

# Healthy You

## Summer 2021

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### In this issue:

- Summertime, and the livin' is easy...
- Hesitant about the COVID-19 vaccine?
- Shining a light on mental health
- How to avoid COVID-19 scams
- And more!





# Healthy You

## Summer 2021

### Summertime, and the livin' is easy... Make it healthy, too!

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Ah summer... It's a time for savoring warmer weather, gathering with friends for a barbecue, gardening, vacations, and other outdoor activities. This season also brings special health considerations. But with a little knowledge and planning, you can stay happy, healthy, and safe—well past Labor Day.

#### Practice sun safety

Skin cancer is the most common cancer in the U.S. Fortunately, it's also one of the most preventable.

- Stay in the shade as much as possible between 10 a.m. and 4 p.m.
- Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- Use sunscreen with an SPF of 15 or higher every day, even on cloudy days. Go with an SPF of 30 or higher for extended outdoor activities.

#### Protect your peepers

Just as the sun can damage skin, it can also harm your eyes. To prevent eye diseases, be sure to wear sunglasses that block UVA and UVB rays. More tips:

- Look for a tag or sticker on sunglasses indicating they block 100% of UV rays.
- While the darkness and color of the lenses don't matter, size does. Go for oversized or wraparound-style glasses; they help block sunlight entering the eye from the side.
- You don't have to choose between your prescription glasses and sunglasses. Your PacificSource Medicare vision benefit covers prescription sunglasses. That's right—you can receive up to \$200 reimbursement for eyeglasses, including prescription sunglasses, or contact lenses every two calendar years.

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### Have we told you lately?

#### Thank you for being a PacificSource Medicare member!

We truly appreciate your trust in us, and we're committed to supporting your health and well-being through access to quality care, human service, and positive healthcare experiences. We look forward to continuing to serve you.

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## Travel with care

If you're dreaming of a summer vacation, you're not alone. June through August are the most popular months for travel in the U.S. Here are some important reminders.

- While the CDC adjusted its stance on vaccinated people wearing masks, local rules vary. Before you travel, find out the requirements of your destination. You may need a COVID test before or upon your arrival, and some places require proof of vaccination. Visit [CDC.gov/coronavirus/2019-ncov/travelers](https://www.cdc.gov/coronavirus/2019-ncov/travelers) for more information.
- With your PacificSource Medicare plan, you're covered for medically necessary emergency and urgent care, and ambulance (ground and air), wherever you travel.
- Your plan also gives you access to Assist America®, which can help you obtain services if you become ill or injured while traveling abroad or more than 100 miles from your permanent residence.

For more details about your benefits, check your Evidence of Coverage booklet, available online at [Medicare.PacificSource.com](https://www.Medicare.PacificSource.com) or call our Customer Service team.



## Home delivery of your medications: Your options

If your plan includes Part D prescription coverage, many medications are \$0 copay. And you can get a 90-day supply delivered to your home for a 60-day cost through CVS Caremark. Visit [Caremark.com](https://www.Caremark.com) or call **866-362-4009**, TTY 711, for more info.

You also have the option of using other in-network pharmacies that offer home delivery of prescriptions. However, be aware that your cost share will be at the retail pharmacy level for these pharmacies. Delivery fees may apply, which would be an additional cost to you, separate from your copay or coinsurance. The 90-day supply for 60-day cost mail order discount is only available through Caremark.



## Reimbursement for aspirin and calcium

Your PacificSource Medicare plan includes reimbursement for up to \$100 per calendar year for over-the-counter items. These include calcium, calcium-vitamin D combinations, and aspirin. Just send us your receipt. Contact Customer Service for more information.



## Hesitant about the COVID-19 vaccine?

Science and medical experts assure us the vaccines for COVID-19 are safe and effective, but some people are still unsure about getting it.

### Our suggestions:



**Talk with your doctor.** They can answer your questions about safety, side effects, and any other concerns.



Remember that by getting a vaccine, you may also be **protecting your loved ones**, including elders, children, and those with weakened immune systems.



**Question the source.** There's a lot of misinformation out there, especially on social media. For the most accurate and up-to-date info, stick with reliable websites, such as:

The Centers for Disease Control and Prevention (CDC):

[CDC.gov/vaccines/covid-19](https://www.cdc.gov/vaccines/covid-19)

Johns Hopkins University:

[Coronavirus.JHU.edu/vaccines](https://coronavirus.jhu.edu/vaccines)

The cost of administering an FDA-authorized vaccine is covered in full at both in-network and out-of-network providers. Learn more in the COVID-19 Updates section of our blog: [Blog.PacificSource.com](https://www.pacificsource.com/blog).



## Shining a light on mental health

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How we support our emotional, mental, and social well-being is crucial to our overall health. Mental health affects how we think, feel, and act. It impacts how we handle stress, relate to others, and make choices. Our mental health also impacts our physical health and vice versa.

### **Mental health is important no matter your age, but older adults may have higher risk.**

This can be due to additional stressors common in later life, such as reduced mobility, bereavement, and isolation. Ongoing physical conditions and medication side-effects may also affect mental and emotional health.

For some, there's shame or embarrassment around the topic, making it difficult to get care. Learning more about mental health can make it easier to take the first steps toward feeling better.

We're exploring this important topic with videos on our Facebook page and a three-part series on the PacificSource blog:

1. When and how to get help
2. How to make the most of a mental health care visit
3. An overview of common treatment options

In each post we offer helpful tips and resources. You can read the series at [Blog.PacificSource.com](https://Blog.PacificSource.com).

### **You are not alone**

Mental health conditions are common. In fact, more than 50% of Americans will be diagnosed with a mental illness or disorder at some point in their lifetime.

If you or someone you love is struggling with a mental or emotional challenge, please know that you're not alone. Our Customer Service team is here to answer your benefit questions, help you find an in-network provider, or connect you to community resources. Contact us at 888-863-3637, TTY 711, or [MedicareCS@PacificSource.com](mailto:MedicareCS@PacificSource.com).

## 4 reasons not to postpone preventive care

Is it time for your annual wellness visit, mammogram, or other screenings? Perhaps you're past due because you've been holding off due to the pandemic. Don't wait any longer.

1. **It's safe.** Most, if not all, healthcare workers are fully vaccinated. Our in-network providers are taking extra care to clean surfaces and other measures to keep their patients safe from the spread of COVID-19. Telehealth may also be an option for you.
2. **It can save your life.** Certain preventive care services, like cancer screenings, can save your life. They help identify potential problems early so you can get the right care as soon as possible. It's important not to delay or neglect getting care.
3. **There's no copay.** Your Medicare Advantage plan covers most preventive care costs at 100%. Talk to your doctor about which preventive screenings are right for you.
4. **It's rewarding—literally.** Need a little incentive to make that appointment? **You can earn gift card rewards** for completing preventive care services. See next column for details.

### Rewards reminder: Don't miss out!

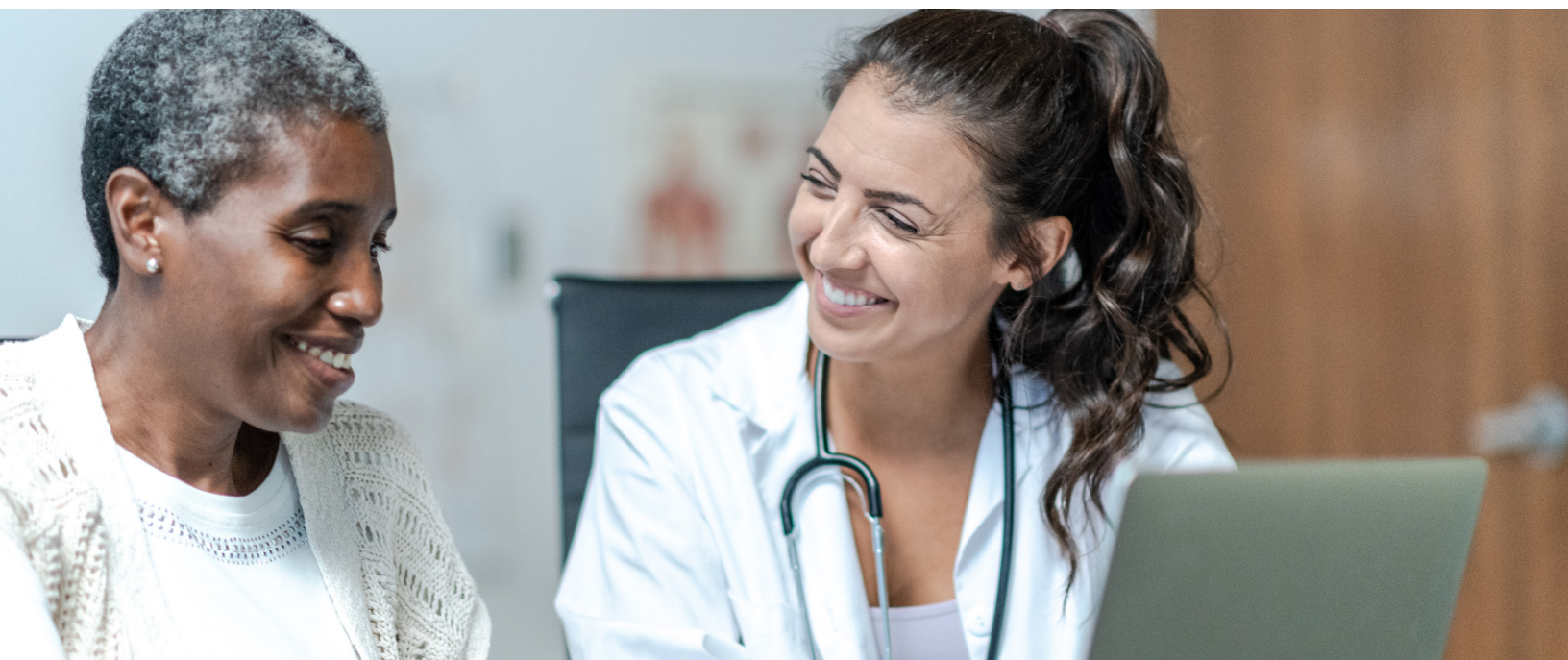


Our Rewards for Healthy Actions is a pretty sweet deal. Just complete preventive care services and you can earn up to \$140 in gift cards. They're good at your choice of more than 100 retailers, including Amazon, Target, Walmart, Starbucks, Macy's, The Home Depot, and more.

#### How it works:

1. Complete an eligible service (listed below) before December 31, 2021.
2. Once your medical claim has been processed, you'll receive a "reward choice certificate" in the mail. Follow instructions on the certificate to choose your gift card.
3. You'll receive a gift card in the mail in a couple of weeks!

\$0 Copay Services	Reward
Routine physical or annual wellness visit	\$50
Mammogram	\$25
Diabetic A1c (blood glucose test)	First test \$15 Second test \$25
Diabetic eye exam	\$25





## Salmon patties

**Makes:** 4 (4-inch) patties

**Prep time:** 10 minutes

**Cook time:** 10 minutes

Calcium, vitamin D, and physical activity work together to support healthy bones and muscles. This recipe is high in both calcium and vitamin D. It's also easy and delicious. Serve with a whole grain roll and roasted veggies or a fruit salad.

### Ingredients

- 1 can (14.5 ounces) salmon with bones, drained
- 1 slice of bread, torn into small pieces
- 1 Tbsp. mayonnaise
- 1 Tbsp. lemon juice
- 1 egg, lightly beaten
- ½ cup minced celery
- ½ cup minced or grated carrot
- ½ cup minced onion

### Nutrition facts per serving

<b>Calories</b>	170	<b>Total carbohydrate</b>	6g
<b>Total fat</b>	7g	<b>Fiber</b>	1g
<b>Saturated fat</b>	1.5g	<b>Sugars</b>	2g
<b>Trans fat</b>	0g	<b>Protein</b>	20g
<b>Cholesterol</b>	105mg	<b>Vitamin D</b>	12mcg
<b>Sodium</b>	370mg	<b>Calcium</b>	249mg

### Directions

1. In a medium bowl, break up the salmon and mash the bones with a fork. Remove the salmon skin if desired.
2. Add the rest of the ingredients and mix well.
3. Firmly press about ½ cup of the mixture into a 1-inch thick patty. Repeat to make more patties.
4. Lightly spray or oil a large skillet and place it over medium heat.
5. Add the patties and cook until they are golden brown, about 5 to 7 minutes per side.
6. Refrigerate leftovers within 2 hours.

### Notes

- Try canned tuna or mackerel instead of salmon.
- Use ¼ cup dry bread crumbs instead of sliced bread.
- Make your own bread crumbs from stale bread.

*Reprinted with permission from Food Hero (OSU), [FoodHero.org/older-adults](https://FoodHero.org/older-adults)*

# How to avoid COVID-19 scams



Be on alert for COVID-19 scams, also known as fraud. These may come to you through telemarketing calls, social media platforms, and door-to-door visits.

Here are a few of the more common COVID scams:

- Fake surveys. Do not give your personal, medical, or financial info to anyone claiming to offer money or gifts in exchange for your participation in a COVID-19 vaccine survey.
- Offers to purchase COVID-19 vaccination cards are scams. Valid proof of COVID-19 vaccination can only be provided by authorized providers giving vaccines.
- Scammers pretending to be COVID-19 contact tracers. Real contact tracers will never ask for your Medicare number, financial information, or attempt to set up a COVID-19 test for you and collect payment information for the test.
- Requests asking you to pay out of pocket to obtain the vaccine or to put your name on a COVID-19 vaccine waiting list.
- Offers to undergo additional medical testing or procedures when obtaining a vaccine.
- Marketers offering to sell and/or ship doses of a vaccine, domestically or internationally, in exchange for payment of a deposit or fee.

- Claims of FDA approval for a vaccine that cannot be verified.
- Advertisements for vaccines through social media platforms, email, telephone calls, online, or from unsolicited/unknown sources.
- Individuals contacting you in person, by phone, or by email to tell you the government or government officials require you to receive a COVID-19 vaccine.

**Please note:** PacificSource is doing outreach calls related to the COVID-19 vaccine. If you hear from us, it is a legitimate call. We will not ask for your Medicare number, financial, or personal health information.

## What to do if you suspect a scam or fraud

- Don't respond to strangers asking for your personal, medical, or financial information. Medicare will not call you to offer COVID-19 related products, services, or benefit review.
- If you receive a call you don't trust, hang up.
- Don't respond or open links in text messages about COVID-19 from anyone you don't know.
- Report suspected fraud to 877-772-3379, TTY 711.

Accessibility help: For assistance reading this document, please call us at 888-863-3637, TTY 711.

**PacificSource Community Health Plans** is an HMO/PPO plan with a Medicare contract. Enrollment in PacificSource Medicare depends on contract renewal.

PacificSource Community Health Plans complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. PacificSource Community Health Plans does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-863-3637, 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 888-863-3637, TTY 711。

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## Questions? We can help



Our friendly, knowledgeable Customer Service team will be happy to assist you.

**Toll-free:** 888-863-3637

**TTY:** 711

[MedicareCS@PacificSource.com](mailto:MedicareCS@PacificSource.com)

### **October 1 to March 31:**

8 a.m. to 8 p.m., local time zone,  
seven days a week

### **April 1 to September 30:**

8 a.m. to 8 p.m., local time zone,  
Monday through Friday

## How-to videos



Visit [Medicare.PacificSource.com](https://www.Medicare.PacificSource.com)  
to learn how to get the most out of  
your plan.



## Healthy You Summer

2965 NE Conners Avenue  
Bend, Oregon 97701

**Health-and-wellness or prevention information**

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**[Medicare.PacificSource.com](https://www.Medicare.PacificSource.com)**