

Medicare Advantage

# THE PULSE

Medicare Advantage Member Newsletter

NEW YEAR  
NEW BENEFITS

SILVER & FIT  
ENHANCED DENTAL  
BENEFITS

# HELLO 2023!

**TRIVIA & SEASONAL  
RECIPES INSIDE!**

# WHAT'S INSIDE

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## HELLO 2023

We're happy to have you as a valued member for 2023!

We strive to provide great service to support your health goals and meet your health needs. Thank you for choosing to be a member of our Medicare Advantage plan. We look forward to a happy and healthy 2023 with you!

## YOUR PARTICIPATION MAKES A DIFFERENCE!

Be on the lookout for the annual Consumer Assessment of Healthcare Providers and Systems® Health Plan Survey.

Within the next few weeks, you may get a call or a survey in the mail asking you to participate in this year's survey provided by the Centers for Medicare & Medicaid Services. If you do, please respond. We use your feedback to improve your experience.

Here are customer comments and how we used last year's survey responses:



**"Local service is important to me."**

We hired additional staff to answer member calls, and 100 percent of our customer service team is **in South Carolina!** This team works hard and takes pride in helping their neighbors get the best service and care.



**"I need better dental coverage."**

For 2023, all preferred provider organization (PPO) plans come with **more comprehensive procedures** and **bigger allowances**. We want you to have peace of mind when it comes to dental visits.

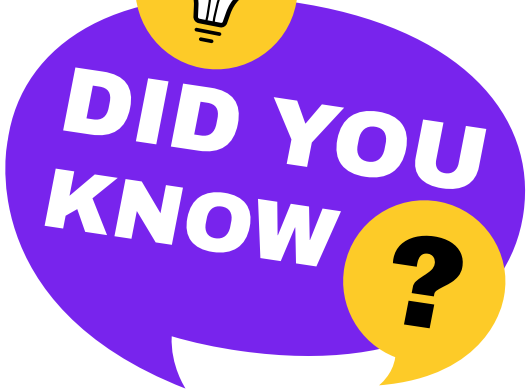


**"I want better access to care."**

We want you to be able to **get care quickly** when you need it. That's why we are here to help you navigate the health system and will happily schedule appointments for you to save you time and effort.

We offer telehealth visits through **Blue CareOnDemand<sup>SM</sup>** to give you fast, easy access to care. Using your phone or computer, you can quickly see a doctor for nonemergency issues like cold and flu symptoms, rashes or other skin irritations, urinary tract infections, and more.

Get care now by visiting [www.BlueCareOnDemandSC.com](http://www.BlueCareOnDemandSC.com), or download the mobile app from the App Store or Google Play.



## TRIVIA TIME!

1. How much was the average price of gas in 1970?
2. What was the most popular name for girls in 1960?
3. What brand had the first commercial for TV dinners?
4. What are the first names of the four members of the Beatles?
5. What was the name of the ranch in “Bonanza”?
6. In 1951, the Topps company first released what form of collectible items?
7. What 1946 film features an angel named Clarence?
8. Where could budding biologists order Sea Monkeys?
9. What was a popular boy’s hairstyle in the 1950s?

## MEDICATION ADHERENCE



Medication adherence refers to taking your medications as your doctor or pharmacist recommends.

### These things lead to nonadherence:

- ◆ Not refilling a prescription
- ◆ Stopping a medication before the course of therapy is complete
- ◆ Taking more or less of a medication than prescribed
- ◆ Missing a dose

### Why is this important?

Not taking your medicine as prescribed may lead to longer or more serious illnesses, unnecessary disease progression, disease complications, or a lower quality of life. It may mean you don’t get the full relief the medicine is supposed to provide.



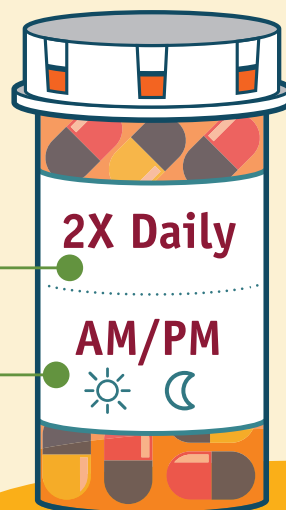


## Let's talk about **MEDICATION ADHERENCE**

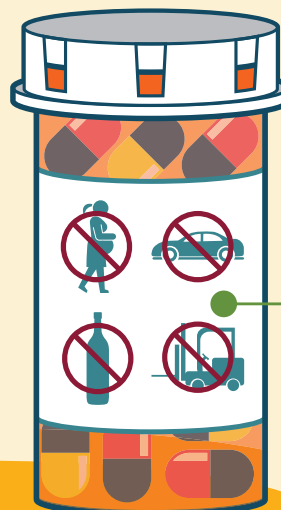
If you **SKIP, CHANGE,  
OR IGNORE YOUR  
MEDICINE**, it can be  
**BAD FOR YOUR HEALTH.**

**TAKE YOUR MEDICINE...**

...in **RIGHT  
DOSES**



...the  
**RIGHT WAY**



...at the  
**RIGHT TIME**

## **HELPFUL TIPS**



Use a **WEEKLY  
PILLBOX**



**CREATE REMINDERS**  
with notes or alarms



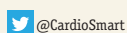
**ASK YOUR CARE TEAM**  
whether to take your  
medicine with or  
without food



**BRING A LIST  
OF ALL YOUR  
MEDICINES** to  
every health visit

Information provided for educational purposes only. Please consult your health care provider about your specific health needs.

Go to **CardioSmart.org/Meds** for more tips about how to keep track of your medicine.



@CardioSmart



Facebook.com/CardioSmart

If you would like to download or order additional posters on various topics, visit [CardioSmart.org/Posters](http://CardioSmart.org/Posters)

# Something for Everyone<sup>®</sup>

The Silver&Fit<sup>®</sup> Healthy Aging and Exercise program supports every unique member.

Enjoy all of the following, anytime, anywhere, at no cost to you:



### On-Demand Workout Videos

Go to [www.SilverandFit.com](http://www.SilverandFit.com) or download the ASHConnect<sup>™</sup> mobile app to find workout videos for all fitness levels.



### Healthy Aging Coaching

A certified health coach will help you meet your fitness, nutrition, and lifestyle goals during scheduled phone, video, or chat sessions.



### Workout Plans

Answer a few online questions about your fitness level and goals to get workouts to help you start an exercise routine.



### Well-Being Club

Learn new skills and focus on well-being by:

- Connecting with others
- Enjoying live-streaming classes and events on the Silver&Fit website
- Viewing exclusive articles and videos



### Standard Fitness Network Choices

Join one of thousands of participating fitness centers, many with exercise classes for older adults.



### Home Fitness Kits

Pick your favorite kit (one per benefit year):\*

- Fitbit<sup>®</sup> or Garmin<sup>®</sup> Wearable Fitness Tracker Kit
- Pilates Kit
- Beginner, Intermediate, or Advanced Strength Kit
- Beginner or Advanced Swim Kit
- Beginner or Intermediate/Advanced Yoga Kit

Go to [www.SilverandFit.com](http://www.SilverandFit.com) to get started today! For questions, call us toll-free at 833-762-0870 (TTY/TDD: 711), Monday through Friday, 8 a.m. to 9 p.m. Eastern time.

# Enjoy the Freedom of Home Fitness

The Silver&Fit® program helps you stay active! No matter where you live or where you like to work out, enjoy one Home Fitness Kit per benefit year.\*

Choose one kit from the following:

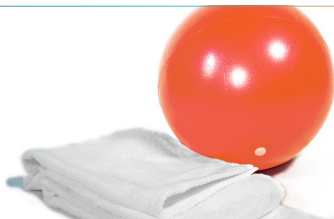
Fitbit® Wearable Fitness Tracker Kit



Garmin® Wearable Fitness Tracker Kit



Pilates Kit with a Pilates ball and towel



Beginner Strength Kit with 2-pound dumbbells and exercise bands



Intermediate Strength Kit with 3-pound dumbbells and exercise bands



Advanced Strength Kit with 5-pound dumbbells and exercise bands



Beginner Swim Kit with swimming goggles and a kickboard



Advanced Swim Kit with aquatic resistance gloves and a pull float



Beginner Yoga Kit with a mat and hand towel



Intermediate/Advanced Yoga Kit with a yoga strap and 2 yoga blocks





*Congaree National Park*

## SPRING IN SOUTH CAROLINA

For many of us, a new year means new health-related commitments. One way to keep those New Year's resolutions is to get outside and get active in whatever way works best for you. Spring is a great time to get outside and enjoy our beautiful state before the South Carolina summer heat rolls in!

**Did you know South Carolina has seven national historic sites and one national park? Have you been to any of these beautiful and historic locations?**

- ◆ Charles Pinckney National Historic Site.
- ◆ Cowpens National Battlefield.
- ◆ Fort Sumter and Fort Moultrie National Historical Park.
- ◆ Kings Mountain National Military Park.
- ◆ Ninety-Six National Historic Site.
- ◆ Overmountain Victory National Historic Trail.
- ◆ Reconstruction Era National Historical Park.
- ◆ The national park is Congaree National Park, which covers more than 26,000 acres. It is known for stunning views and geological features such as the Congaree River and Congaree Swamp. Millions visit the park each year to enjoy its natural beauty and fun activities.



# BlueCross BlueShield of South Carolina Medicare Advantage Dental Benefits



You deserve more.  
Savings, coverage and flexibility

**NEW** for 2023 all BlueCross PPO plans include dental benefits with additional comprehensive procedures added and BIGGER allowances. Your money will go farther with deep discounts from BlueCross in-network dentists on all covered procedures.

Get the dental coverage you deserve without the hassle of a restrictive network, additional paperwork or a higher premium. With over 1,300 dentists serving South Carolina, you can be sure you will get the care you need.

BLUECROSS PPO - DENTAL BENEFITS				
	Service	In-Network	Visits Per/Year	Out-of-Network
Preventive Dental	Oral Exams Cleanings	<b>\$0</b>	2 per/year	50%
	Dental X-rays	<b>\$0</b>	1 per/year	50%
Comprehensive Dental*	Restorative Endodontics Extractions Prosthodontics	Anesthesia Other Oral/Maxillofacial Surgery Other Services (e.g. deep cleanings, fillings, crowns, root canals, dentures, bridges)		50% (both in- and out-of-network)
Annual Allowance	BlueCross Total		\$3000	
	BlueCross Blue Basic		\$1000	
	BlueCross Total Value		\$2000	

\***All comprehensive services are a 50% coinsurance in-network.** In-network dentists will also apply a deeply discounted BlueCross rate. There is no waiting period. See EOC for a complete list of procedures.

BlueCross BlueShield of South Carolina is a Medicare Advantage PPO and HMO plan with a Medicare contract. Enrollment depends on contract renewal. Out-of-network/non-contracted providers are under no obligation to treat BlueCross members, except in emergency situations. Please call our customer service number or see your Evidence of Coverage for more information, including the cost-sharing that applies to out-of-network services. BlueCross BlueShield of South Carolina is an independent licensee of the Blue Cross and Blue Shield Association.

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# RECIPES



## Strawberry Shortcakes

### Good To Know

You won't believe this delicious, classic dessert is low in calories and in fat. You even have wiggle room to add a scoop of fat-free vanilla ice cream to top it off.

Makes 4 servings

Six ingredients are all you need for this quick and easy Strawberry Shortcake recipe. Store-bought individual cakes make prep time a breeze.

### Ingredients:

- ◆ 1 tablespoon calorie-free sweetener
- ◆ 1 tablespoon cornstarch
- ◆ 1 cup orange juice
- ◆ ¼ teaspoon vanilla or almond extract
- ◆ 1 ½ cups sliced fresh strawberries (about 1 pint)

### Instructions

Combine sweetener and cornstarch in a small saucepan. Stir in orange juice. Bring to a boil; cook, stirring constantly, 1 minute or until mixture is thickened and bubbly. Remove from heat and stir in extract. Cool completely.

Combine orange juice mixture and strawberries in a bowl; stir gently. Cover and chill 30 minutes.

### Tip:

This luscious sauce is also good spooned over no-sugar-added ice cream or fat-free pound cake.

(Recipe adapted from Southern Food Service)



## Grilled Chicken with Grilled Pineapple and Vegetable Salsa

Makes 4 servings

### Ingredients

Salsa:

- ◆ ½ whole cored pineapple
- ◆ ½ medium red bell pepper
- ◆ ½ medium green bell pepper
- ◆ ½ medium yellow onion
- ◆ 2 medium jalapeños (optional)
- ◆ 10 – 12 grape tomatoes
- ◆ 3 tablespoons chopped fresh cilantro
- ◆ 2 tablespoons fresh lime juice
- ◆ 1 teaspoon extra-virgin olive oil
- ◆ ¼ teaspoon salt

Chicken:

- ◆ 4, 4-ounce chicken breasts

### Instructions

Grill or roast pineapple and vegetables until grill marks are apparent. Set aside and let cool. When cool, dice all pineapple and vegetables and put in bowl. Add remaining ingredients, set aside.

Season chicken with salt and pepper and grill until done (internal temperature of 160 degrees). Serve on plate with ¼ cup of salsa and accompanying sides.

(Recipe adapted from Southern Food Service)



## Roasted Green Beans and Onions

Makes 4 servings

### Ingredients:

- ◆ Vegetable oil spray
- ◆ 12 ounces fresh green beans, trimmed
- ◆ 1 medium yellow onion, cut into 1/4 inch wedges
- ◆ 2 teaspoons extra virgin olive oil
- ◆ 1 teaspoon Dijon mustard
- ◆ 1/2 teaspoon dried tarragon
- ◆ 1/4 teaspoon salt
- ◆ 1/8 teaspoon dried red pepper flakes (optional)
- ◆ 2 tablespoons finely chopped parsley

### Instructions

Preheat the oven to 425 degrees. Lightly spray baking sheet with vegetable spray. Place the beans (be sure they are very dry) and onion wedges in a single layer on the pan. Liberally spray the vegetables with vegetable oil spray. Roast for 10 minutes. Stir. Roast for another 8 minutes, or until the vegetables begin to brown. Meanwhile, in a small bowl, stir together remaining ingredients, except the parsley. To serve, drizzle oil mixture over the vegetables, stir gently to coat and sprinkle with parsley.

(Recipe adapted from Southern Food Service)



Fort Sumter and Fort Moultrie National Historical Park

9. DUCKTAIL
8. ADS IN COMIC BOOKS
7. "IT'S A WONDERFUL LIFE"
6. BASEBALL CARDS
5. PONDEROSA
4. JOHN, PAUL, GEORGE AND RINGO
3. SWANSON
2. LISA
1. 36 CENTS PER GALLON

Trivia Time Answer Key

# THANK YOU FOR BEING A VALUED MEDICARE ADVANTAGE MEMBER.



## Medicare Advantage

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