

All Together HEALTHY

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a member of MIHS Health System

Spring 2019

CityMD Is Now Part of the Elderplan Network

Visit a new urgent care center close to home

At Elderplan, we want to be sure you are satisfied with the quality of care we provide and try to make it easier for you to get the care you need. That's why we're pleased to announce that CityMD is now part of the Elderplan network of urgent care centers.

We are proud to have expanded our urgent care centers based on results from an independent member survey. From this survey, we recognized there are times when you need medical care right away but can't get in to see your doctor. So we wanted to make it more convenient to get to an urgent care center by adding CityMD's 96 locations to the network.

You can now visit CityMD when your Primary Care Physician (PCP) is not available and you need immediate medical attention for minor or non-life-threatening conditions. This will give you quick access to the care you need and will allow you to avoid long wait times at the emergency room.

For more information, call Elderplan Member Services at 1-800-353-3765 (TTY/TDD 711) between the hours of 8:00 a.m. and 8:00 p.m., 7 days a week.



If you are sick or injured, do you know where to get the care you need?

Primary Care Physician

When your health concern doesn't require immediate attention.

Urgent Care

When you need quick access to medical care for a minor or non-life-threatening condition and your primary care doctor is not available.

Emergency Room

When you need immediate medical attention for a serious or life-threatening condition. The ER should only be used for true emergencies.

Trust your instincts. If you think it's a life-threatening emergency, call 911.

Urgent Care Centers and Emergency Rooms are not meant to replace your PCP. If you visit one of these centers, always follow up with your PCP to ensure they are aware of any changes to your health status, your care is coordinated and medical records updated.

In This Issue...

Spring is a time for new beginnings. This new season energizes us and provides us with an incentive to spend time outdoors and enjoy the sights, smells and sounds all around us.

At Elderplan, we're also excited about new beginnings. That's why we have filled this issue of our newsletter with information about new benefits that are available to you – our members. Each of these benefits is designed to enhance the services you receive from us and help keep you healthier.

We'll also introduce our new vision provider, Superior Vision. Through Superior Vision, you will now have the opportunity to select glasses and contact lenses from any participating eyewear provider. With more options to choose from, you can select frames that best suit your style so you will not only see better, but look better.

Of course, your health is always our primary concern. That's why you will also find information about important screenings you need to stay healthy. And, as always, we've included a delicious and healthy recipe you can cook up for breakfast, brunch, lunch or even a light dinner. It is a recipe that is easy to make and sure to please.

The following pages are filled with new information, new benefits and new ways to help keep you healthier. If you have any questions about any of the information or benefits included in this issue, or have any other questions or concerns, please don't hesitate to contact our member services team.

Sincerely,

DAVID WAGNER

President, MJHS Health Plans



Is It Time to Get Screened?

Here are the new colorectal cancer screening guidelines

Colorectal cancer is the second leading cause of cancer-related death in men and the third leading cause in women in the United States. Getting screened for the disease may save your life.

Screenings help find cancer at an early stage, when treatment often leads to a cure. That's why Elderplan would like to remind you about the importance of getting screened.

Traditional screening guidelines have suggested that adults begin colorectal cancer screenings at age 50. But new guidelines recently released by the American Cancer Society recommend screenings begin earlier – starting at age 45.

If you are at an increased risk for the disease (see risk factors on right), you may need to begin screenings before age 45, be screened more often or get specific types of screening tests.

No matter what your risk, it's a good idea to speak with your doctor about when to be screened, how often to get tested and which screening is right for you.

It is also important to tell your doctor about any unexplained blood in your stool, sudden weight loss or stomach pain that does not go away. These symptoms may be caused by something other than cancer, but the only way to know for sure is to bring your symptoms to the attention of your doctor.

Risk Factors for Colorectal Cancer

- You have a personal or family history of colorectal cancer or certain types of polyps
- You have an inflammatory bowel disease (ulcerative colitis or Crohn's disease)
- You have had radiation to the abdomen or pelvic area to treat a prior cancer

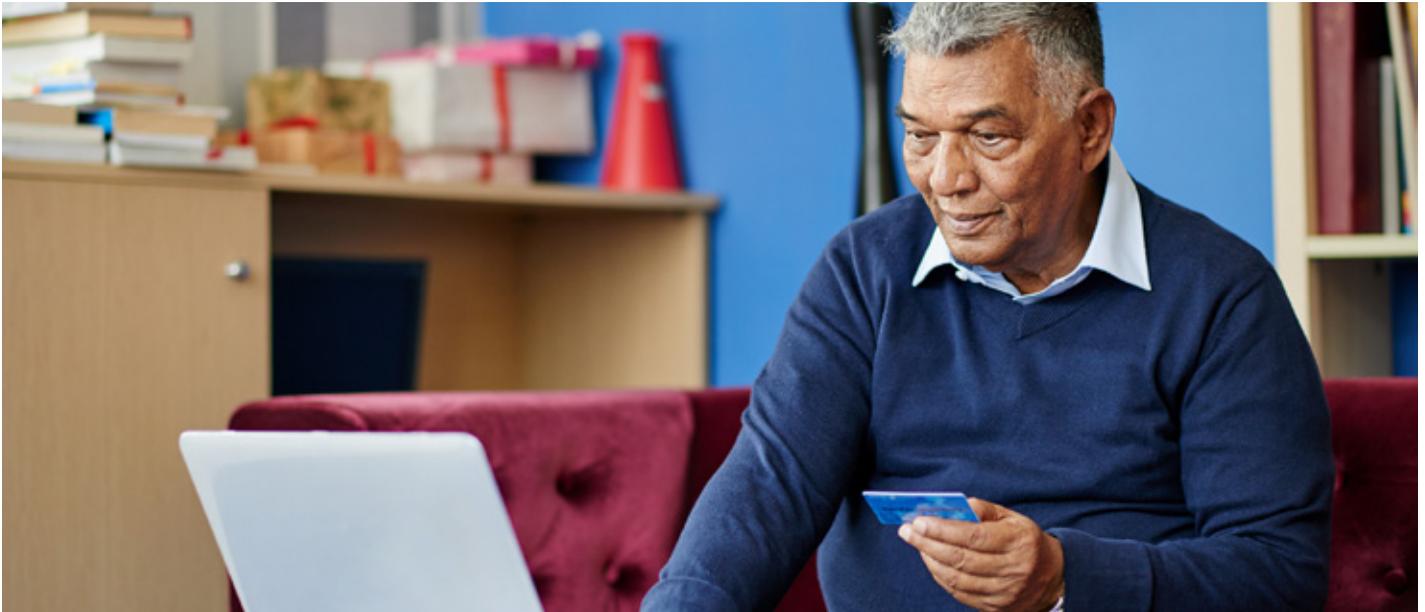
To help lower your risk of colorectal cancer, eat less red meat and more fruits and vegetables. Also increase the amount of physical activity you do.



Sources: Centers for Disease Control (CDC), https://www.cdc.gov/cancer/colorectal/basic_info/screening/
American Cancer Society, <https://www.cancer.org/cancer/colon-rectal-cancer>

Take Care of Yourself

...and get rewarded



At Elderplan, we want you to be as healthy as you can be. That's why we encourage you to get regular wellness screenings that will help keep you healthy for years to come.

Now you'll not only do your health some good by getting screened – but you'll do your wallet some good, too!

During 2019, you can get a \$20 reward for each health screening you have received that you are eligible for. Each \$20 reward will be in the form of a Visa gift card.

In the coming weeks, you will receive a wellness form that features the rewards you can receive for up to four (4) screenings that are an important part of controlling your health. It will also include program details.

Elderplan even offers some of these screenings in the comfort of your own home.

**It's easy to earn extra cash.
All you have to do is take care of yourself!**

If you have questions about the wellness screening incentive program, contact Member Services at 1-800-353-3765 (TTY/TDD 711), between the hours of 8:00 a.m. and 8:00 p.m., 7 days a week.

New OTC Benefit Coverage in 2019

...for Elderplan Extra Help (HMO) Members

If you are an Elderplan Extra Help member, we have great news for you. Now you will also have Over the Counter (OTC) coverage in 2019. This benefit allows you to purchase non-prescription health-related items on a debit card provided by Elderplan. Members in other plans already enjoy this benefit.



Here are some of the most common items Elderplan members have purchased using their OTC benefits:

- ✓ Pain relievers (Tylenol, Aleve, Advil)
- ✓ Pain relief creams, ointments and gels
- ✓ Cold & allergy medications (nasal sprays, cough drops, cold & allergy symptom relief)
- ✓ Oral care (toothbrushes, toothpaste, denture cleaners & accessories)

For more information about your eligibility for the OTC benefit, call Elderplan Member Services at 1-800-353-3765 (TTY/TDD 711), between the hours of 8:00 a.m. and 8:00 p.m., 7 days a week.



Egg Skillet

This vegetarian recipe is a great breakfast, brunch, lunch or even light dinner. The eggs are cooked in a hearty tomato sauce with zucchini, eggplant and olives.

Ingredients

- 1 Tbsp olive oil
- 4 scallions, chopped, plus additional for garnish
- 1 zucchini, chopped
- 1 small eggplant, chopped
- 1/4 tsp crushed red-pepper flakes
- 4 garlic cloves, minced
- Black pepper to taste
- 1 oz Kalamata olives, chopped
- 2 cans (15 oz each) diced tomatoes
- 8 large eggs

Preparation

In a large skillet, heat the oil over medium-high heat. Add the scallions, zucchini, eggplant and red pepper. Cook until the vegetables soften, about 8 minutes. Add the garlic, black pepper and olives. Cook for 1 minute.

Add the tomatoes. Bring to a simmer. Cook for about 5 minutes.

Reduce heat to medium low. Make 8 wells in the mixture and crack 1 egg into each well. Cover and cook until the eggs are set but the yolks are still runny, about 8 minutes. Serve garnished with additional chopped scallions, if desired.

Nutrition Facts

Serving size: 2 eggs; 1/2 cup vegetables

Per serving: Calories: 240; Fat: 15g; Saturated Fat: 3g; Cholesterol: 372mg; Sodium: 250mg; Carbohydrates: 12g; Fiber: 3g; Protein: 15g

Introducing a New Vision Provider

Elderplan provides new member benefits for 2019

Last fall, we shared with you the importance of taking care of your eyes and getting an annual eye exam.

Elderplan is pleased to announce that as of January 1, 2019, Superior Vision is your new vision provider, replacing VSP Vision Care.

Superior Vision has been providing vision services to Medicare and Medicaid members in New York for more than 25 years, so we are confident you will be in good hands.

New Benefit Highlights:

- **Freedom to choose providers.** You now have the option to visit one provider for an eye exam and another provider to obtain eyewear. This allows you to choose the glasses or contact lenses best suited for your lifestyle.
- **Freedom to choose eyewear.** You may select any frame that a participating eyewear provider carries, as long as it is in your plan allowance.
- **Over 1,400 locations.** Superior has over 1,400 locations, including Optometrists, Ophthalmologists and both local and national Retail Optical Centers.



To find a vision provider on our website, go to www.elderplan.org and click on the "Find a Provider" tab.

If you need help finding a provider or scheduling an appointment, please call Elderplan Member Services at 1-800-353-3765 (TTY 711), 8:00 a.m. to 8:00 p.m., 7 days a week.

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