CHECK & TREAT HIGH BLOOD PRESSURE

1 in 3 adults has high blood pressure

High blood pressure is when the force of your blood is too high as it flows through your body. Most doctors routinely check your blood pressure. Many grocery stores and pharmacies also have blood pressure cuffs you can use.

Up to 20% of people don’t know they have high blood pressure. There aren’t any symptoms, so get checked to find out if you have it.

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Left untreated, high blood pressure can lead to a heart attack or stroke. But it’s simple to fix with medicine and changes to your lifestyle. Try these tips:

- **Reduce salt intake**
- **Exercise**
- **Limit alcohol**
- **Maintain a healthy weight**

Get your blood pressure checked soon. Ask your doctor at your next appointment – or do a quick self-check next time you’re at the drugstore.

**SOURCES:** Centers for Disease Control and Prevention, “High Blood Pressure Fact Sheet,” retrieved from: [https://www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_bloodpressure.htm](https://www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_bloodpressure.htm); National Heart, Lung, and Blood Institute, “Description of High Blood Pressure,” retrieved from: [https://www.nhlbi.nih.gov/health/health-topics/topics/hbp](https://www.nhlbi.nih.gov/health/health-topics/topics/hbp)

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**DIABETES: Assess, Prevent & Control It**

One in three people will get diabetes. And it’s the seventh leading cause of death in the U.S.

Diabetes is when your blood sugar is higher than normal. If it’s not managed well, diabetes can lead to eye problems, nerve damage or kidney disease. There’s not a cure, but you can prevent and treat it.

**ASSESS IT:**
Are you at risk?
- Overweight
- Family history of diabetes
- Gestational diabetes during pregnancy

**PREVENT IT:**
Take steps to prevent diabetes:
- Exercise more
- Lose weight
- Eat healthy

**CONTROL IT:**
Use these tips to keep diabetes under control:
- Maintain regular doctor visits
- Eat healthy
- Stay active

**Your doctor can help you prevent or manage high blood sugar. Talk to your doctor about diabetes at your next appointment.**

UNDERSTANDING COPD

COPD stands for Chronic Obstructive Pulmonary Disease
Certain conditions, such as emphysema and chronic bronchitis, are part of COPD

COPD affects an estimated 24 million Americans. And half of them may not even know they have it. The disease makes it hard to breathe. It starts slowly and gets worse over time.

Symptoms:
COPD can cause:
- Coughing
- Shortness of breath
- Chest tightness

Causes:
Smoking is the main cause of COPD. Air pollution, chemical fumes, second-hand smoke and dust also contribute to COPD.

Treatment:
There’s no cure for COPD. And the damage to your lungs can’t be reversed. The best way to treat it is to quit smoking.

If you’re a smoker, have a chronic cough or have trouble breathing, talk to your doctor about COPD. Early screening can detect COPD before you lose major lung function.


STRESS MANAGEMENT TECHNIQUES

Stress affects everyone. Work, home life and relationships can all add to stress. Even positive things, like planning a wedding or starting a new job, can be stressful. Stress can make you feel tense and irritable. It can cause nightmares, crying and even headaches and stomach problems.

It’s impossible to get rid of all of the things that can contribute to stress. But there are ways you can minimize its effect. Take care of yourself. Try these tips:

- Avoid drugs and alcohol
- Talk with a friend, partner or counselor
- Spend time with friends and family
- Eat healthy foods
- Get enough sleep
- Exercise regularly

If you try these techniques and still feel overwhelmed, talk to your doctor. He or she may have other ideas that can help you cope.

VACATION MEDICATION SUPPLY

Are you planning a trip? Don’t forget your medications!

Make your trip stress-free by asking yourself these questions before you leave:

DO I HAVE ENOUGH MEDICATION FOR MY ENTIRE TRIP?
If not, refill your medications before you leave.

WHAT IF I NEED MORE THAN A 30-DAY SUPPLY OF MEDICATION?
Contact your pharmacy. If you have refills remaining, ask for a one-time 90-day supply.
Your pharmacy will need to get approval from our pharmacy Help Desk for your refill.

If you are out of refills, ask your doctor to write a 90-day prescription. Be sure to have it filled at your pharmacy before you leave.

CAN I GET AN EXTENDED SUPPLY FOR ALL OF MY MEDICATIONS?
Not all medications are eligible for a vacation supply. Check with your doctor or pharmacy.

WILL THE EXTENDED SUPPLY OF MEDICATIONS COST EXTRA?
Yes, your medications will still have applicable copays.

INTERNATIONAL TRAVEL

You may need approval for your prescriptions if you travel out of the country. To request a supply of medications for your trip, fax the following information to 813-283-3346:

- Name
- Member ID
- Date of birth
- Medications needed:
  - More than a 90-day supply of your medications
  - More than a 30-day supply of your specialty medications

Please allow 72 hours (3 days) to get approval. You are responsible for any copays for additional supplies of medication.
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
ENGAGING NEW MEMBERS

When building long-term relationships with our members, first impressions matter. That’s why we started a New Member Orientation (NMO) program. It’s part of our Quality Care initiative. The program is for members who enrolled in one of our health plans within the last 90 days. We invite members by postcard or phone. NMOs provide a face-to-face forum for members to:

- Learn about their health plan
- Ask questions
- Understand our processes

“NMOs are a personal and direct way to extend ourselves to our members,” says Cindy Mlinar, Sr. Manager Member Retention & Loyalty.

The sessions are typically held at a local venue, such as your public library. The tone is friendly and welcoming. We’ll give an overview of our provider network, preventive services and more. Orientation sessions help members learn about their benefits.

We want to engage you during the onboarding process. These sessions help by giving members the tools they need to understand their benefits.

THE QUIT LINE:
Stop Smoking for Good

When you’re ready to quit smoking, get coaching and support from the Quit Line. It’s available at no cost to you. Plus, the Quit Line actually increases your chances of quitting.

Call 1-800-QUIT-NOW (1-800-784-8669)

The Quit Line can help with:
- A personalized Quit Plan
- Cravings
- Advice and support

Talk to your doctor, or call the Quit Line today.

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.
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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