

# MEDICARE BLUE AND YOU

A magazine for Medicare Plus Blue<sup>SM</sup> PPO,  
BCN Advantage<sup>SM</sup> HMO-POS and HMO,  
and Prescription Blue<sup>SM</sup> PDP members  
Summer 2022

**TAKE THE  
PLUNGE:**  
Move your  
workout into  
the pool

**OPEN YOUR  
EYES TO THE  
RISKS OF  
DIABETES**

**PUT HEAT-  
RELATED  
ILLS ON ICE**



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# SUMMER 2022



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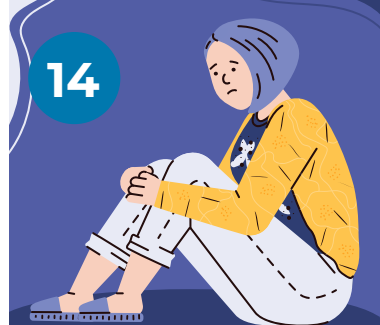
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## Reader Feedback

# Morning, noon or night — you treasure your time

Whether you're an early bird or a night owl, you have your favorite time of day. That's what we found when we asked, "What's your favorite time of day and why?" in the summer 2021 issue of the magazine. Here are some of your responses:

*"The evening. I like the sunset and it seems to calm."* — Irene R.

*"In the morning when I get up. I can drink my coffee, relax and watch TV before I have to get out and about."* — Robert H.

*"Early afternoon. That's when I have the most energy."* — Marilyn Y.

*"I like mornings. After a good night's rest, I have the most energy."* — Jeanna P.

*"Evenings — I'm a night owl!"* — Rackeline H.

*"Early morning! Coffee time and getting ready to start my day in solitude. Exercise after that."* — Larry H.

*"I like every day, all day!"* — Norman K.

*"My favorite time is 11 p.m. to 2 a.m. It's quiet. I do crafts and watch what I have on my DVR without interruption. My pets join me because it's quiet and peaceful."* — Susan H.

*"Early mornings when it is quiet. I have a clear mind for thinking."* — Donald F.

*"Bedtime. I'm tired, obviously!"* — Jacqueline H.

*"Five or 6 p.m. It's a slow down and relax time."* — Tommie C.

*"Evening to relax and unwind. I try to achieve leftover small tasks."* — Estella W.

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# Breathe better, feel better: Living well with COPD

**C**hronic obstructive pulmonary disease, or COPD, refers to a group of lung diseases that make it difficult to breathe. COPD develops slowly over time with worsening symptoms.

Two conditions classify

as COPD: emphysema and chronic bronchitis. Emphysema affects the elastic fibers that support the breathing passages in the lung. The loss of elastic fibers in the lungs leads to enlarged lungs that have difficulty forcing air out. It's similar to what happens

when the elastic band on a pair of swimming trunks wears out and the trunks become loose and won't stay up. People with emphysema may have large lungs with barrel-shaped chests that, despite their size, don't function well, especially when exhaling.

In chronic bronchitis, the airway linings are inflamed and irritated. They produce an overabundance of mucus that can be difficult to clear.

### What puts you at risk

Although some rare inherited conditions can cause emphysema, the main risk factor for most people is smoking. Exposure to indoor and outdoor air pollution, including chemical fumes and dust, also contributes. Common symptoms of COPD include:

- Shortness of breath that becomes worse as the disease progresses. This makes it difficult to walk and even perform simple chores.
- Chronic cough with excessive mucus
- Chest tightness
- Wheezing — this is different with emphysema because in between asthma attacks, the breathing can return to normal. With emphysema, the lung damage is permanent and does not return to normal.

### Know your options

While there is currently no cure for COPD, treatment can reduce symptoms, prevent your condition from worsening and improve your quality of life. Based on your symptoms, your health care provider may suggest:

- **Stopping smoking.** This is absolutely key in treating COPD since smoking leads to

the ongoing loss of the elastic fibers and the excessive production of mucus.

- **Taking medication.**

Bronchodilators relax the muscles surrounding the airways. Most bronchodilators are taken using an inhaler. For severe COPD, your provider may combine bronchodilators with an inhaled steroid.

- **Using oxygen therapy.**

If you have low levels of oxygen in your blood, oxygen therapy may help your breathing. Oxygen delivered through a mask or nasal prongs may be used all day or at certain times.

- **Having surgery.**

When symptoms aren't relieved by other treatment options, surgery can be a last resort. Procedures range from lung volume reduction surgery, where damaged lung tissue is removed, to a lung transplant.

### COPD self-care

By following your treatment plan and adopting a healthy lifestyle, you can feel better and remain active for longer. Here are four tips to help manage your COPD:

**1 Quit smoking.** If you smoke, quitting is the best way to prevent further lung damage. Ask your provider about ways to help you quit, such as counseling, nicotine replacement products and

non-nicotine medications. Seek out support from loved ones as well.

**2 Avoid pollutants.** Steer clear of dust, air pollution, fumes and secondhand smoke. Stay inside and close the windows when there is pollution in the outdoor air. If your home needs to be painted or sprayed for insects, have it done while you're away.

**3 Guard against flu and pneumonia.** Get a flu shot every year. Talk with your health care provider about the pneumonia vaccine since people with COPD are more likely to develop pneumonia. Wash your hands often to protect yourself from germs and do your best to avoid close contact with people who are sick.

**4 Seek out support.** Living with COPD can be hard. You may feel afraid, anxious or depressed. It can help to talk with someone about what you are going through. You can join a support group, find a counselor or chat with family and friends. Don't be afraid to share how you feel.

**Sources include:** American Academy of Family Physicians; Centers for Disease Control and Prevention; National Institutes of Health; U.S. National Library of Medicine

# Take the plunge:

## Move your workout into the pool

Don't let your activity level drop as temperatures rise. Taking your fitness routine into the water can be a refreshing way to keep, or start, moving.



Thanks to the inherent properties of water, like buoyancy, you'll still get your heart rate up and strengthen muscles, but with less impact. You'll also work on your balance, which can help prevent falls during daily living tasks. For those with arthritis or other health concerns, a water workout may mean less pain and risk for injury during exercise with improved joint motion. Ready to dive in?

### Class acts

Water aerobics are often done in chest-high water. However, you may end up in shallower water to help with spacing out participants or to address other concerns.

You'll follow an instructor to the beat of music while doing a variety of actions, such as jumping jacks, knee lifts and moving side-to-side. Water aerobics lessen joint impact by 75%, but you'll still work your entire body.

Explore local class schedules, as sessions aren't one-size fits all. You may find offerings that highlight tai chi or Zumba moves. Some facilities offer classes geared toward specific conditions, such as arthritis or multiple sclerosis.

### Solo options

When you can't make a class, you can do several things on your own or with a friend or family member:

- **Water walking.** Getting your steps in waist-deep water can cut the weight on your joints in half. And intervals in the water can be more effective than those at the same speed on land. To work on balance, walk on an imaginary line.
- **Resistance exercises.** You can work on muscle strength and endurance for your entire body by varying moves. These may include front kicks and shoulder raises. Try foam dumbbells, hand paddles and lower body fins to increase the intensity of your workout.
- **Swimming laps.** Pick a stroke that's comfortable for you. Hip or knee arthritis? You might prefer freestyle with straight legs. The breaststroke may worsen pain in those joints. Need a refresher? Sign up for swimming lessons.

Even if you're focused on workouts for one, consider participating in some classes. It's a great way to learn how

to do activities and use equipment. Many classes offer time to socialize, too.

### Safety matters

As on land, it's crucial to use correct form and stick with movements and equipment that work for your body and experience level. And you still need to:

- Warm up and cool down
- Go at an appropriate pace
- Watch your breathing

At the pool, check in with the instructor to share any limitations or ask questions. That may help prepare the instructor to offer alternate moves during class. Be sure to talk with your health care provider about changes to your fitness routine and any concerns before heading to the pool.

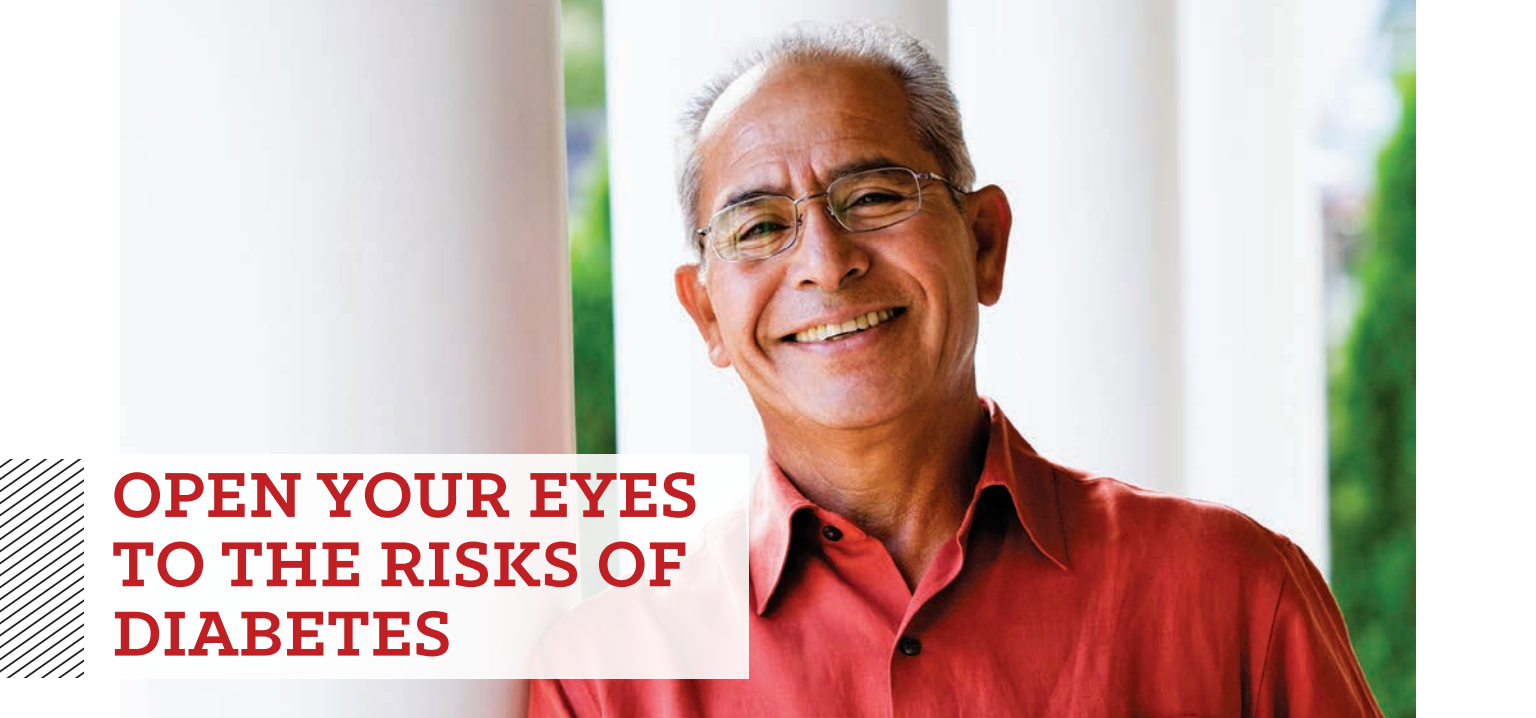
**Sources include:** Aquatic Exercise Association; Arthritis Foundation; Centers for Disease Control and Prevention; National Institutes of Health; U.S. Department of Health and Human Services

## Getting fit on land

Don't have access to a pool? Or don't like the water? You've got other exercise options. 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](http://www.silversneakers.com).

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## OPEN YOUR EYES TO THE RISKS OF DIABETES

**Y**early eye exams can prevent or delay one of the most devastating complications of diabetes: blindness. But all too often, people with diabetes put off visiting their eye doctor. As a result, they never see vision problems coming.

The good news? Proper eye care can prevent up to 90% of diabetes-related blindness.

### Understanding the problem

High blood glucose levels in diabetes, coupled with high blood pressure, can harm several parts of your eye. They include the retina, optic nerve, blood vessels and lens. The damage can lead to eye diseases such as diabetic retinopathy, cataracts and glaucoma. Over time, you could lose your sight entirely.

### Your vision solution

Getting a dilated eye exam every year can help catch eye

problems early. At these visits, drops in your eyes widen your pupils. This way, the eye doctor can look into the back of your eye for signs of trouble.

If you have eye disease, treatment may include eye drops, laser treatments, surgery or injections. However, these treatments may not be cures. Protect against serious vision loss by:

- Getting regular eye exams
- Following your diabetes treatment plan
- Eating to manage blood sugar levels
- Taking diabetes medications as directed
- Reducing your blood pressure
- Maintaining a healthy weight
- Staying physically active

More than one-third of people with diabetes skip their yearly eye exams. Break the cycle. Call your eye doctor and schedule a visit — even if your vision seems fine.

## Watch for warning signs

Most diabetes eye problems have no symptoms at first. Some symptoms to watch for include:

- Floating spots
- Blurry vision
- Flashing lights
- Streaks that look like cobwebs
- A dark curtain falling over your vision

Call your eye doctor right away if you notice vision changes.

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



# Put heat-related ills on ICE



Whether you love or hate the heat and humidity, the sun shines down just the same. And after age 64, your body can't adjust to air temperature changes as quickly as it did when you were younger. Here's how to protect yourself from overheating.

## Keep it cool

- Wear clothes that are light in weight and color.
- Drink lots of water throughout the day, not just when you feel thirsty.
- Avoid alcohol and caffeinated drinks.
- Stay indoors in an air-conditioned place as much as possible. Sitting in front of a fan may feel good, but it won't help if the temperature is in the high 90s.
- Limit outdoor work and exercise to early morning and evening hours.

## Watch for heat exhaustion

Hot weather or strenuous physical activity in the heat may lead to heat exhaustion.

Warning signs include:

- Pale, cool, moist skin
- Weakness
- Nausea
- Dizziness

### To treat this condition:

- Sip water or a sports drink.
- Rest in a cool environment.
- Take a cool bath or apply a cool compress to your skin.
- Seek medical attention if symptoms last longer than 30 minutes.

## Take action for heatstroke

Heatstroke occurs when the body can't control its temperature. Untreated, it can be life-threatening. Warning signs include:

- Body temperature at or above 104 degrees
- Red or flushed skin
- Rapid pulse
- Seizures
- Confusion
- Unconsciousness

### To treat this condition:

- Call 9-1-1 immediately.
- Lower the person's temperature rapidly by putting them in cold water, a cold shower or by any other means available.

It doesn't have to be scorching hot to hurt your health. Chill out and stay alert for heat-related illnesses all summer long.

Sources include: American Family Physician; Centers for Disease Control and Prevention; National Institutes of Health; National Weather Service

# A shot at good health: Which vaccines you may need



Getting the right vaccines at the right times can help you avoid serious complications — and even death — from some infections.

## Why vaccines matter

Vaccines tell your immune system how to prevent certain kinds of disease. This lowers your chances of getting sick and helps prevent trips to the hospital.

## Are you up-to-date?

Some vaccinations apply to all adults, such as the yearly flu shot. Others depend on your age and health history. Consult the chart below to see which vaccines you need. If you think you've missed one, contact your health care provider.

Vaccine	Dosage	Age	Paid by	Date I had it	Date for next one, if needed
<b>COVID-19, primary series and first booster*</b>	<p><b>Pfizer:</b> Two initial doses spaced 21 days apart; booster shot five months after second dose</p> <p><b>Moderna:</b> Two initial doses spaced 28 days apart; booster shot five months after second dose</p> <p><b>Johnson &amp; Johnson**:</b> One dose; booster shot of either Pfizer or Moderna vaccine two months after Johnson &amp; Johnson dose</p>	All adults	No cost		
<b>COVID-19, second booster*</b>	<p><b>Pfizer and Moderna:</b> Four months after first booster shot</p> <p><b>Johnson &amp; Johnson:</b> N/A</p>	Adults ages 50+ All adults who got two doses of the J&J vaccine	No cost		
<b>Tetanus, diphtheria and pertussis</b>	<p>One dose of Tdap (if you didn't receive it as a child)</p> <p>One Td or Tdap booster every 10 years</p>	All adults	Medicare Part D (get at a pharmacy)		
<b>Varicella (chickenpox)</b>	Two doses, four to eight weeks apart	Adults born in 1980 or later who never received a varicella vaccine, or adults born before 1980 who never had chickenpox	Medicare Part D (get at a pharmacy)		

Vaccine	Dosage	Age	Paid by	Date I had it	Date for next one, if needed
<b>Influenza (flu)</b>	One dose every year	All adults (a high-dose vaccine is approved for those ages 65+)	Medicare Part B (get at a pharmacy or a doctor's office)		
<b>Hepatitis A</b>	Two or three doses, depending on vaccine	Since hepatitis A can be acquired from contaminated food or water, guidelines recommend the vaccine for anyone who requests it, in addition to high-risk groups	Medicare Part D (get at a pharmacy)		
<b>Hepatitis B</b>	Two or three doses, depending on vaccine	Due to the relatively high worldwide prevalence of hepatitis B, guidelines recommend the vaccine for anyone who requests it, in addition to high-risk groups	Medicare Part B for people at moderate to high risk; Medicare Part D for other groups (get at a doctor's office or pharmacy)		
<b>Meningococcal vaccine</b>	One, two or three doses, depending on vaccine and indication; may require additional boosters	Adults at high risk	Medicare Part D (get at a pharmacy)		
<b>Pneumococcal vaccine</b>	One dose of PCV20 or one dose of PCV15, followed by a dose of PPSV23 approximately one year later if not previously vaccinated	Adults ages 65+	Medicare Part B (get at a pharmacy or doctor's office)		
<b>Zoster (shingles)</b>	Two doses of Shingrix, two to six months apart	Adults ages 50+	Medicare Part D (get at a pharmacy)		

Bring this chart with you to your next in-person or telehealth appointment. Together, you and your provider can update each row based on your vaccine history and future needs.

\*COVID-19 vaccine information is accurate as of May 27, 2022.

\*\*The CDC recommends the Pfizer and Moderna vaccines over the Johnson & Johnson shot for both primary and booster vaccination.

Sources include: Centers for Disease Control and Prevention



## 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.



# A closer look at arthritis

You've heard of arthritis, but did you know there are more than 100 different types? Osteoarthritis, rheumatoid arthritis and gout are three of the most common. Each one affects your joints. However, they all have unique symptoms and treatments.

	Osteoarthritis	Rheumatoid arthritis	Gout
Causes	OA starts with the breakdown of cartilage in the joints. It can be caused by another disease, infection or injury.	Experts don't know the exact cause of this autoimmune disorder.	Uric acid builds up and forms sharp crystals in the joints.
Symptoms	<ul style="list-style-type: none"> <li>■ Joint pain</li> <li>■ Stiffness, especially after sleep or inactivity</li> <li>■ Limited movement in the joint</li> <li>■ A grinding feeling in the joint when moved (later stages)</li> </ul>	<ul style="list-style-type: none"> <li>■ Joint pain</li> <li>■ Stiffness, especially in the morning</li> <li>■ Pain that is worse with joint movement</li> <li>■ Swelling over joints</li> <li>■ Trouble grasping or pinching things</li> <li>■ Tiredness and lack of energy</li> <li>■ Occasional fever</li> </ul>	<ul style="list-style-type: none"> <li>■ Intense pain that comes on quickly, often at night</li> <li>■ Initial pain affecting a big toe</li> <li>■ Warm, red, swollen joints</li> </ul>
Treatment	<ul style="list-style-type: none"> <li>■ Pain relievers and anti-inflammatory medicines</li> <li>■ Physical and occupational therapy</li> <li>■ Injections</li> <li>■ Joint surgery</li> </ul>	<ul style="list-style-type: none"> <li>■ Medicines to ease pain, treat inflammation and stop the disease from getting worse</li> <li>■ Physical therapy</li> <li>■ Joint surgery</li> </ul>	<ul style="list-style-type: none"> <li>■ Medicines to reduce pain and swelling</li> <li>■ Daily medication to decrease uric acid levels</li> </ul>

*continued on Page 14*



## THE CORNER<sub>X</sub> PHARMACY

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

# The lowdown on two summer essentials

Sunburn and bug bites aren't an inevitable part of summer. To spend more time enjoying the outdoors, focus on this product advice.

### Sunscreen

We all need to wear sunscreen daily — all year-round. People with pale skin may need to be especially careful, but people of all skin colors are at risk for skin cancer. Luckily, there's an abundance of products available. They fall into two types:

**Physical sunscreens** deflect the sun's rays and often contain zinc oxide or titanium dioxide. Sensitive skin may favor these active ingredients, but they often leave a white residue. Tinted versions containing iron oxide can minimize this, especially if you have an olive to dark skin tone, and can actually provide more broad-spectrum protection. If your skin is sensitive or allergy-prone, look for a fragrance- and paraben-free formula.

**Chemical sunscreens** absorb UV rays. They can have one or more active ingredients, such as avobenzone, homosalate, octinoxate, octisalate, octocrylene and oxybenzone. The FDA is still looking at the effectiveness and safety of these and other chemicals. If you have concerns or sensitive skin, try a physical sunscreen and talk with a dermatologist about how to best protect yourself.

Whatever type you pick, check the label for these key criteria:

1. Broad spectrum (UVA/UVB protection)
2. SPF 30 or higher
3. Water resistant

These aspects are important for lip balm that'll help protect your pucker, too.

### Insect repellent

Don't be tempted by sunscreens containing insect repellent. Two standalone products should be used: Sunscreen needs to be applied frequently in generous amounts. Insect repellents are to be used in moderation.

Apply your sunscreen first and let it dry. Then use insect repellent that contains 10% to 35% DEET. This active ingredient helps keep away mosquitoes, ticks and other pests. Follow product directions for using on exposed skin and clothes. You can also treat clothing with 0.5% permethrin to keep ticks and mosquitoes away. Don't apply permethrin to your skin, though.

EPA-registered insect repellents may also contain other active ingredients. To learn more and explore products, visit [www.epa.gov/insect-repellents/find-repellent-right-you](http://www.epa.gov/insect-repellents/find-repellent-right-you).

Sources include: American Academy of Dermatology Association; Centers for Disease Control and Prevention; U.S. Food and Drug Administration



# Thinking about suicide? GET HELP NOW

Thoughts of suicide can be difficult to talk about. But speaking up could be a lifesaver.

Suicide claims the lives of more than 47,000 Americans per year. It's a serious threat for older people, just like younger ones. In fact, among men, those ages 75 and older have the highest suicide rate of any age group.

## What to watch for

These are some signs of an increased risk for self-harm:

- Talking about wanting to die, having no reason to live or being a burden to others
- Looking for a suicide method
- Increasing alcohol or drug use
- Withdrawing from others or feeling isolated
- Acting reckless, anxious or agitated
- Having bouts of rage or extreme mood swings

Often, a painful loss or stressful life change can also contribute to suicide risk.

**Sources include:** National Institutes of Health; Substance Abuse and Mental Health Services Administration

## Where to find help

If you are experiencing distress:

- Call the National Suicide Prevention Lifeline at 800-273-TALK (800-273-8255) for confidential, 24/7 support. TTY users, call 711. Starting July 16, you can also reach the Lifeline by simply calling 9-8-8. *If there is an immediate danger that you might hurt yourself or others, call 9-1-1 instead.*
- Contact your health care provider to discuss your concerns. Your provider can help you figure out what steps to take next.
- Share your feelings with a trusted friend or family member. Having someone in your corner can make a big difference.

What if you see concerning signs in someone else? Don't be afraid to ask directly if they are thinking about suicide. Just asking the question won't put ideas into their head. Help them reach out for the support they need.

*continued from Page 12*

**The Doctor's Office:**  
*"A closer look at arthritis"*

## Self-care tips

Across the board, exercising consistently and staying at a healthy weight can help ease joint pain. If you have gout, experts also recommend cutting back on alcohol, drinking plenty of water and limiting foods that are high in purine, such as:

- Red meat
- Shellfish
- High-fructose corn syrup

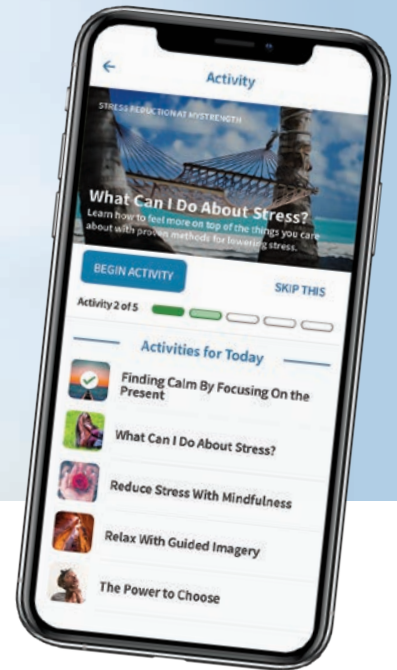
And for those with OA or RA, try these tips:

- **Balance activity with rest.** Switch between the two to reduce stress on your joints.
- **Use canes, crutches or walkers as needed to keep weight off certain joints.** These devices can also improve balance.
- **Take advantage of adaptive equipment.** Reachers, grabbers and dressing aids help make daily activities easier.

Whether you're concerned about new symptoms or already have arthritis, partnering with your health care provider is key to easing pain and improving your quality of life.

**Sources include:** American College of Rheumatology; Arthritis Foundation; Centers for Disease Control and Prevention; National Institutes of Health

# Unique program SUPPORTS EMOTIONAL HEALTH



Having trouble sleeping at night? Need tips to learn how to overcome physical and emotional challenges, including stress, anxiety, sleep, depression, mindfulness, chronic pain and substance use? Blue Cross Blue Shield of Michigan and Blue Care Network Medicare Advantage members have access to myStrength by Livongo. This unique program empowers you to live better with activities, support, uplifting stories, videos, daily inspiration and more. It's available at no cost to you.

What can you receive through myStrength? Medicare

Advantage members receive a customized program in their chosen area of focus. Members can track their mood and sleep, manage stress or set realistic goals. All the information is available 24 hours a day, seven days a week through an online account and mobile app. Although members can access information both online and through the mobile app, downloading the mobile app provides quick and easy access to information and resources, whenever you need it.

And, best of all, your information is kept private, safe and secure. We take your privacy seriously. Your health

information is protected through federal and state laws, including the Health Insurance Portability and Accountability Act.

It's easy and takes only a few minutes to register. Visit [strength.livongo.com/BCBSM-MA/register](https://strength.livongo.com/BCBSM-MA/register) and use registration code BCBSM-MA. Answer a few questions to register. You may also enroll by calling Livongo Member Support at 1-855-578-2650, 24 hours a day, seven days a week. TTY users, call 711.

Livongo has been retained by Blue Cross Blue Shield of Michigan and Blue Care Network to provide behavioral health services and resources to select Medicare Advantage members with Blue Cross and Blue Care Network coverage.

# Summer of music trivia

How well do you know the sounds of summer?

1. Who sang *Summertime Blues*, which peaked at number 8 on Billboard's Hot 100 in 1958?  
(a) Bobby Darin (b) Eddie Cochran  
(c) Chuck Berry
2. In 1964, what Motown recording artist's signature song was *Dancing in the Street*?  
(a) Martha and the Vandellas  
(b) The Commodores (c) The Marvelettes
3. *Rockaway Beach*, a 1977 hit, was a tribute to a beach in Queens, New York, by what group?  
(a) Blondie (b) Pink Floyd (c) The Ramones
4. What crooner's song, *Summer Love*, was featured in *The Jazz Singer* in 1980?  
(a) Neil Diamond (b) Frank Sinatra  
(c) Johnny Mathis
5. What singer's first song was *Here Comes Summer*, which reached number 14 in 1959 on Billboard's Hot 100?  
(a) Pat Boone (b) Jerry Keller  
(c) Ricky Nelson
6. Who sang the 1964 hit *Under the Boardwalk*, which was listed in *Rolling Stone* as one of the "Greatest Songs of All Time"?  
(a) The Platters (b) The Drifters  
(c) The Temptations
7. *You Are the Sunshine of My Life*, released in the summer of 1973, was the first number one song on the Easy Listening charts for what Motown singer?  
(a) Smokey Robinson (b) Marvin Gaye  
(c) Stevie Wonder
8. *The Boys of Summer* was a hit in 1984, landing at number five on Billboard's Hot 100, for what recording artist?  
(a) Don Henley (b) Kenny Loggins  
(c) Joe Cocker
9. The 1959 instrumental tune *A Summer Place* was recorded by who?  
(a) Duane Eddy (b) Percy Faith  
(c) Floyd Cramer
10. Released in 1979, *Summer Lady* was a hit for which singer who made his band one of the most innovative in rock history?  
(a) Tony Orlando (b) José Feliciano  
(c) Carlos Santana
11. Who sang *Palisades Park*, a tribute to an amusement park in New Jersey, in 1962?  
(a) Freddie Cannon (b) Jan and Dean  
(c) Neil Sedaka
12. What group recorded *Summer Nights* in 1986, with "Summer nights and my radio" as the first line of the chorus?  
(a) ABBA (b) Boz Scaggs (c) Van Halen

Answers on Page 19





## TAKE STEPS TO PREVENT FALLS

Falling isn't just a matter of bruised pride. One in five falls causes serious harm, such as a broken bone or head injury. These injuries may make it difficult to do everyday activities. Stumbles, missteps, trips and slipping off seating, toilets and beds may also result in injuries.

Luckily, many falls, slips and trips are preventable. Here's how to avoid a nasty spill.

### Fall-proof your home

The first step is to give your house a safety makeover. You can prevent slips by:

- Improving the lighting
- Removing throw rugs
- Keeping stairs free of clutter
- Installing grab bars in the bathroom
- Wearing well-fitting shoes

### Rx fall prevention

Some medicines have side effects that may affect your

balance or vision, or cause drowsiness. All increase your risk of falling. These are a few examples:

- Antidepressant and anti-anxiety medications
- Blood-pressure lowering drugs
- Muscle relaxants
- Some pain pills
- Sleeping pills

Talk with your health care provider about all prescription and over-the-counter medicines you take. Sometimes, an adjustment in dose or change of drug makes all the difference.

### Voice your concerns

Speak up if you fall or feel unsteady. Your provider can assess your risk, discuss fall prevention and treat underlying conditions.

These are questions you may want to ask:

- Would exercise or physical therapy be good for my balance?
- Do I need to get my vision and hearing checked?
- Would a cane or walker be helpful for me?

Falling head over heels is only good for romance. The rest of the time, the strategies mentioned in this article may help you stay safely on your feet.

**Sources include:** American Academy of Family Physicians; American Geriatrics Society; Centers for Disease Control and Prevention; National Institutes of Health; U.S. Food and Drug Administration

## Lower your risk TODAY

- Get up slowly from a sitting position.
- Use handrails when going up and down stairs.
- Wear shoes with low heels and good support.
- Use a cane to help with walking.
- Prevent falls further by improving your balance. Try standing on one foot, walking in a straight line — heel-to-toe — or doing tai chi to strengthen your lower body. For video tutorials of helpful exercises, visit [www.nia.nih.gov/health](http://www.nia.nih.gov/health) and click on *Exercise and Physical Activity*. More information on falls can also be found at [www.cdc.gov/falls/facts.html](http://www.cdc.gov/falls/facts.html).



# The highs and lows of blood pressure

**M**anaging your blood pressure is an important step toward good health. But it can be hard to know what a healthy range is — and how your measurements stack up against it. Here are the blood

pressure basics you need to understand your numbers.

## **Learn the essentials**

Your heart pumps blood into your arteries with each heartbeat. Blood pressure refers to the force of your blood

pushing against the artery walls.

To measure your blood pressure, your health care provider will wrap an inflatable cuff around your arm. Using a stethoscope to listen to your heart sounds, they'll inflate the cuff and then release air.

Your provider will record two numbers:

- **Systolic pressure (the top number)**, or the pressure inside the arteries when your heart beats
- **Diastolic pressure (the bottom number)**, or the pressure between beats when your heart is at rest

Blood pressure is measured as millimeters of mercury (mmHg). A normal blood pressure reading is lower than 120/80 mmHg.

### When blood pressure is too high

If your numbers are above normal, it means blood is moving through your arteries at a higher pressure.

Blood pressure measurements are classified as:

- Elevated, when systolic pressure is between 120 and 129 with a diastolic pressure of lower than 80
- High, when systolic pressure is 130 or higher with a diastolic pressure of 80 or higher

High blood pressure often has no symptoms, so it's important to have your numbers checked

regularly and take medications as prescribed. Left untreated, high blood pressure can lead to other health conditions, including heart attack, heart disease, stroke and kidney disease.

### Why low blood pressure matters

Low blood pressure is defined as any reading lower than 90/60 mmHg. Having consistently low blood pressure can prevent your organs from getting enough nutrients or oxygen.

Some people naturally have low blood pressure. Others experience it due to medications or conditions such as pregnancy, diabetes, dehydration or heart problems. It often goes unnoticed, but some feel light-headed, tired or weak.

Depending on symptoms, your provider may instruct you to drink more fluids, take medicines to raise your blood pressure or adjust medicines that cause low blood pressure.

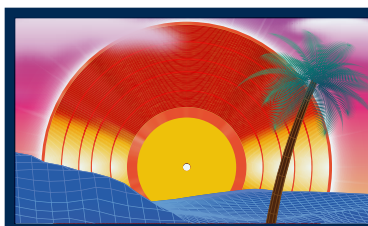
## Blood pressure maintenance check

Controlling your blood pressure is a commitment that won't always feel easy. But it will be worth the effort. These steps can help you manage it:

- Eat a heart-healthy diet that limits salt and alcohol.
- Exercise for at least 150 minutes each week.
- Target a healthy weight.
- Quit smoking.
- Manage stress.
- Get quality sleep.

Prescription medication is likely part of your treatment plan. Always take your medication as directed by your provider and fill prescriptions right away.

**Sources include:** Centers for Disease Control and Prevention; National Institutes of Health



## Summer of music trivia

Answers from Page 16:

1. b, 2. a, 3. c, 4. a, 5. b, 6. b, 7. c, 8. a, 9. b, 10. c, 11. a, 12. c

# We're here for you on the go



There are several ways you can get information about your health plan, even when you're out and about.

## Create an online account

It's easy to manage your Medicare Advantage health plan when you have a secure online member account on [www.bcbsm.com/medicare](http://www.bcbsm.com/medicare).

Once you're registered, you'll be able to:

- Check your coverage information
- Review claims and *Explanation of Benefits*
- Track your 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](http://www.bcbsm.com/register) and click on *Register Now*. Have your member ID card handy because you'll need some information on it 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](http://www.bcbsm.com/medicare).

## Download our mobile app

Our mobile app gives you a quick way to view your plan information.

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 appointment.

Download our mobile app from the App Store or Google Play.\* For more information on downloading the app, visit [www.bcbsm.com/app](http://www.bcbsm.com/app).

## Give us a call

If you'd prefer to 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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# Delicious summer picks now in season

Naturally low in calories, fat and sodium, fresh fruits and vegetables contain many of the nutrients your body needs to work as it should. Varying your picks will help you get a range of key nutrients, such as:

- **Potassium** for nerves and muscles, including the heart
- **Vitamin A** for eyes, skin and the immune system
- **Vitamin C** to aid iron absorption and support the immune system
- **Calcium** for stronger teeth and bones
- **Fiber** to aid digestion and weight control

Bonus: The extra water from these foods can help keep you hydrated. Not getting enough water can lead to overheating, constipation, changes in mood and kidney stones.

In season through at least September, add these versatile options to your shopping list:

## Kale and spinach

These leafy greens offer calcium and fiber, potassium and vitamins A and C. Kale also offers a higher amount of vitamin K than many other vegetables. This vitamin helps the body

heal and blood clot normally. Spinach has iron, which supports the creation of some hormones and the cells that carry oxygen from the lungs to the rest of the body.

*Choose dark-colored bunches free of discolored leaves and insect damage.*

## Melons

These flagship summer fruits are full of water, potassium and vitamins A and C:

- **Watermelon:** When ripe, thumping it produces a dull, hollow sound. A creamy yellow spot on the bottom is OK. That's from sitting on the ground.
- **Honeydew:** Choose one that's almost round with a waxy, firm surface.
- **Cantaloupe:** Look for a symmetrical melon with yellow or cream undertones.

*All three should be heavy for their size and free of bruises.*

**Sources include:** Centers for Disease Control and Prevention; National Institutes of Health; Produce for Better Health Foundation; U.S. Department of Agriculture





## Meatloaf with hidden veggies

**Servings: 8**

### Ingredients

1 lb. lean ground turkey  
1 cup grated zucchini (about one medium zucchini)  
½ cup grated carrots (about one medium carrot)  
½ cup grated yellow onion (about one medium onion)  
1 cup uncooked oats  
2 egg whites  
1½ tsp. Italian seasoning  
½ tsp. garlic salt  
½ cup tomato sauce

### Nutritional information per serving:

190 calories, 6 g fat, 2 g saturated fat, 0 g trans fat, 45 mg cholesterol, 189 mg sodium, 19 g carbohydrates, 3 g fiber, 4 g sugar and 15 g protein.

### Directions

1. Preheat the oven to 350 degrees. In a large bowl, mix all the ingredients except for the tomato sauce until completely combined.
2. Shape into a loaf and place into a 9-by-5-inch loaf pan. Spread the tomato sauce evenly on top of the loaf.
3. Bake for 60 minutes.

## Peach-berry crisp

**Servings: 6**

### **Ingredients**

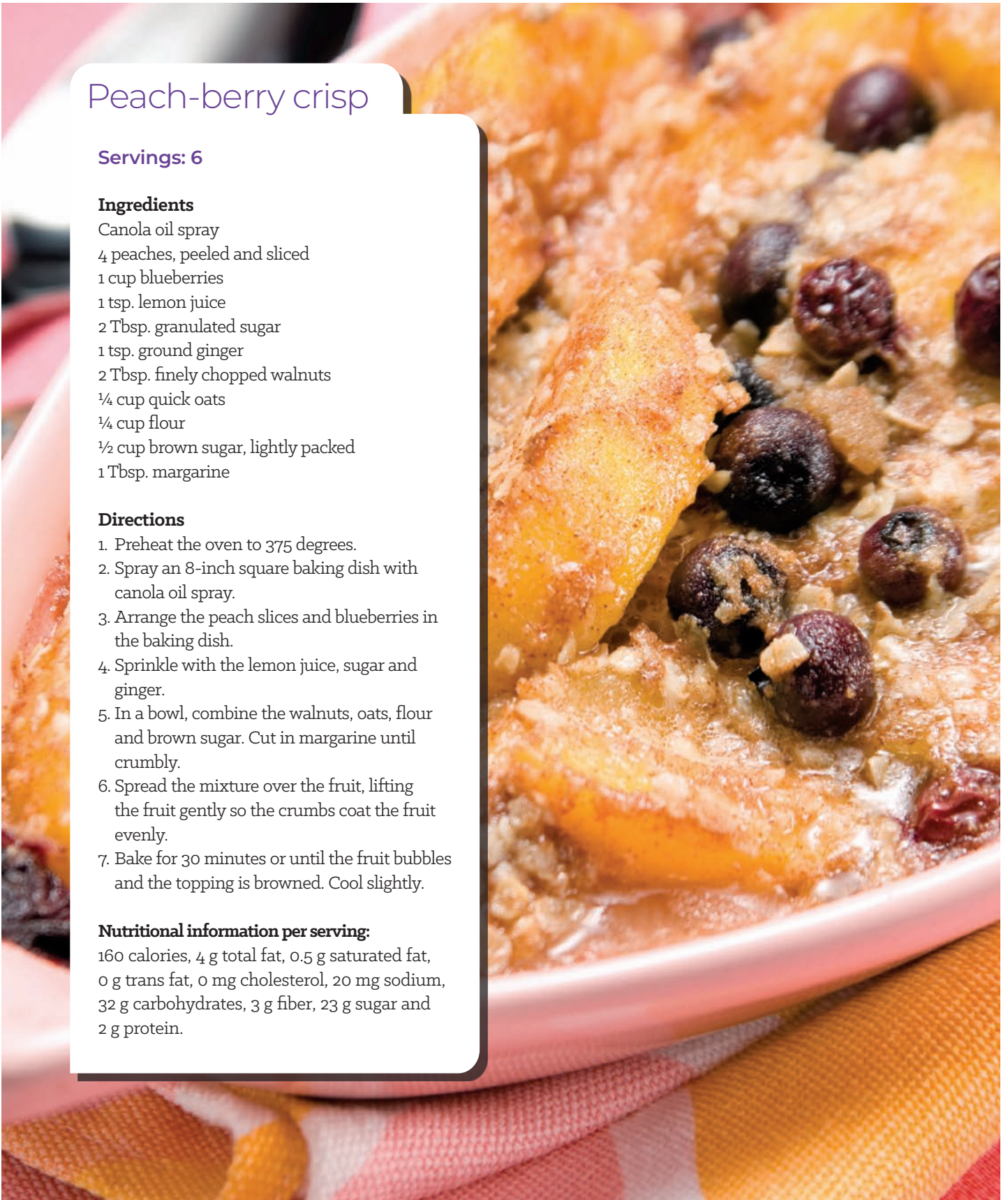
Canola oil spray  
4 peaches, peeled and sliced  
1 cup blueberries  
1 tsp. lemon juice  
2 Tbsp. granulated sugar  
1 tsp. ground ginger  
2 Tbsp. finely chopped walnuts  
¼ cup quick oats  
¼ cup flour  
½ cup brown sugar, lightly packed  
1 Tbsp. margarine

### **Directions**

1. Preheat the oven to 375 degrees.
2. Spray an 8-inch square baking dish with canola oil spray.
3. Arrange the peach slices and blueberries in the baking dish.
4. Sprinkle with the lemon juice, sugar and ginger.
5. In a bowl, combine the walnuts, oats, flour and brown sugar. Cut in margarine until crumbly.
6. Spread the mixture over the fruit, lifting the fruit gently so the crumbs coat the fruit evenly.
7. Bake for 30 minutes or until the fruit bubbles and the topping is browned. Cool slightly.

### **Nutritional information per serving:**

160 calories, 4 g total fat, 0.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 20 mg sodium, 32 g carbohydrates, 3 g fiber, 23 g sugar and 2 g protein.



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# Plan your day for a good night's sleep

**Good sleep is essential.** When you're well-rested, you can make smarter decisions. You'll lower your risk of heart disease, high blood pressure, diabetes and stroke. Plus, your immune system stays stronger, setting you up for better protection from infections.

If you can't seem to nod off at night, try prepping for bedtime while the sun's still out. Here's how.

### Daytime habits

Wake up around the same time each morning and seek sunshine. Natural light syncs your biological clock, so you're alert during the day and sleepy at night.

Finish your exercise early. Similarly, cut off caffeine and naps after mid-afternoon.

### Leading up to bed

Avoid large meals and alcoholic drinks near bedtime. Create a presleep ritual. Take 30 minutes to listen to music, have a bath or meditate.



### During the night

Get out of bed if you wake up for more than 20 minutes. Do something relaxing, like reading a book, until you feel tired.

### When to get help

If you still have trouble falling or staying asleep regularly, talk with your health care provider. Treatment can improve many sleep disorders, often without medication.