

Healthy You



SUMMER 2023

The nutrition issue: Yum! >

- Avoiding falls this summer
- Your Annual Wellness Visit
- *And more!*

Healthy You SUMMER 2023



2965 NE Conners Avenue
Bend, Oregon 97701

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

 **888-863-3637**

TTY: 711

We accept all relay calls

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

October 1 – March 31:

8 a.m. – 8 p.m., seven days a week

April 1 – September 30:

8 a.m. – 8 p.m., Monday – Friday

**“Live in the sunshine. Swim in the sea. Drink in the wild air.”
R.W. Emerson**

Health and wellness information from your friends at PacificSource Medicare



Healthy You

SUMMER 2023

Eat well, age well: Thoughts on better nutrition



As we get older, our nutritional needs evolve. Here are some things for older adults to consider, foodwise.



Finding your balance

There is general agreement that a healthy diet includes a variety of food types, with things like whole grains, fruits and vegetables, nuts, seeds, and legumes.

When seeking the right balance, it helps to break food down into its constituents:

Macronutrients are the body's largest building blocks. These are proteins, fats, and carbohydrates (simple and complex)—and your body requires all three.

Micronutrients include vitamins and minerals, and are vital to healthy development, disease prevention, and well-being. With the exception of vitamin D, these aren't produced by your body, which means they need to be part of your diet.

Water is crucial. Don't overlook your body's need for hydration—and aim to get more of it as pure H₂O, rather than in sweet sodas or sports drinks.

Fiber, found in bran, vegetables, and other sources, is important for keeping your digestion regular. Not eating enough fiber can lead to constipation.

Protein: You may need more

Muscle mass and strength decrease with age, so it's important for seniors to get enough protein.

Where to get your protein?

Per Harvard's Chan School of Public Health:

Some proteins found in food are "complete," meaning they contain all twenty-plus types of amino acids needed to make new protein in the body. Others are incomplete, lacking one or more of the nine essential amino acids, which our bodies can't make from scratch or from other amino acids. Animal-based foods (meat, poultry, fish, eggs, and dairy foods) tend to be good sources of complete protein, while plant-based foods (fruits, vegetables, grains, nuts, and seeds) often lack one or more essential amino acid.

If you don't eat animal-based foods, consuming a variety of protein-containing plant foods can help you get the amino acids needed to make new protein. You may also choose complete plant proteins such as chia seeds or quinoa.

And there's the option of protein powders, derived from sources including egg, whey, soybeans, and peas.



As always... ask your doctor

Many older adults are at risk for nutrient deficiencies, such as vitamin B12, vitamin D, and calcium. Your doctor will be able to diagnose and test for such deficiencies.

You should pay attention to any changes in your appetite or digestion and report them to your doctor, as these can be signs of underlying health issues.

Do you need a special diet—one designed to deal with a heart condition, diabetes, or digestive issues? Here again, it's best to consult your primary physician.

How to get “foodsmart”

Your body is unique, and so is your diet. Figuring out what works for you may take some time. Luckily, a wealth of resources, both online and real-world, are here to help:



1. **The National Institute on Aging** website (NIA.NIH.gov) features articles, videos, and tip sheets on topics such as portion control, meal planning, and special diets.
2. **USDA MyPlate for Older Adults** (MyPlate.gov/Life-Stages/Older-Adults). Developed by the U.S Department of Agriculture to provide guidance on healthy eating for seniors. You'll find sample menus, recipes, and tips for meal planning.
3. **Many senior centers and community organizations** offer nutrition classes, cooking classes, and other resources on healthy eating. These resources may be available in-person or online.
4. **Registered dietitians** are nutrition experts who can provide personalized guidance on managing nutrition. Many offer services specifically for seniors, including meal planning, grocery shopping assistance, and nutrition counseling.



Remember:

You have choices when it comes to food. With effort, you can gain the knowledge and tools you need to discover your ideal diet.

Tackling diabetes with diet and exercise

Nearly half of U.S. adults 65 and older have prediabetes, a major risk factor for type 2 diabetes. But you can cut your type 2 risk by more than 70% with a free program.

The **Medicare Diabetes Prevention Program** teaches you how to eat healthy and be more active—lifestyle changes that can improve your quality (and quantity) of life.

Best part: It's free for Medicare members.

Visit cdc.gov/diabetes/prevention/lcp-details/mdpp.html to learn more and sign up.



A message from the trees: Go paperless (please)

Dear human: You can be a hero to your local ecosystem (albeit in a small way) by opting for email-only versions of communications we send you—including this newsletter. Here's how:

- Visit InTouch.PacificSource.com/Members
- Log in and choose **Profile** from the top menu
- Select **Communications Preferences** from the menu and make your choices

If you haven't set up your InTouch account yet, now's a great time. It's quick and easy, and lets you access your benefits 24/7.

Thank you very much!

Sincerely,

The Trees

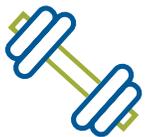




Let's be careful out there

How to avoid a nasty fall this summer

Falls are a significant concern for people of any age—but especially for seniors. Here are ways to reduce your risk of injury.



Exercise regularly

Engaging in regular exercise can help improve balance, flexibility, and strength, which are important factors in preventing falls. Your Silver&Fit® benefit can be a great place to start.



Make your home safer

Keep your space free of hazards such as loose rugs or clutter, consider installing grab bars in the bathroom, and make sure stairs and walkways are well-lit.



Wear appropriate footwear

Choose shoes that fit well and have good traction; avoid high heels or slippers with no grip.



Take your time

Slow down when walking, and use handrails or grab bars when available.



Get your eyes checked

Have regular eye exams and wear your glasses or contacts if needed. All our plans include vision exams and a spending credit for corrective eyewear.



Review your medications

Some medicines may cause dizziness or drowsiness, so be aware of potential side effects. Our Medication Therapy Management program helps members who take three or more prescriptions. Ask Customer Service for details.



Use mobility aids

If you have difficulty walking or balancing, consider using a cane or walker to help you.



Stay hydrated

Dehydration can cause dizziness and weakness, so make sure to drink plenty of water throughout the day.

End of COVID Public Health Emergency: Update for members



Because the Public Health Emergency ended May 11, we want to let you know what's changing—and what's not—for PacificSource Medicare members.



COVID-19 tests

Members will be responsible for cost shares associated with testing-related services from their providers.

Over-the-counter tests will no longer be covered.

COVID-19 vaccines

No changes. Vaccines will continue to be covered at \$0 copay.

COVID-19 treatment

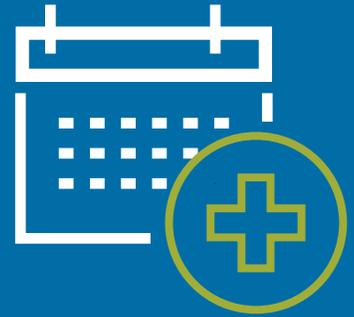
Oral antiviral medications will be covered according to members' prescription drug benefits.

There are no changes to coverage for monoclonal antibodies.

COVID-19 services from out-of-network providers and facilities

Standard out-of-network cost shares apply in accordance with your plan's benefits.

Have you had your yearly checkup?



Now that the year is half over, it's a good time to make sure you use one of your plan's most important benefits: your Annual Wellness Visit (AWV). Early detection can be crucial for preventing trouble down the road.

What happens at this visit?

Your doctor will examine you to check for signs of illness or injury. They'll also review medications you take, and they'll check your blood pressure, heart rate, and other vital signs to look for any abnormalities.

You'll be asked about your medical history and current lifestyle. Depending on your age and gender, you may be advised to have screenings, such as a mammogram, colonoscopy, or blood test.

Here's the best part: All this personal attention won't cost you a cent. In fact, with most of our plans you'll receive a \$50 gift card for completing your AWV.

Need to find a doctor? Visit [Medicare.PacificSource.com/Search/Provider](https://www.Medicare.PacificSource.com/Search/Provider)

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

Members on our PERS or PacificSource Dual Care (HMO D-SNP) plans: Some benefits described in this newsletter may vary for your plan. Please refer to your Evidence of Coverage booklet for your plan benefit details.

PacificSource Community Health Plans is an HMO, HMO D-SNP, and PPO plan with a Medicare contract and a contract with Oregon Health Plan (Medicaid). 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。