

MEDICARE BLUE AND YOU

A magazine for Medicare Plus BlueSM PPO,
BCN AdvantageSM HMO-POS and HMO,
and Prescription BlueSM PDP members
Spring 2022

**EVERYBODY
OUTSIDE!**
Fun ways to
get and
stay active

**SPELL YOUR
WAY TO BETTER
HEART HEALTH**

**WHEN SHOULD
YOU START
COLON CANCER
SCREENINGS?**



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Health and wellness or prevention information.



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ملحوظة: إذا كنت تتحدث العربية، فإن خدمات المساعدة اللغوية متوفرة لك بالمجان. اتصل برقم الهاتف الظاهر على الجهة الخلفية لبطاقة العضوية الخاصة بك.



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SPRING 2022

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COVID-19: Where do we stand?



Welcome to the first edition of *Medicare Blue and You!*



For many years, we've delivered healthy tips and advice to our Medicare Advantage members through our publications. *My Blue Medicare* was sent to our members with PPO or PDP plans. *Your Health Advantage* was sent to our members with BCN Advantage plans. These magazines are very popular with you! We want to be sure that everyone sees the same stories and information in each issue. As a result, this year we decided to combine both magazines into a single publication called *Medicare Blue and You!*

You'll notice that even though there's a slightly new look and feel to the magazine, it still has the same great content that you're used to. This includes fitness and nutrition tips, answers to questions about common medical conditions, helpful tips for your health care provider visits, recipes, puzzles and more. It's just another way that we try to make sure you have the information you need to get and stay healthy and active.

Part of the decision to combine the magazines was a result of the feedback that we received from our readers. We always like to hear what's on your mind. If you could take a few minutes to fill out the attached business reply card and send it back to us, it will help us continue to improve our communications.

We're thankful to have you as a member and hope you find helpful information in these pages.

Sincerely,
The *Medicare Blue and You* editorial team

Activities spring anew with warmer weather

When springtime comes, there are many activities you use to mark the start of a new season and the arrival of warmer weather. In our spring 2021 issues, we asked you to tell us, "What's your favorite spring activity?" Here are some of your answers.

*"Working in the yard,
cleaning flower beds
and gardening."*

— Rena J.



"Walking in the rain." — Marsha B.

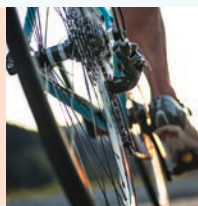
"Golfing." — Jerry W.

"Planting the garden." — Michael W.

*"Getting out of the house and into my walking
routine again. Just being outside."* — Patricia B.

"Playing cards." — Les S.

*"Getting outside, exercising,
cycling (long-distance, 20-25
miles) and a little bit of yard
work."* — Marshall J.



"Making maple syrup." — Dennis R.

"Running outside." — William H.

"Visiting my family for Easter." — Kathryn S.

"Getting outside to walk." — Kathleen C.

"Foraging for mushrooms." — Leslie B.

*"Walking and riding my stationary bike.
Making and sending cards to make others
smile."* — Patsy B.

"Going to the park with the grandkids."
— Claude B.

"Boating." — Michael M.



*"Hunting mushrooms
and picking greens,
working in my garden."*
— Mary S.

"Opening the windows for fresh air." — Vivian N.

"Starting seeds." — Janet S.

"Fishing." — Elbert P.

"Making pies." — Donald B.

"Birdwatching with hiking." — Joyce Z.

"Getting together with family and friends."
— Beverly M.



*"Baseball and
soccer with my
grandkids."*
— Ed K.

EVERYBODY OUTSIDE!

FUN WAYS TO GET OR STAY ACTIVE



Physical activity is good for your mind and body — and it can be a lot of fun!

With warmer weather on the way, it's the perfect time to take fitness outdoors. Mix and match a few of the exercise ideas below to shake up your routine this spring.

Just be sure to pick the right outfit. Even with rising temperatures, it's a good idea to wear layers of loose clothing. You can always shed a layer or two as needed.

'Old-school' options

These exercise methods may have been all the rage in decades past, but they're still solid sources of sweat today:

- **Hula hooping:** Depending on how you use it, you can burn 3 to 7 calories per minute by hula hooping. Swiveling your hips also activates and strengthens muscles in your abs, back and legs.
- **Jumping rope:** This playground activity gets your heart pumping and improves your coordination. And learning new movement patterns strengthens pathways between your muscles and mind.

Equipment-free moves

Find a patch of grass and add these do-anywhere moves to your workout routine:

- Jumping jacks
- Planks
- Squats
- Push-ups

Two days a week, spend 30 minutes doing strength or resistance exercises — that's all it takes to see benefits. For more ideas, ask your provider to recommend some exercises that best fit your skill set. You can also visit www.acefitness.org and search for "exercise library." Then, browse by experience level and select *No Equipment* from the *Equipment* drop-down button.

Creative cardio

Running, riding a bike, hiking and taking an outdoor fitness class are great ways to exercise. If you're looking for something new this spring, here are other options to consider:

- **Bocce ball:** Sometimes called lawn bowling, this game awards points to the team that rolls the balls closest to a smaller target ball already on the field.

- **Pickleball:** Combining elements from tennis, ping-pong and badminton, this game only needs two or four players and is suitable for a wide range of ages.
- **Walk and talk:** Meeting someone for coffee? Grab it to go and get a walk in. You'll catch up while you sneak in a workout.
- **Community cleanup:** Volunteer to help at a local park, playground or other location. Many organizations likely need help with planting, picking up trash and other tasks.

You can also head outside and practice your golf swing, shoot some baskets or stretch — the options are endless. As long as you have enough space, it's simple to take indoor activities to the great outdoors.

Sources include: American Council on Exercise; American Heart Association; Centers for Disease Control and Prevention; National Institutes of Health

Weather not cooperating?

It's OK to bring your workout back indoors. If you have the SilverSneakers® fitness benefit as part of your plan, you can attend workout classes in person, watch classes online or get an in-home exercise kit. For more information and to verify your eligibility, visit www.silversneakers.com.

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Spell your way to better heart health

Maybe you haven't sung the alphabet song since preschool. As a grown-up, there's a new set of ABCS to master: those that protect your cardiovascular system.

A is for **Appropriate aspirin use**

Know the facts: For some people, aspirin prevents blood clots, heart attacks and strokes. But aspirin also has risks, including stomach bleeding. Experts are looking closely at who can benefit.

Take action: Talk with your health care provider. Share your personal and family health history. Together, you can decide if aspirin is right for you.

B is for **Blood pressure control**

Know the facts: One-third of American adults have high blood pressure, and only about half have it under control. This leads to more heart attacks and strokes than any other cause.

Take action: If you're age 40 or older, get your blood pressure checked yearly. Your provider will tell you what your

numbers mean. Lower them through diet, exercise and medicine, if needed.

C is for **Cholesterol management**

Know the facts: Your body needs some of this waxy, fat-like substance to make hormones and vitamin D. But too much creates plaque buildup in your arteries.

Take action: Have your cholesterol checked every one to two years if you're 45 or older. Physical activity and a heart-healthy eating plan can bring down high levels. Your provider might also suggest medication.

S is for **Stop smoking**

Know the facts: Smoking increases your risk of blood clots and damages blood vessels. Quitting, meanwhile, can add 10 years to your life.

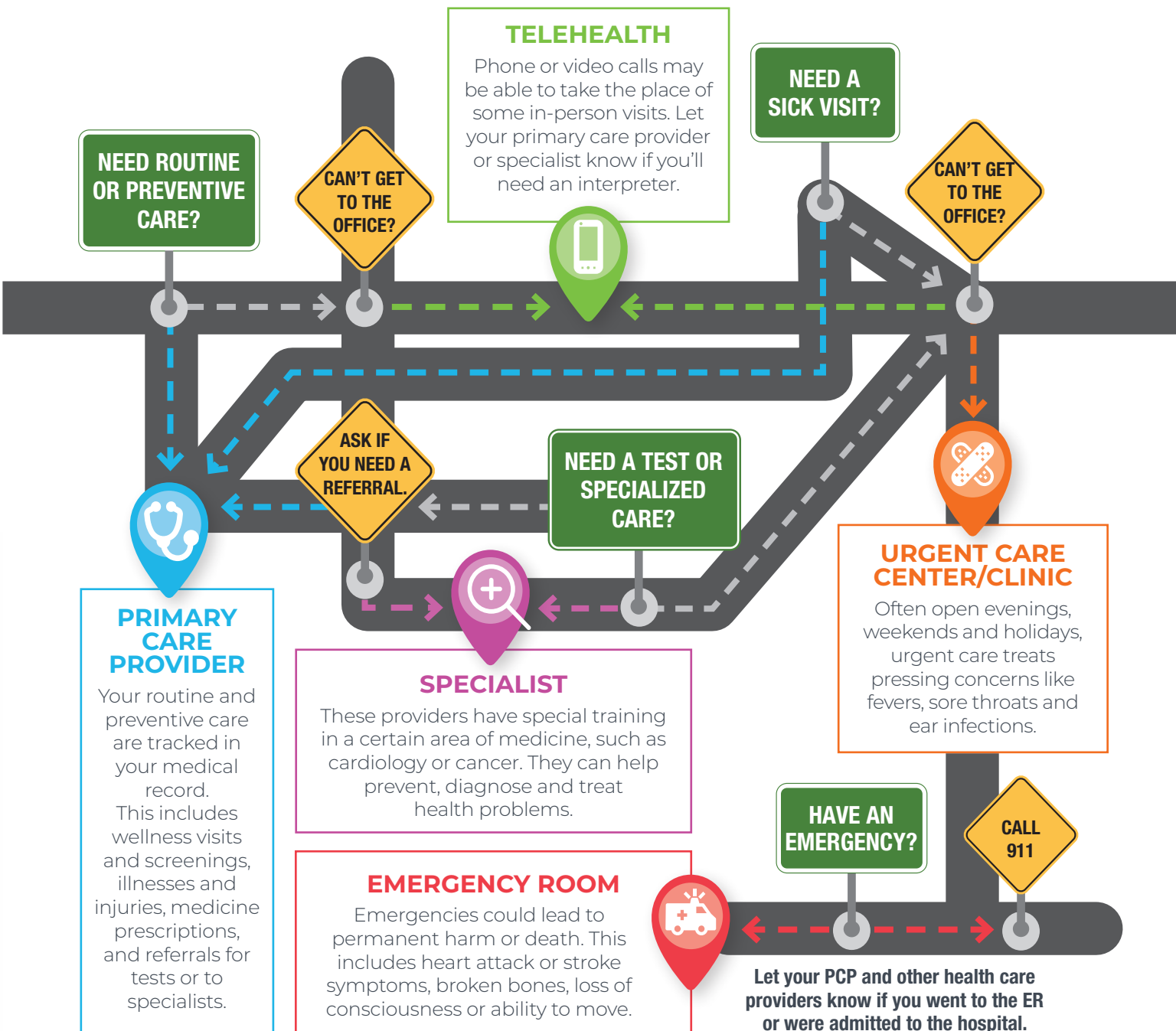
Take action: Counseling and medication together increase your chances of quitting successfully. Consider tobacco-cessation coaching with Blue Cross. It's a 12-week phone-based program to help you kick the habit. To enroll, call 1-855-326-5102. TTY users, call 711.

Sources include: Centers for Disease Control and Prevention; *JAMA*; National Institutes of Health; U.S. Department of Health and Human Services; U.S. Preventive Services Task Force



Your health care road map

Getting the medical attention you or a loved one needs is important. Beyond that, how you navigate health care can affect wait times, your costs and more. Here's help mapping out options:



Sources include: American Academy of Urgent Care Medicine; Association of American Medical Colleges; *Journal of Multidisciplinary Healthcare*; U.S. Centers for Medicare & Medicaid Services; U.S. Department of Health and Human Services

NUMBER SEARCH PUZZLE

Find the following numbers in the puzzle. The numbers can be found diagonally, across, or up and down.

- | | |
|---------|--------|
| 1069 | 453378 |
| 12345 | 5612 |
| 14986 | 664508 |
| 200704 | 74321 |
| 2121893 | 7596 |
| 3388 | 765159 |
| 3579510 | 93699 |
| 3625 | 983021 |
| 42387 | |

Answers on Page 15

0	8	5	4	5	5	5	2	8	4	5	3	9
5	4	9	0	9	5	1	5	6	7	4	2	0
3	3	8	7	2	2	8	5	2	6	3	0	7
5	0	5	0	9	1	6	6	7	3	4	1	4
3	4	1	0	6	9	8	5	1	9	2	5	6
2	8	3	2	2	9	9	4	8	7	2	9	7
1	7	8	2	4	8	8	3	4	3	5	7	3
2	3	0	1	1	1	0	0	0	7	9	5	3
1	3	5	1	2	2	2	0	5	3	9	3	8
8	5	7	5	1	7	8	3	2	4	3	2	8
9	4	5	6	3	3	1	9	4	7	6	3	9
3	4	6	1	1	6	5	1	5	7	9	6	2
9	7	4	2	5	0	3	2	4	8	9	1	8



Your guide to healthy glucose levels



Sugar gets a lot of guff — but the truth is, you need sugar, also called glucose, to fuel your body's functions. It provides power for your moving muscles, your thinking brain and your pumping heart.

However, people with diabetes have too much of a good thing. High blood glucose can harm all those same organs and systems. Keeping levels in check is key to managing the disease.

Sugar's not-so-sweet side

When you're healthy, your body breaks down your food into glucose. Your liver produces some, too. The hormone insulin shuttles the sugar into your cells, where it's used for energy.

Diabetes disturbs this process. With Type 1 diabetes, you don't make insulin at all. If you have Type 2, you have too little insulin, or your body can't use what you produce. As a result, your blood glucose levels rise.

Extra sugar sticks in your small blood vessels, stopping nourishing blood from flowing through your body. It can also damage your nerves, dampening the signals they send.

Resulting problems include:

- Numbness, pain, tingling, or burning in your feet or legs
- Vision problems or blindness
- Kidney damage
- Heart disease and stroke
- Skin infections

Prevent glucose peaks

You can live well with diabetes by keeping your blood glucose under control. To do it:

- Work closely with your health care team. Make — and keep — regular appointments. Follow your plan, including taking medications as prescribed.
- Eat a healthy diet rich in fruits, vegetables and lean protein.
- Exercise at least two and a half hours weekly.
- Check your blood glucose levels regularly. Work with your health care team on the tools and timing.

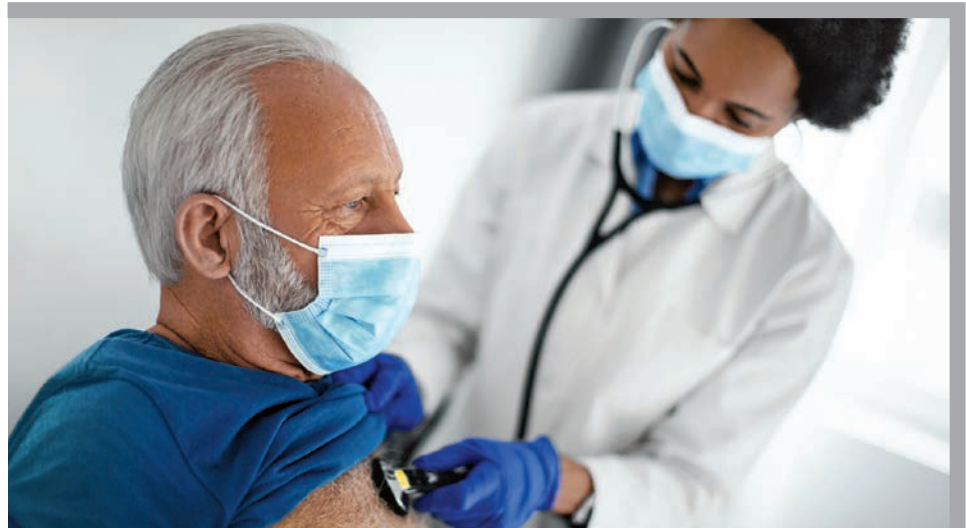
Managing glucose levels isn't always easy. But it pays off with a longer, healthier life.

Sources include: American Academy of Family Physicians; American Diabetes Association; National Cancer Institute; National Institutes of Health; National Kidney Foundation



The Doctor's Office

Raymond Hobbs, M.D., is the physician consultant for Senior Health Services at Blue Cross Blue Shield of Michigan. He is board certified in internal medicine, geriatrics and palliative care.



Wellness visits — Easy as 1, 2, 3!

When you enroll in Medicare, your plan pays for most medical care when you get sick. But did you know that Medicare also pays for certain appointments that keep you healthy?

Working with your health care provider to take advantage of these benefits can mean a longer, healthier life. Ask your provider about these three types of doctor's visits.

1. Your “Welcome to Medicare” visit

Within 12 months of joining Medicare, you can schedule one preventive visit. Your provider will:

- Review your medical history
- Offer advice about screenings and vaccines
- Discuss any potential risks for depression
- Refer you to specialists, if needed

They may also check your height, weight, blood pressure and vision.

In addition, this can be a time to discuss advance directives. This is a legal statement describing your wishes regarding medical treatment in case you're not able to communicate your wants in the future.

2. Yearly wellness exams

Once you reach the one-year mark with Medicare, you can get a wellness exam every 12 months (even if you never had your welcome visit). You'll fill out a questionnaire that gives your provider information about your health now and your risks in the future. Your provider may also do a quick check for signs of dementia or Alzheimer's disease. Together, you'll make a plan to treat any current conditions and prevent more problems down the line.

3. A routine physical exam

This type of exam isn't related to any diagnosis or treatment for a specific illness, complaint or injury. Instead, it's a full-body checkup in which your provider uses touch, sight, hearing and other methods to assess your overall health.

The “Welcome to Medicare” visit and yearly wellness exam are covered by Medicare, so there's no fee. However, Medicare doesn't cover routine physical exams. There may be a copay or coinsurance if the provider combines a physical with another exam. But the reward — your good health — is more than worth any cost.

Sources include: U.S. Centers for Medicare & Medicaid Services; U.S. Department of Health and Human Services



THE CORNER_X PHARMACY

Kim Moon, PharmD, is a clinical pharmacist for Medicare Pharmacy Services at Blue Cross Blue Shield of Michigan.

Don't have high cholesterol? You still might need a statin

Statin are commonly known as “cholesterol-lowering” medicines. But that's not all they do. If you have diabetes or a history of cardiovascular problems, your health care provider may prescribe a statin, even if you don't have high cholesterol. Here's why.

Understanding cholesterol
Cholesterol is a waxy substance your body uses to break down fatty foods and make hormones. Your liver produces all the cholesterol your body needs. Extra cholesterol comes from eating foods such as meat, poultry and full-fat dairy products.

Statin 101

Statins reduce the amount of LDL, or “bad,” cholesterol the liver produces. They may also help:

- Reduce the amount of LDL cholesterol already in your blood
- Increase HDL, or “good,” cholesterol levels
- Lower your risk for heart attack and stroke

Common statins include:

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

Just like with any medication, there are potential side effects. Most are mild and go away as your body adjusts over time. However, they can cause muscle problems or interact with other drugs.

When do doctors recommend a statin?

Your provider may prescribe

a statin if you have a high risk of developing cardiovascular disease in the next 10 years. Your LDL level is only one factor they consider when calculating your risk. Others include:

- Age
- Sex
- Race
- Blood pressure
- Taking medicine for high blood pressure
- Smoking
- A family history of premature cardiovascular disease

Providers may also recommend you take a statin if you have diabetes or a history of cardiovascular problems such as heart attack, stroke or peripheral artery disease — a narrowing of the arteries that carry blood away from your heart to other parts of the body.

continued on Page 14

Sources include: American Diabetes Care; American Heart Association; Centers for Disease Control and Prevention; National Institutes of Health

Everyday tips to manage your blood pressure



The bad news: High blood pressure is common and dangerous.



The good news: There are lifestyle changes you can make to keep your numbers under control.



Opt for these blood pressure-reducing foods:

- Vegetables
- Fruits
- Whole grains
- Fish
- Poultry
- Beans
- Nuts

For more on diet as a tool to lower your blood pressure, check out www.dashdiet.org.



Get enough exercise by doing:

- Muscle-strengthening exercises at least twice a week
- Either 75 minutes of vigorous activity per week, or at least two and a half hours a week of these kinds of moderate-intensity exercises:
 - Brisk walking
 - Bicycling
 - Water aerobics
 - Doubles tennis
 - Pushing a lawn mower



Avoid or limit unhealthy foods, such as:

- Sugary beverages
- Saturated and trans fats
- Tropical oils such as coconut and palm
- Full-fat dairy
- Fatty meats
- High-sodium foods — aim for less than 1,500 mg of sodium a day to drive down your blood pressure



Make other healthy choices:

- Get at least seven hours of sleep a night.
- Manage your weight. (If you're overweight, losing just 5 to 10 pounds can help lower your blood pressure.)
- Limit alcohol consumption to no more than two drinks a day (men) or one drink a day (women).
- Quit cigarettes, and stay away from secondhand smoke.
- Take blood pressure medication as prescribed.

Sources include: American Heart Association; Centers for Disease Control and Prevention; National Institutes of Health

continued from Page 13

The Corner Pharmacy:
“Don’t have high cholesterol?
You still might need a statin”



Manage your options

If you start taking a statin, keep using it exactly as prescribed. Speak with your health care provider if you have sore muscles or other side effects. Your provider can change your dose or switch you to another statin or a different type of drug.

Surprised to get a statin prescription? Always ask your provider about the “what” and “why” of a recommended medicine. They’re the best resource to explain how it will benefit your body.

Thanks for getting your **FLU SHOT**



When you got your flu shot last fall or winter, you helped keep yourself safe from this serious illness. But you also helped protect others from the flu, which can cause pneumonia, bronchitis and even death. Thank you for your efforts!

Don't forget to get your flu shot again in October or November, since the vaccine changes each year to match the current flu strains. (If you can't get your shot until January or February, it's still worth doing it because flu season can sometimes last into May.)

And remember, your flu shot is free. It's covered under Medicare Part B, no matter where you choose to get your vaccination. If you go to the doctor for your shot, however, you may be charged for an office visit. If you get your flu shot at the pharmacy, ask the pharmacist to bill Blue Cross or Blue Care Network directly.

Thank you again for taking an important step toward good health by getting your flu shot.

Sources include: American Academy of Family Physicians; Centers for Disease Control and Prevention; National Institutes of Health

Prevent the spread

There are several simple things you can do to help prevent the spread of any illness:



Stay away from people who are sick.



Cover your coughs and sneezes.

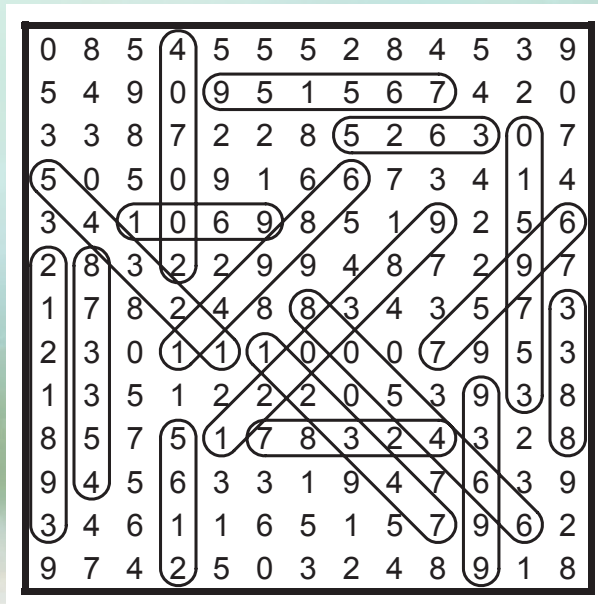


Wash your hands frequently using soap and water. Use hand sanitizer if soap and water aren't available.

from Page 10

NUMBER SEARCH PUZZLE

ANSWERS



Protect your mouth and overall health by scheduling a dental exam



Whether you're using the preventive dental benefits included in your Medicare Advantage plan or you've purchased an optional dental package with Blue Cross, now is a good time to schedule an appointment with a dentist. We have two types of payment arrangements with participating dentists, called tiers.

How much you pay for dental services will depend on which tier your dentist is in.* If you select a Tier 1 Blue Dental dentist, you'll have the lowest costs because of the discounts

in our dental network. Some plans also give you the option to see a Tier 2 non-contracted dentist who participates with us on a per-claim basis (also known as Blue Par Select). You'll be responsible for your percentage of the approved fees for covered services.

Finding a dentist

You can search online for dentists by name, specialty and location.

1. Log in to your member account at **www.bcbsm.com/medicare**.
2. Click on the *My Coverage* tab and select *Dental*.
3. In the right column under *Dental networks*, click *Find a dentist*.
4. Start your search. If prompted, enter your location and plan type to choose the type of dentist you want.
 - a. For a Tier 1 Blue Dental in-network preferred dentist, click on *Medicare Advantage (Individual Blue Cross and BCN Advantage)*.
 - b. For a Tier 2 dentist who participates with us on a per-claim basis, click *Blue Par Select Arrangement*.
5. Click *Confirm selection* and begin your search.

You can also call the Customer Service number on the back of your member ID card, and we'll help you find a dentist near you. TTY users, call 711.

*Certain plans only allow you to see a Tier 1 Blue Dental in-network dentist.

When should you **START** colon cancer screenings?

Years ago, doctors may not have mentioned colorectal cancer prevention until a patient's 50th birthday. Now, both the U.S. Preventive Services Task Force and American Cancer Society advise people with an average risk for colorectal cancer to start screening at age 45.

The latest guidelines

The USPSTF and ACS say:

- If you're ages 45 to 75 and have an average risk of developing colon cancer, get screened regularly.
- If you're ages 76 to 85, talk with your doctor about whether to continue screenings.
- If you're 86 or older, screening is not recommended.

If you're at an increased risk for colon cancer and younger than 45, ask your doctor when to begin screenings. Risk factors include having inflammatory bowel disease or a personal or family history of colon cancer or polyps. Polyps are abnormal growths that might turn into cancer later.

The best test for you

Screening can help catch colon cancer early. This is when treatment works best. When polyps are found and removed, cancer can be prevented. Doctors may use various tests to check for colon cancer or polyps:

- **Stool tests** look for blood or altered DNA in a stool sample.

- **Flexible sigmoidoscopy** is a procedure in which the doctor uses a short lighted tube to look at your rectum and lower colon.
- **Colonoscopy** is a procedure in which the provider uses a longer lighted tube to look at your rectum and entire colon.
- **CT colonography** uses X-rays and computers to create images of your entire colon.

There are some at-home testing options that may work for you, too. Talk with your provider about which test is right for you and how often to have it done.

March is National Colorectal Cancer Awareness Month

Make an appointment with your doctor to talk about how you can prevent this cancer.

Sources include: American Cancer Society; Centers for Disease Control and Prevention; U.S. Preventive Services Task Force

3 WAYS

Blue Cross can help you improve your well-being



Blue Cross Blue Shield of Michigan and Blue Care Network offer a variety of tools and resources that can help you on your journey to improved well-being. Our online tools, weekly well-being webinars and Tobacco Coaching program make it easy for you to get the well-being boost you may need.

Blue Cross Health & Well-BeingSM website

The Blue Cross Health & Well-Being website, powered by WebMD®, offers well-being tools and resources available 24/7. The website features:

- Digital Health Assistant programs to help you set goals and choose activities to meet those goals
- A Health Record where you store and manage your health information in one centralized, private and secure location
- Mental health podcasts
- Health trackers to help you chart your measurements over time
- Credible information about health topics and medical procedures
- Interactive tools
- Healthy recipes

To access Blue Cross Health & Well-Being, log in to your member account at www.bcbsm.com, click on the *Health & Well-Being* tab, and then

click on *WebMD Health Services*, or use the Blue Cross mobile app.

Blue Cross Virtual Well-BeingSM

Set aside 30 minutes every Thursday at noon to join live, interactive well-being webinars that bring valuable information directly to you. Topics change every week, and you can conveniently view them on your computer, tablet or mobile phone. Virtual Well-Being also features guided meditations every Wednesday at noon. Register for webinars, download well-being information and watch past webinars at www.bluecrossvirtualwellbeing.com.

Tobacco Coaching

If you're ready to quit using tobacco, we can help you achieve your goal of becoming tobacco-free. The Blue Cross Tobacco Coaching program, powered by WebMD, lasts for 12 weeks and includes over-the-phone coaching for quitting all types of tobacco products, including electronic cigarettes and other vaping devices. To be eligible, you must be ready to set a quit date within 30 days of your initial phone call. Call 1-855-326-5102 to schedule your first Tobacco Coaching session.

Check out our well-being resources today to get started on your journey to improved well-being.

4 tips to care for caregivers

More than 43 million Americans provide care for another adult — often, a parent, grandparent or spouse. With so many caregivers among us, there's bound to be one you know.

Caregivers often face stress, sadness and burnout. A strong support system helps them take better care of themselves and their loved ones.

To bolster the caregiver in your life:

Stay connected

Caregivers can often feel overlooked. Call, send texts or notes, or bring them small, thoughtful gifts. Continue to include them in plans and social events.

Lend a hand

Ask what help they need. Or make an offer, then follow through if they accept. Suggest sitting with their loved one while they run errands or bringing over a meal for everyone.

Even better: Commit to a regularly scheduled task, like walking the dog daily or mowing the lawn twice a month. If you're far away, pay for a weekly housecleaning service.

Or an ear

Sometimes, caregivers just need to be heard. Ask how they're doing — and listen to the answer. Offer to connect them to a support group or mental health professional, if needed.

Do some research

In some cases, family caregivers can get paid for looking after someone who's disabled or a veteran. Other programs and services offer meals, transportation or respite care — a helper to look after a loved one so caregivers get a break. Offer to look into these types of resources.

Sometimes, people have a hard time accepting support. Don't be upset if the caregiver in your life refuses help. Respect their choices, and know your friendship and care can still serve as a source of strength.

Get help

For more support, the AARP toll-free family caregiving resource line takes calls weekdays from 7 a.m. to 11 p.m. at 1-877-333-5885. TTY users, call 711. If a caregiver you know is in distress, call the National Suicide Prevention Lifeline at 1-800-273-8255. TTY users, call 711.

Sources include: American Cancer Society; American Geriatrics Society; National Hospice and Palliative Care Organization; U.S. Department of Health and Human Services; U.S. Department of Veterans Affairs





Connect with us

Here are several ways you can get information about your health plan.

Create an online account

It's easy to manage your Medicare Advantage health plan when you have a secure account on www.bcbsm.com/medicare. Once you're registered, you'll be able to:

- Check coverage information
- Review claims and *Explanation of Benefits* statements
- Track deductibles and out-of-pocket balances
- Access WebMD® for health and well-being information
- Find behavioral and mental health support
- Search for network doctors and hospital services
- Access exclusive member discounts with Blue365®

Visit www.bcbsm.com/register and click on *Register Your Account*. Have your member ID card handy because you'll need some of the information to set up your account.

You'll then be able to access your online account through your computer, smartphone or tablet.

Use your computer

You have a wealth of information available about your plan and more when you visit www.bcbsm.com/medicare. Additional resources available for you on our website include the Blue Cross Virtual Well-BeingSM program and a variety of health management programs.

Download our mobile app

Our mobile app gives you a quick way to view your plan information while you're on the go.

You'll have secure access to your health plan information from your smartphone or tablet. You'll even have a virtual member ID card that you can use at your next doctor's appointment.

Download our mobile app from the App Store or Google Play.** For more information on downloading the app, visit www.bcbsm.com/app.

Give us a call

If you'd rather talk with one of our Customer Service representatives, call the phone number on the back of your member ID card. TTY users, call 711.



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Brighten up your plate

with healthy fruits and veggies

Part of any healthy, well-rounded diet includes plenty of fruits and vegetables.

As a low-calorie option, they add a burst of color to a meal while providing much-needed vitamins, minerals and fiber.

Start incorporating more fruits and veggies into your daily diet by following the tips below.

Know your portions

According to the Centers for Disease Control and Prevention, only about 12% of Americans eat the recommended 1.5 to 2 cups of fruits a day. Similarly, fewer than 10% eat the recommended 2 to 3 cups of vegetables each day. Aim for more than the minimum as a baseline for your diet.

Reinvent your meals

Don't rely too heavily on starchy veggies, like corn and potatoes. Add fruits and other vegetables to foods you already eat. Try these ideas:

- Top pizza with peppers, zucchini and mushrooms.
- Stack your sandwiches with spinach, onions and tomatoes.
- Put bananas, peaches or berries on cereal or pancakes.

Freshen it up

Fresh options are full of nutrients. Frozen and canned produce are good, too, but steer clear of added sugar, salt or fat. Whenever you can, eat a range of colors, especially:

- **Dark green**, such as kale, spinach, broccoli and collard greens

- **Red**, such as tomatoes, and red bell and chili peppers
- **Orange**, such as pumpkin, orange bell peppers and butternut squash

No matter your comfort level in the kitchen, there are easy and effective ways to add more fruits and vegetables to your diet. All it takes is a little creativity to refresh your plate.

Sources include: American Cancer Society; American Institute for Cancer Research; Centers for Disease Control and Prevention; National Institutes of Health; U.S. Department of Agriculture



Fruit pizza

Servings: 2

Ingredients

1 8-inch whole wheat tortilla
¼ cup 1% milk fat cottage cheese
1 Tbsp. frozen orange juice concentrate
1 ½ tsp. unsweetened cocoa powder
½ tsp. vanilla extract
½ tsp. honey
4 oz. or about ½ cup sliced strawberries
4 oz. or ½ cup mandarin orange slices packed in juice,
not sugar, drained

Nutritional information per serving:

160 calories, 2.5 g fat, 0.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 240 mg sodium, 26 g carbohydrates, 2 g fiber, 14 g sugar and 7 g protein.

Directions

1. Preheat oven broiler to high. Broil tortilla for 1 minute or until just starting to brown. Then flip and broil for 30 to 45 seconds more. Be careful not to let it burn. Remove tortilla from oven and let cool for 5 minutes in freezer.
2. Meanwhile, puree cottage cheese, frozen orange juice, cocoa powder, vanilla extract and honey in blender for about 30 seconds or until smooth.
3. Spread cocoa mixture on top of tortilla, arrange fruit slices, cut in half and serve.



Vegetable soft tacos

Servings: 2

Ingredients

½ tsp. extra-virgin olive oil
1 cup thinly sliced red onion
3 medium portobello mushroom caps, thinly sliced
1 medium zucchini, cut lengthwise in half, then thinly sliced
½ red bell pepper, thinly sliced
½ orange bell pepper, thinly sliced
1 Tbsp. lime juice
1 tsp. ground cumin
1 tsp. smoked Spanish paprika
½ tsp. onion powder
½ tsp. garlic powder
½ tsp. dried oregano
Pinch or 1/16 tsp. cayenne pepper
Sea salt to taste (about ½ tsp.)
8 medium-sized corn (no salt added) tortillas
Chopped cilantro

Directions

1. Heat a large nonstick or cast iron pan over high heat for 2 minutes. Add olive oil, then heat for 1 minute. Add onion.
2. Sauté for 2 to 3 minutes, then add portobello mushrooms and zucchini and sauté for another 3 to 4 minutes.
3. Add peppers, lime juice, cumin, paprika, onion powder, garlic powder, dried oregano, cayenne pepper and sea salt. Sauté for 2 minutes or until all vegetables are cooked through.
4. To serve, place ½ cup of vegetables in each tortilla and garnish with chopped cilantro.

Nutritional information per serving:

176 calories, 3 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 337 mg sodium, 35 g carbohydrates, 5 g fiber, 6 g sugar and 4 g protein.



Medicare Blue and You — Mail Code 0210

Blue Cross Blue Shield of Michigan
600 E. Lafayette Blvd.
Detroit, MI 48226-2998

Health and wellness or
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COVID-19: Where do we stand?

COVID-19 is still here, and fighting it takes all the resources we have. Here's an overview of everything that's helping stop the spread:

- **Vaccines for adults.** There are three approved vaccines to prevent COVID-19: Pfizer, Moderna and Johnson & Johnson. So far, 86% of U.S. adults ages 65 and older are fully vaccinated.
- **Vaccines for children.** The Pfizer vaccine is available to kids ages 5 to 17. Research shows the two-dose immunizations are about 90% effective against COVID-19.
- **Booster shots.** To shore up protection against severe COVID-19 illness and death, all U.S. adults can get a booster shot. If you'd like to schedule yours, search for appointments online at www.vaccines.gov. You can also check your local pharmacy's website.

- **Medications.** FDA-authorized monoclonal antibodies help block the virus that causes COVID-19 from attaching to a person's cells. That makes it harder for the virus to cause illness. Also, the drug remdesivir is approved to treat COVID-19 in hospitalized patients ages 12 and older, although studies differ on its effectiveness. Actemra® also has an emergency use authorization for some hospitalized patients.

Remember, no treatment can replace the COVID-19 vaccine. And it's important to keep following public health guidance on wearing masks and social distancing. Together, we can help protect our communities.

Information accurate as of Feb. 25, 2022.

Sources include: Centers for Disease Control and Prevention; Kaiser Family Foundation; *New England Journal of Medicine*; U.S. Department of Health and Human Services; U.S. Food and Drug Administration

