

Healthy You



WINTER 2024

In this issue: >

- Checking in with your checkups
- Upgrading your mobile experience
- Cashing in on gift card rewards
- Keeping clear of scams
- And more

Healthy You WINTER 2024



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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

“No act of kindness, however small, is ever wasted.”

—Aesop

Health and wellness information from your friends at PacificSource Medicare



Healthy You

WINTER 2024

This year, your health plan checks all the boxes



Welcome to 2024! We're thrilled you're here.

When it comes to staying healthy, we've got your back.
(Also your front, middle, and sides.)

Seriously, though: Your PacificSource Medicare plan comes with many benefits—including some very important **preventive services**. While the year is still fresh and new, it's a great time to review what's covered, open your calendar, and make some appointments.

Read on, and see our guide at PacSrc.co/med-preventive.




Physical checkup

An **Annual Wellness Visit** with your primary doctor is one of your most valuable tools for staying healthy—and this year it will earn you a \$75 gift card (up from \$50).

Your doctor will talk with you about fall prevention and your physical activities. They'll also review your medications; check your blood pressure, heart rate, and other vital signs; and look for any abnormalities.

If you're worried about the cost—don't be. There's **zero copay** for this yearly checkup.

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



Dental checkup

Nearly all our Medicare Advantage plans come with dental benefits. This includes cleanings, x-rays, and checkups—again, with **zero copay**.

Scheduling a dental checkup now is a smart idea, because this year **our dental benefits cover procedures that weren't covered last year**. Things like crowns, bridges, fillings, and even dentures are covered with a 50% cost share, up to your plan's maximum yearly benefit.

Members on our Choice and Explorer plans can see any licensed dentist, in or out of network.


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



Fitness? Check!

What better time than January to kick off your exercise program (or kick it up a notch)? With your included **Silver&Fit** benefit, you'll enjoy

- No-cost fitness center membership (premium clubs available at an additional monthly cost)
- Thousands of on-demand workout videos
- FitnessCoach® virtual personal fitness training
- Customized workout plans and one-on-one coaching by phone, video, or chat

 To get started, visit [SilverAndFit.com](https://www.SilverAndFit.com) and choose "Check Eligibility."





Reward details

Rewards may be earned once per calendar year, except the colonoscopy reward, for which you're eligible once every 10 years.

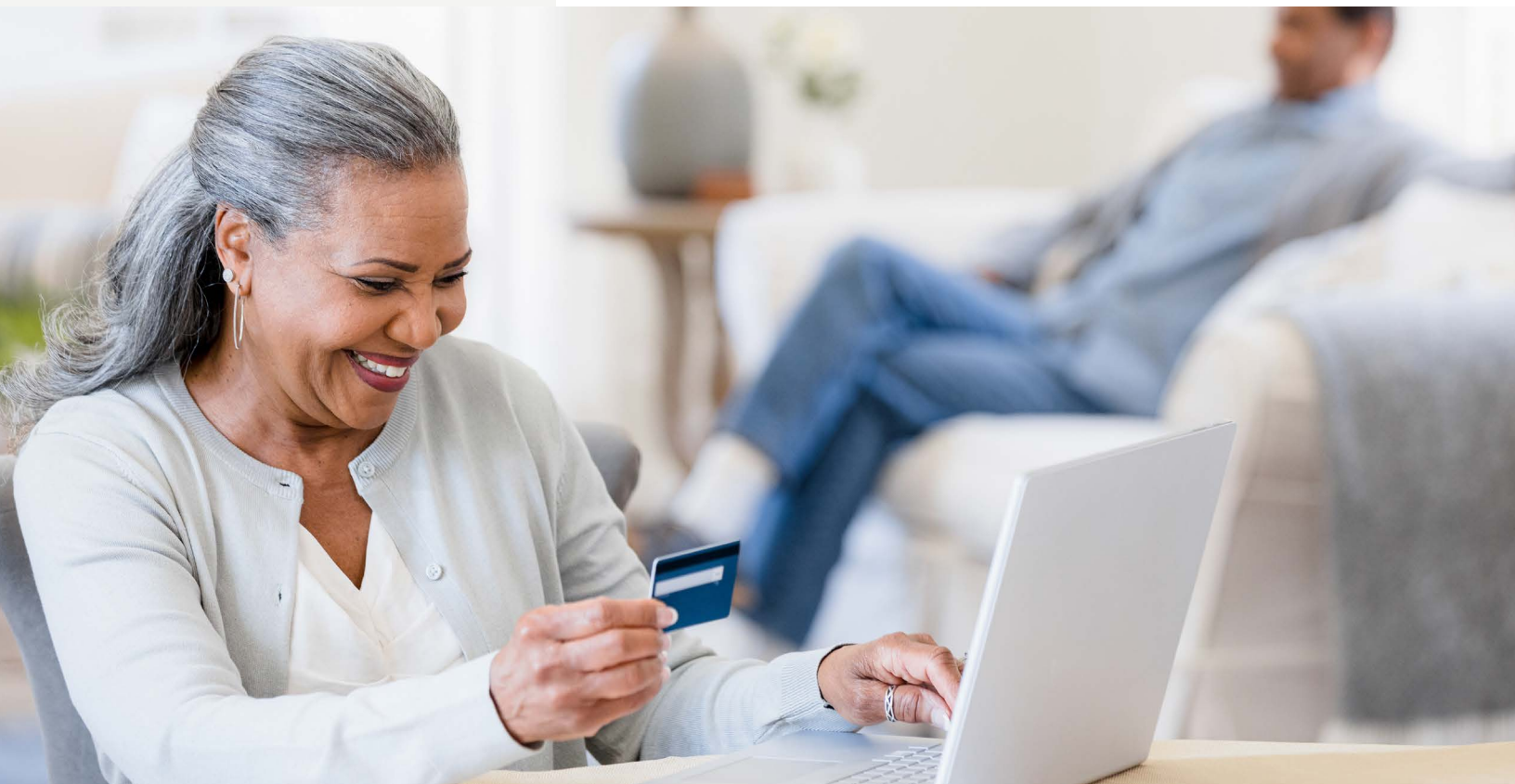


Learn more at [Medicare.PacificSource.com/Resources/General/Rewards24](https://www.Medicare.PacificSource.com/Resources/General/Rewards24).

Check out these awesome rewards

Good health is certainly its own reward. But gift cards from popular stores are also pretty sweet. So we're pleased to offer incentives for important preventive care services.

Procedure/Test	Gift Card Amount
Routine physical, annual wellness visit, or in-home assessment	\$75
Mammogram	\$25
A1c (blood glucose test)	\$25
Diabetic eye exam	\$25
At-home colon cancer test or colonoscopy	\$20
Health Risk Assessment survey For members on PacificSource Dual Care (HMO D-SNP)	\$15



New year, new-and-improved mobile app



Add the myPacificSource app to your phone or tablet and:



View your member ID any time



Find a doctor or hospital near you



See the dollar amounts or number of office visits remaining for certain services



Check your deductible and out-of-pocket totals



See which services are covered, and how your plan pays for them



View Explanation of Benefits statements



Ready, aim, download

Point your device's camera at the QR code, and be magically transported to our mobile app webpage. There you'll find links to the iOS and Android versions of the app.

PacificSource.com/Mobile



Steering clear of scams

If something seems too good to be true, it probably is.

Trust your instincts and do your research before taking action.

Easy tips for staying safe (financially speaking):

- Keep your personal and financial information private.
- Do not share your Social Security number or credit card details with anyone you don't trust.
- Review your financial statements regularly to ensure there are no unauthorized charges.
- Be skeptical of promises of large amounts of money or quick returns on investments.



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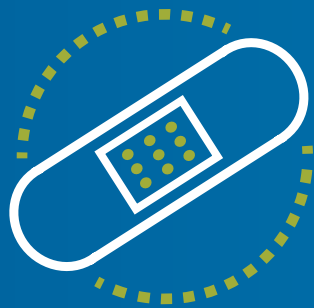
Survey says...

...your experience matters!

If you receive a mailing or email called **2024 Medicare Experience Survey**, from Press Ganey, please fill it out. It aims to increase understanding of people's experience with healthcare—part of a larger effort to advance the delivery of safe, patient-centered care.

You could be chosen at random to participate. Answers are completely confidential, and you'll be doing your fellow healthcare consumers a favor if you choose to weigh in. Thanks!





Got your flu shot? Good for you!

Didn't get it yet? There's still time to protect yourself for the winter flu season. Ask your doctor or pharmacist about options. Stay safe!

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.

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