into your sleeve or a tissue
- Wash your hands after you cough, sneeze or blow your nose
- Disinfect surfaces you touch

WHEN TO SEE A DOCTOR
A cold typically lasts 7-10 days. But if your symptoms last longer than that, call your doctor. Always get help right away if your child is younger than three months and has a fever.

COORDINATE YOUR CARE

Sooner or later, most patients have something that sends them from their doctor’s care into the care of a new doctor. If you’re a hospital patient, you’re likely to see many doctors who will need to know about the medical care you’ve received. It is important that all of your doctors have the information they need to coordinate your care. You benefit when care coordination occurs between your doctor or hospital. That’s because they will work together to give you the right care.

If you go to a new doctor, ask your regular doctor to communicate with the new doctor to explain why you need additional care. When it’s time to come home from the hospital, make sure there’s a plan in place for your care once you are home.

Help your doctors coordinate your care:

■ Carry information with you about your condition, doctor and pharmacy

■ Bring a list of your medications to your appointment with your new doctor or hospital

■ If you have a family member or friend who helps take care of your health, bring them with you to your appointment or hospital

■ Write a list of questions before your appointment or admission and ask about anything you don’t understand

■ Make an appointment with your doctor within 7 days from when you leave the hospital, and make sure to bring your hospital discharge plan to your appointment

RECOGNIZING ELDER ABUSE

ABUSE AND NEGLECT CAN BE AN ISSUE THROUGHOUT OUR LIVES. AS WE AGE, WE BECOME MORE AT RISK FOR ABUSE BECAUSE OF:
- A lack of social contact
- Decrease in mental and physical skills

THERE ARE MANY TYPES OF ELDER ABUSE, INCLUDING:
- Physical Abuse – when someone causes you bodily harm
- Emotional Abuse – verbal assaults, harassment and threats to hurt you
- Confinement – being kept alone or restrained for a non-medical reason
- Neglect – caregivers’ failure to provide you with necessities such as food, clothing, medical care and/or shelter
- Financial abuse – misuse or denying an older adult financial resources

HOW DO WE STOP ELDER ABUSE?
- Care for your health: get preventative care and seek care for long-term health conditions
- Stay active – both physically and mentally
- Document a living will and select both a health care surrogate and power of attorney
- Ensure open communication between you, your doctor and caregiver

To report elder abuse:
- **CALL 911** in case of immediate and/or life-threatening danger
- Report the abuse to your local Adult Protective Services
- Call your doctor for help
WHAT IS PSYCHOSIS?
Psychosis is when someone loses touch with reality. It becomes hard to tell what’s real and what’s not. Someone experiencing a psychotic episode might:

- See or hear things that others do not
- Become delusional
- Say things that don’t make sense
- Act in ways that are inappropriate

ARE THERE WARNING SIGNS?
Before psychosis develops, there are usually changes in behavior. A person might start doing poorly at work or in school. They may suddenly have trouble thinking clearly. Or they might develop paranoia.

HOW IS IT TREATED?
It’s best to catch and treat it early. If these signs sound like someone you know, encourage your loved one to get help. His or her doctor can recommend a treatment program.

CLICK or CALL for the Latest Drug Coverage Updates

Want to find the latest information about the drugs we cover? Visit our website to find your most up-to-date formulary. There, you can also:

- Learn about medications we’ve recently added; and
- Find changes to drug requirements or coverage limits to drugs.

Please notice that many of the brand name medications have recently been replaced on the formulary with their generic versions. To find your plan-specific formulary on the website, go to www.wellcare.com/medicare and click on “where are you looking for a plan?” And select your state. On the next page, select your plan type (for example, “Medicare”), enter your zip code and click “search.” After clicking “go to my plan details” next to your plan name, select “drug list” under the “pharmacy” dropdown menu.

You can also call us at the number on the back of your member ID card.

ALWAYS TALK WITH YOUR DOCTOR

Always talk with your doctor(s) about the care that is right for you. This material does not replace your doctor’s advice. It is based on third party sources. We are presenting it for your information only. It does not imply that these are benefits covered by WellCare. Also, WellCare does not guarantee any health results. You should review your plan or call Member Services to find out if a service is covered.

CALL 911 or your doctor right away in a health emergency.

 REFER a friend

If we’ve helped you, then you may know other Medicare eligible people who could benefit from our services.

If so, ask them to give us a call at

1-866-527-0056
TTY 1-877-247-6272

Monday-Friday from 8 a.m. to 8 p.m. to discuss what they need in a health plan.
Health and wellness or prevention information

WellCare (HMO) is a Medicare Advantage organization with a Medicare contract. Enrollment in WellCare (HMO) depends on contract renewal.

This information is not a complete description of benefits. Contact the plan for more information. Limitations, co-payments and restrictions may apply. Benefits, premiums and/or co-payments/coinsurance may change on January 1 of each year. The formulary, pharmacy network and/or provider network may change at any time. You will receive notice when necessary. WellCare uses a formulary.

WellCare Health Plans, Inc., complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.


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