We Want the Best for You

Medicare Diabetes Prevention Program (MDPP)

Get Screened for Colorectal Cancer

Diabetes & Statin Use
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www.wellcare.com/medicare
Quality is our priority. We want you to get the best care and the information you need to be healthy. Each year, WellCare sets goals to improve the quality of your health care. It’s part of our Quality Improvement (QI) Program.

**LEARN MORE ABOUT OUR QI PROGRAM**

Call Customer Service for a copy of our QI Annual Evaluation. The number is on the back of your Member ID card. As always, we wish you good health.

**IN 2017, WE TOOK THESE STEPS:**
- Assessments and individualized care plans for all D-SNP members
- Encouraged you to get visits for mammograms, diabetic eye exams, immunizations and more
- Began a member rewards program that offers rewards for completing certain medical services
- Reviewed data to ensure providers gave high-quality care
- Ensured your cultural linguistic needs were met
- Ensured you could reach your doctors, get timely appointments and find a doctor near you

**IN 2018, WELLCare WILL:**
- Review quality outcome data to ensure you get high-quality care
- Provide coordination to help meet your health care needs
- Monitor your satisfaction with WellCare and your doctors
- Offer in-home assessments and mobile clinics for certain health care needs
- Complete assessments and implement individualized care plans for all D-SNP members
DIABETES: ASSESS, PREVENT & CONTROL IT

1 in 3 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.


MEDICARE DIABETES PREVENTION PROGRAM (MDPP)

As of April 1, 2018, MDPP services will be covered for eligible Medicare beneficiaries under all Medicare health plans. MDPP is a structured health behavior change intervention that provides practical training in long-term dietary change, increased physical activity, and problem-solving strategies for overcoming challenges to sustaining weight loss and a healthy lifestyle.
Are you prepared for an emergency?

Many people aren’t. About half of all Americans don’t know what they’d do if disaster struck. Be ready in case of a natural disaster, terrorism or a public health crisis. Follow the tips below.

1. MAKE A KIT

Be prepared. Keep at least a 3-day supply of:
- Water and food (enough for each person in your house)
- Medicine
- Personal care items, like soap and toothpaste

Also have these items handy:
- First aid kit
- Important documents, like insurance cards and medical records
- Money
- Map of the area

2. CREATE A PLAN

Talk with your family about what you would do if something happened.
- Make a contact sheet with important numbers
- Teach kids how to CALL 911
- Designate safe spots in your home in case of severe weather
- Plan two ways to escape each room in your house
- Choose meeting places in your neighborhood and outside of town

3. KNOW YOUR NEIGHBORHOOD

Learn about your area. Which natural disasters could strike? What do the warning sirens sound like for each one? In case of an emergency:
- Take cover
- Listen or watch the news
- Turn on the weather radio

Follow these tips now, before you need them.

That way, you’re ready if something happens. If there is a disaster, stay calm. These tips will help to keep you safe and prepared if there’s an emergency.

TEST YOUR BONE DENSITY
To prevent weak and broken bones, ask your doctor about a bone density test. The National Osteoporosis Foundation recommends getting the test if you:

- Are a woman 65+
- Are a man 70+
- Break a bone after age 50
- Have reduced your height by ½" or more in 1 year

The test will tell you how healthy your bones are. It can also tell you if you have osteoporosis.

As you age, your bones age, too. And that means your bone density may decrease. When your bone density goes down, your risk of broken bones goes up. Age, certain health conditions and medications can all make bones weaker.

There isn’t a cure for osteoporosis. That’s why it’s important to get plenty of calcium and vitamin D. They help to keep your bones strong.

Test your bone density if you’re at risk. If you have osteoporosis, your doctor may recommend medication. Talk to your doctor about testing for bone density at your next visit.

STRENGTHEN YOUR BONES
Whether you have low bone density or simply want to improve your bone health, there are steps you can take. Protect your bones:

- Eat healthy
  - Get calcium from dairy products and green vegetables
  - Get vitamin D from sunlight, fortified foods and supplements
- Exercise regularly
- Avoid smoking and limit alcohol
As we support you, WellCare is proud to announce that we are working with the American Cancer Society to raise awareness of colorectal cancer screening.

Together, we can do more to help prevent colorectal cancer by encouraging screening for colon and rectal cancer. People at average risk should start getting screened at age 50. Screening can find colorectal cancer when it is small and might be easier treat.

One of the most important steps you can take is to talk to your doctor about the different screening options and the screening plan that might be right for you. Screening options include simple take-home tests. We will send you a reminder when it is time for you to get screened.

The tests used to screen for colorectal cancer are at no cost to you. When you complete your screening, you may be eligible for a gift card from the Healthy Rewards program. Call Healthy Rewards to learn more. Call today at 1-888-283-8064. TTY users may call 711. Call Monday-Friday, 8 a.m. to 10 p.m., and Saturday, 10 a.m. to 3 p.m.

To learn more about colorectal cancer, visit the American Cancer Society at cancer.org or call 1-800-227-2345. The American Cancer Society does not endorse any services or product.

**HOW CASE MANAGEMENT CAN HELP YOU**

Case Management helps members with special needs. It pairs members with a case manager. The case manager is a registered nurse (RN) or licensed clinical social worker who can help members with issues such as:

- Complex medical needs
- Solid organ and tissue transplants
- Children with special health care needs
- Lead poisoning

We’re here to help you! Contact us for more information on our program. A WellCare staff member will tell you about it. This no-cost program gives you access to an RN weekdays from 8 a.m. to 5 p.m.

**DISEASE MANAGEMENT PROGRAM**

Our Disease Management Program gives support to members with certain health problems. You could qualify for the program if you have:

- Asthma
- Diabetes
- Congestive Heart Failure (CHF)
- Coronary Artery Disease (CAD)
- Hypertension
- Heart Disease
- Obesity
- Smoking Cessation

We want to help you manage your health. Contact us if you have any of the above conditions and want to join the program. We’ll send you information about it. You may even get coaching from a registered nurse.

**CALL US TO LEARN MORE.**

1-877-393-3090 (TTY 711)
8 a.m. to 5 p.m. EST
HEALTHY SNACK IDEAS

Think healthy = expensive? Think again. Check out these 10 good-for-you snacks that are also kind to your wallet:

1. Popcorn: Pop your own, or choose plain or lightly salted.
2. Mini Pizza: Top a whole-grain English muffin with tomato sauce and cheese.
3. Carrot Sticks: Just add your favorite dip – try hummus for a healthy twist.
4. Trail Mix: Combine peanuts, pretzels and raisins.
5. Cottage Cheese: Top with fresh or canned fruit.
6. Banana: One of the easiest fruits to eat on the go.
7. Hard-Boiled Egg: Boil your own and eat it plain or add to a salad.
8. Apple & Cheese: Slice an apple and eat with a slice or stick of low-fat cheese.
10. Tomato & Mozzarella: Chop up and sprinkle with salt and pepper.

DIABETES & STATIN USE

Did you know that diabetes ups your risk for stroke and heart attack? Because of this, many doctors will prescribe a certain class of cholesterol medicine, known as statins, to diabetics. If taken regularly, they can reduce your risk of a heart attack or stroke.

Make sure to take your statin just as prescribed – even if you don’t see or feel a difference. It’s vital for your heart health. Also make sure to eat healthy and exercise. It could help prevent future health problems.

NOT SURE IF YOU ARE TAKING A STATIN?
Here are the names of some commonly prescribed statins:

- Atorvastatin (Lipitor®)
- Lovastatin (Mevacor®)
- Pravastatin (Pravachol®)
- Rosuvastatin (Crestor®)
- Simvastatin (Zocor®)

Do you have diabetes? Talk with your doctor at your next visit.
ASK IF A STATIN COULD BE RIGHT FOR YOU.
There, you can also:
- Learn about medications we’ve recently added
- 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.

**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.

**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 711)**

Monday-Friday, 8 a.m. to 8 p.m.
to discuss what they need in a health plan.

**Popcorn:** Pop your own, or choose plain or lightly salted.

**Mini Pizza:** Top a whole-grain English muffin with tomato sauce and cheese.

**Carrot Sticks:** Just add your favorite dip – try hummus for a healthy twist.

**Trail Mix:** Combine peanuts, pretzels and raisins.

**Cottage Cheese:** Top with fresh or canned fruit.

**Banana:** One of the easiest fruits to eat on the go.

**Hard-Boiled Egg:** Boil your own and eat it plain or add to a salad.

**Apple & Cheese:** Slice an apple and eat with a slice or stick of low-fat cheese.

**Celery & Peanut Butter:** Add raisins if desired.

**Tomato & Mozzarella:** Chop up and sprinkle with salt and pepper.
Health and wellness or prevention information

WellCare (HMO) is a HMO, PPO plan with a Medicare contract. Our D-SNPs have contracts with State Medicaid programs. Enrollment in our plans 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. Notice: TennCare is not responsible for payment for these benefits, except for appropriate cost sharing amounts. TennCare is not responsible for guaranteeing the availability or quality of these benefits.

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.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-374-4056 (TTY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-877-374-4056 (TTY: 711)。