

IT'S TIME FOR YOUR ANNUAL WELLNESS VISIT

Each year it is important to see your primary care provider to review your health history, make sure that you receive the preventive care services needed to stay well and to prevent future health problems.

During your annual wellness visit, you can expect your healthcare provider to:

- Review your health history.
- Complete a full physical exam.
- Determine any health-related risks to your well-being.
- Review all prescribed and over-the-counter medications you are taking.
- Make sure that you receive important immunizations.
- Review and order important preventive care screenings.
- Perform a “cognitive assessment” to look for signs of Alzheimer’s or other dementia so prompt action can be taken if needed.
- Collect information that will allow your provider to coordinate care with any specialist and other members of your care team.
- Obtain advance directives, which allows you to inform your provider about how you want your health care to proceed in the event you become unable to speak for yourself.

Your annual wellness visit allows you to be your own health care advocate. Together, you and your provider make decisions about what you need to do to be healthier and stay well.

Your provider has taken steps to make sure your visit to their office is safe, so don’t delay! Putting off this important care can put your health at risk, so call your provider today to schedule your annual wellness visit.



Inside this issue:

- It's Time for your Annual Wellness Visit
- What You Need to Know About the COVID-19 Vaccine
- Follow Your Heart to Healthy Habits
- Prevention is the Key to Your Health
- Member Safety Tips
- Managing Your Medical Bills
- Brain Activities
- Join the Community Ambassador Program
- In the Kitchen with Joyce
- Health and Wellness Information from AgeWell New York is at Your Fingertips

AgeWell New York offers Medicare Advantage Prescription Drug Plans and Managed Long Term Care Plans

Health plan options for those with:

- Medicare
- Medicare and Medicaid
- A Medicaid Advantage Plus (MAP) Plan for those who need community based long term care services and supports in the home

MLTC Toll Free 1-866-586-8044 • Monday-Friday from 8:30 am - 5:00 pm

Medicare Toll Free 1-866-237-3210 • 7 days a week from 8:00 am - 8:00 pm

Note: From April 1 to September 30, we may use alternate technologies on weekends and federal holidays.

TTY/TDD 1-800-662-1220

info@agewellnewyork.com

agewellnewyork.com





David Lichtenstein, MD
MEDICAL DIRECTOR

WHAT YOU NEED TO KNOW ABOUT THE COVID-19 VACCINE

AgeWell New York consistently strives to provide you with the highest level of quality care. Our focus will always be your safety, health and well-being. The struggles brought about by the COVID-19 pandemic have shaken us all but with the availability of a vaccine, I am certain we will soon see the end of this pandemic.

Understandably, there may be reluctance to try a new medication or vaccine. You may ask yourself, “Why take a risk with this new vaccine which was developed in less than a year?” The risks of getting severely sick with COVID-19 is very high particularly among the 65 to 85-year age group. Both Pfizer and Moderna vaccines have a very low side effect profile and are 95% safe and effective against COVID-19.

The following programs are in place to monitor the safety of the vaccine:

- You will be observed for 15 to 20 minutes after receiving the vaccine.
- V-safe is a voluntary smartphone-based tool that checks in on you after your COVID-19 vaccination.
- You may report an adverse event using the VAERS online form or the downloadable PDF by visiting www.vaers.hhs.gov.

Please consider your medical risk factors. Reach out to your primary physician to see if the COVID-19 vaccine is recommended for you. We care about your health and well-being. Thank you and stay safe.

Call the New York State COVID-19 vaccination hotline at 1-833-NYS-4-VAX (1-833-697-4829) to determine if you are eligible and to schedule a vaccination appointment. Or visit www.covid19vaccine.health.ny.gov for the latest information from the NY State Department of Health. COVID-19 is still a threat. While the vaccination process is underway, every New Yorker should continue to wear a mask, social distance and avoid gatherings.

FOLLOW YOUR HEART TO HEALTHY HABITS

Your lifestyle, age and family history can increase your risk for heart disease, which is the leading cause of death in the United States. Heart disease occurs when fatty deposits build up in your arteries. When this happens, your arteries can narrow over time, reducing blood flow to the heart. To keep your heart healthy and function as well as it should, it needs a supply of oxygen-rich blood. Follow these tips to manage your heart health and reduce your risk for heart disease:

- Maintain a healthy lifestyle. Smoking is one of the major risk factors for heart disease. If you smoke, create a plan to quit by contacting a smoking coach at 1-800-QUIT-NOW (1-800-784-8669).
- Exercise daily as tolerated. This will help you manage your stress, weight, and blood pressure and help your heart perform well as you age.
- Eat a healthy, well-balanced diet. Add some red foods to every meal. Think strawberries, tomatoes, apples and red peppers. Aim for 5-7 servings of fruits and vegetables daily. Eat lean protein rich foods to make your stomach feel full longer, keep blood sugar stable and prevent you from overeating.
- Always control your portion sizes. How much you eat is just as important as what you eat.
- Reduce intake of foods high in saturated fats, trans fats, salt, and refined sugar. Avoid fried foods. This will help lower your bad cholesterol and raise your good cholesterol level. High blood pressure and high blood cholesterol level is another major risk factor for heart disease.
- Take your medications regularly as directed by your doctor. Keep up with your preventive screening. This is important in identifying early signs and symptoms of a disease. Keep up with scheduled visits to your primary doctor and specialists (cardiologist, endocrinologist, dentist, eye doctor, podiatrist and audiologist).
- Ask your doctor about the benefits of taking statins, a medication that will help lower your cholesterol level. (Simvastatin, Atorvastatin).



- Let go of stress. Learn to meditate.
- Get enough rest and sleep.
- If you or someone around you experiences the following signs and symptoms, please call 911 immediately.
 - Chest pain or discomfort that doesn't go away after a few minutes.
 - Pain or discomfort in the jaw, neck, or back.
 - Weakness, light-headedness, nausea (feeling sick to your stomach), or a cold sweat.
 - Pain or discomfort in the arms or shoulder and shortness of breath.

PREVENTION IS THE KEY TO YOUR HEALTH

It has never been more important to receive all the preventive care screenings needed to keep you well and prevent the development of disease. Here's a quick guide to help you make the most of your visit with your health care provider and ensure that you receive all the preventive care needed to keep you healthy. **This guide may not include all the screenings that are best for you so be sure to review the list with your provider.**



Key Preventive Screenings	Who Should Receive it?	Why and How Often?
Blood Pressure Reading	Everyone	Yearly and more often if your provider tells you that your blood pressure is high. There is good evidence that screening and treatment of high blood pressure greatly reduces the risk for cardiovascular illness.
Breast Cancer Screening: Mammography	Women aged 50-74	Every two years Early detection of breast cancer makes it easier to treat and saves lives.
Care for Older Adults: <ul style="list-style-type: none"> • Advanced Care Planning • Medication Review • Functional Status Assessment • Pain Assessment 	Everyone aged 66 and older	Yearly These simple screenings give your healthcare team important information about how best to meet your medical needs.
Colon Cancer Screening	Everyone aged 50 to 75	There are many types of screenings for colon cancer, including types that are noninvasive. Discuss all the options with your provider as each type of colon cancer screening is offered at a different frequency and will depend on your level of personal risk. Some colon cancer screenings can prevent future development of colon cancer in some patients. If colon cancer is found, early detection increases your chances for successful treatment.
Depression Screening	Everyone	Yearly Maintaining mental health in these challenging times is important. Your provider has a simple tool that reveals if you are experiencing the effects of depression and he or she can help you take steps to feel better.
Diabetes Screening	Everyone	Yearly More than 34 million Americans have diabetes. Without diagnosis, diabetes can become uncontrolled and lead to heart disease, vascular disease, kidney failure, blindness or limb amputation.
Eye Exam	Everyone	Yearly Your eyesight is important, and your eye doctor will want to screen for glaucoma and other diseases of the eye to protect your vision. If you have diabetes, screening for diabetic eye disease (retinopathy) is critical.
Urinary Incontinence	Everyone	Anytime You Have Urinary Leakage Make sure to talk to your provider if you have any leaking of urine. If you do, there is help!

MEMBER SAFETY TIPS



Many of these dangerous situations can be avoided if the proper precautions are taken. Remember to plan ahead for your safety and well-being.

Safety is an important part of living well and aging well. Each season brings new hazards to the senior population. To avoid a dangerous situation that may have a negative impact on your health, AgeWell New York offers the following tips to stay safe throughout the year:

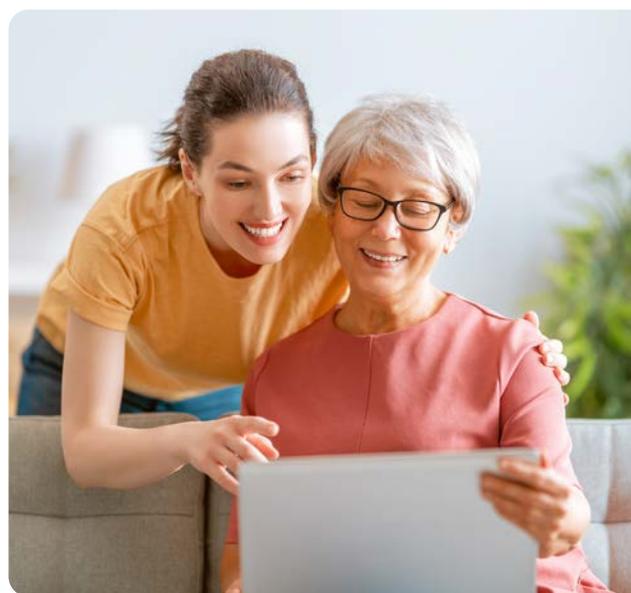
- It's still **winter** in New York and the cold weather can cause many threats to your safety. Avoid freezing temperatures by staying indoors or dress in layers when going outside. This includes a heavy coat, gloves, hat, scarf and thick socks. Beware of snow and ice by watching where you step, wearing the proper footwear and asking for assistance.
- *April showers bring May flowers.* That's how the saying goes. Rain in the **spring** can cause grass and walkways to become slippery. Avoid falls by using handrails, wearing slip-resistant shoes, and using a cane or walker if necessary. If you or your loved one will be driving during the rainy season, be sure to have effective windshield wipers and tire treads.
- Although **summer** still seems far away, planning is a great way to be prepared! In the hotter months, you should wear light clothing and hats outside, apply sunscreen and stay hydrated. Be sure to check that your medications don't interact with sunlight and avoid bug bites by wearing repellent.
- During the **autumn** months, you should steer clear of leaf piles and wet leaves, which are a fall hazard. It's also a great time for fall cleaning. Getting organized can reduce clutter which can lead to trip and falls. With less daylight, make sure your indoor and outdoor living space is properly lit and if you use timers, adjust the time as it gets dark earlier.

MANAGING YOUR MEDICAL BILLS

If you're a member of an AgeWell New York Medicare Advantage Prescription Drug Plan or have another Medicare plan,* you are protected from balance billing. That means that providers can only bill you for the amounts outlined in your plan (see Evidence of Coverage listed on our website at agewellnewyork.com). When you receive a bill from your provider, review the statement to ensure it reflects the services you received and that the provider only bills you for co-payments, deductibles or coinsurance (cost sharing). *If you have Medicare coverage with another provider, please review their Evidence of Coverage for plan details.

If you have any questions about a bill, you can send a copy to AgeWell New York for review. Be sure to keep a copy for yourself. You can mail or email copies to AgeWell New York, 1991 Marcus Ave Suite M201, Lake Success, NY 11042 or MemberBills@agewellnewyork.com.

You can also call us with questions at 866-586-8044. Be sure to provide us with details from the statement so we can properly investigate and follow up. We will need the provider name, account/invoice number, date(s) of service, charges, the balance indicated as patient responsibility, and contact information listed on the statement.

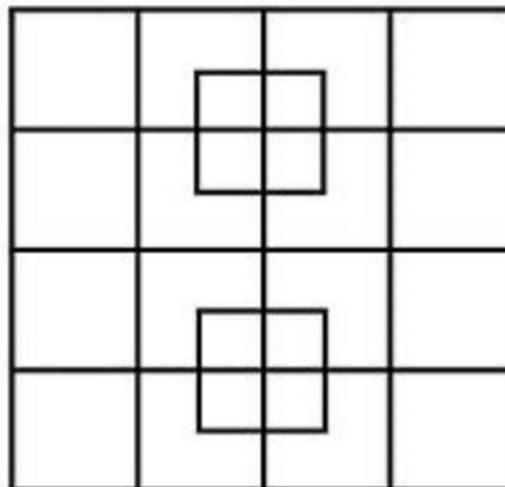


BRAIN ACTIVITIES

WINTER WORD SCRAMBLE

gdelsidn _____
loeshv _____
wons _____
farsc _____
ttiemsn _____
drazzibl _____
newrit _____
docl _____
woamnns _____

HOW MANY SQUARES ARE THERE?



Total Squares: _____

JOIN THE AGEWELL NEW YORK COMMUNITY AMBASSADOR PROGRAM

As a member of the Community Ambassador Program (CAP), you can help AgeWell New York meet the needs of the communities we serve. Your voice can really make a difference in improving health care for your fellow New Yorkers. This volunteer program will give you a better understanding of the health care system and will assist AgeWell in continually improving services by sharing your insight.

For more information, contact your care manager or wellness coach or contact us at **866-586-8044** or info@agewellnewyork.com. We look forward to hearing from you!

IN THE KITCHEN WITH JOYCE



ZUCCHINI PIE

Ingredients

3 cups zucchini with skin, diced
1 large onion, diced
½ cup parmesan cheese
1 cup shredded mozzarella
½ cup vegetable oil
1 cup Bisquick
4 eggs, beaten
Pinch of parsley and pepper

Eating nutritious meals promotes a healthy lifestyle. Enjoy this recipe from the AgeWell New York staff. Eat well, live well, feel well, age well.

Directions

Mix all ingredients in a large bowl.
Grease a 9x9 baking pan.
Bake at 350 degrees for 40 minutes or until lightly golden brown.



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HEALTH AND WELLNESS INFORMATION FROM AGEWELL NEW YORK IS AT YOUR FINGERTIPS

Visit agewellnewyork.com for information on:

- Health plans and benefits
- Provider and pharmacy directories
- Community resources
- The latest health care news
- Information about upcoming events
- Tips for healthy living
- And more

AgeWell New York strives to ensure that our website is accessible to everyone. It serves readers in 14 languages and contains accessibility adjustments for people with disabilities. Discover how to live well, feel well and age well in New York.

AgeWell New York is excited to announce the new location of our Bronx office at 1120 Morris Park Avenue, Suite 3B, Bronx, NY 10461. We will continue to provide the Bronx community with easy access to our services.

AgeWell New York hosts quarterly MLTC Enrollee Advisory Committee (EAC) meetings to effectively engage enrollee/members and family representatives to obtain feedback, work in partnership with the full range of stake holders and earn the public's trust by being transparent and accountable in how AgeWell New York operates. To participate in the next meeting, please contact your care manager.

ANSWERS TO BRAIN ACTIVITIES:

WINTER WORD SCRAMBLE ANSWER KEY

sledding
shovel
snow
scarf
mittens
blizzard
winter
cold
snowman

HOW MANY SQUARES ANSWER KEY

tiny squares: 8
single squares: 18
2x2 squares: 9
3x3 squares: 4
4x4 squares: 1
TOTAL SQUARES: 40