

Medicare Advantage

THE PULSE

Medicare Advantage Member Newsletter

BENEFITS KEEP
GETTING BETTER

THE IMPORTANCE OF
VITAMINS: NOURISHING
YOUR WELL-BEING

BREAST CANCER
AWARENESS MONTH

FALL IS HERE!

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**Focus on what matters most.
We'll help with the rest.**

That's the Benefit of Blue.®



South Carolina

BenefitofBlueSC.com



YOUR BENEFITS KEEP GETTING BETTER

In 2024, your over-the-counter (OTC) benefits will include healthy food options!

Plan	OTC and Healthy Food Benefit	Annual Wellness Visit/Physical Reward	Total OTC Benefits (Includes All Quarterly Benefits and Annual Wellness Visit/Physical Reward)
BlueCross Total Value SM PPO*	\$30 quarterly	\$40	Up to \$160 for 2024!
BlueCross Blue Basic SM PPO	\$60 quarterly	\$40	Up to \$280 for 2024!
BlueCross Total SM PPO	\$70 quarterly	\$40	Up to \$320 for 2024!
BlueCross Secure SM HMO**	\$150 quarterly	\$40	Up to \$640 for 2024!

*Preferred provider organization **Health maintenance organization

Use your myFlexCard to buy over-the-counter health care products and healthy food. Get all this and much more:

- ◆ Allergy medication
- ◆ Dental and denture care items
- ◆ First-aid supplies
- ◆ Cough, cold and flu medication
- ◆ Supports and braces
- ◆ Fruits and vegetables

Use the myFlexCard at local participating stores, including Walmart, Walgreens, CVS and Kroger. You can use it in the www.SouthCarolinaMA.com catalog portal, through mail order or by calling **1-800-480-6876**.

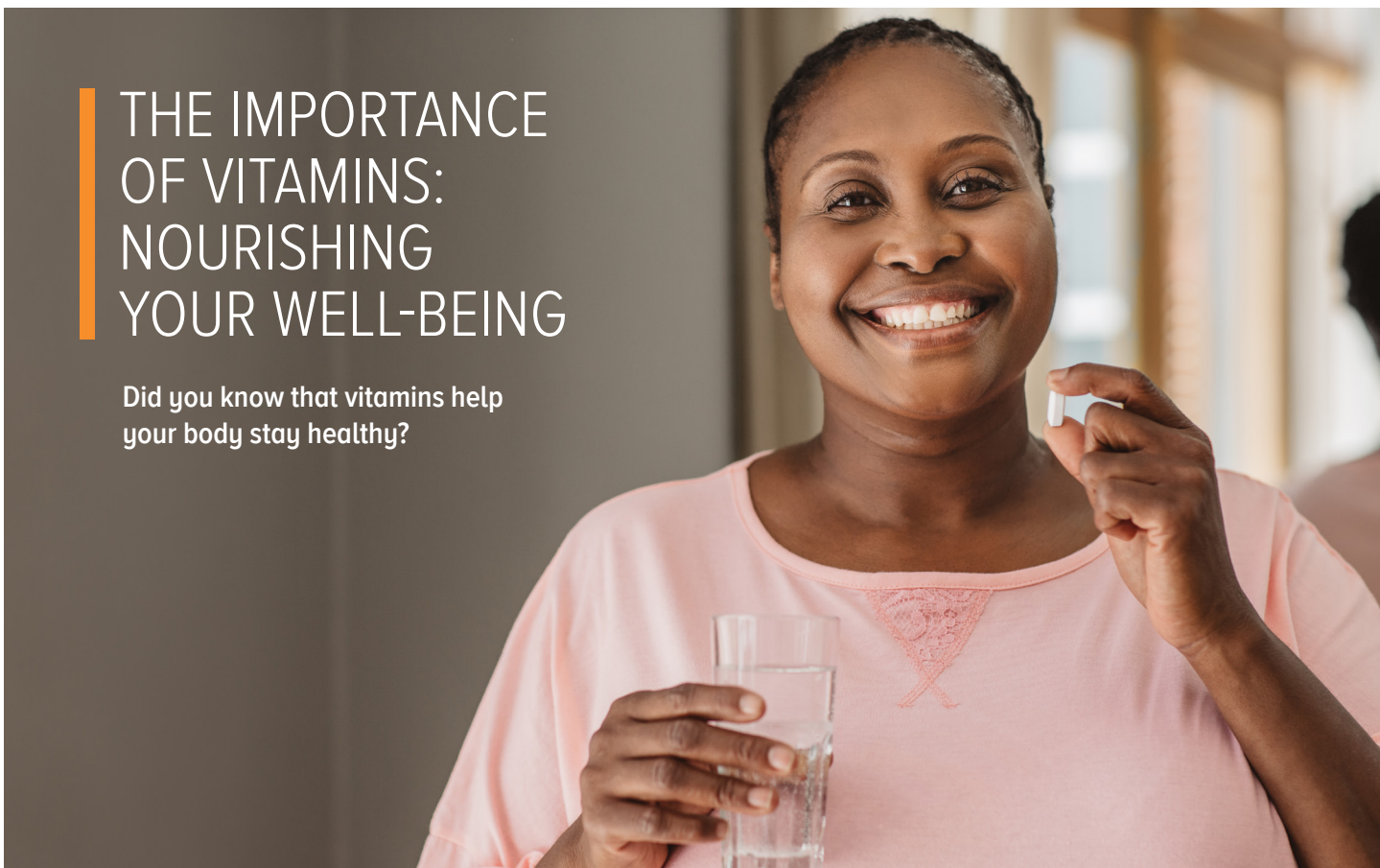


Hold on to your myFlexCard from 2023, as it can be used in 2024. Need a replacement? Reach out to Customer Service. New members will receive their cards in the mail.

The BlueCross BlueShield of South Carolina myFlexCard Mastercard® Prepaid Card is issued by Stride Bank, N.A., Member FDIC, pursuant to a license by Mastercard International. BlueCross BlueShield of South Carolina is an independent licensee of the Blue Cross Blue Shield Association.
BlueCross BlueShield of South Carolina is a Medicare Advantage PPO and HMO plan with a Medicare contract. Enrollment depends on contract renewal. Your health plan complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

THE IMPORTANCE OF VITAMINS: NOURISHING YOUR WELL-BEING

Did you know that vitamins help your body stay healthy?



There are many benefits from taking vitamins ranging from energy production, maintaining bone strength, boosting immune system and many others to keep your body functioning properly.

Here are some vitamins that play a vital role in maintaining your overall health and vitality.

- ◆ Vitamin A supports healthy immune function and cellular growth. The best natural sources of Vitamin A are sweet potatoes, mangoes and cantaloupe.
- ◆ Vitamin D and calcium are essential for strong bones, reducing the risk of fractures. In addition, you can get Vitamin D from eggs, fish and mushrooms. Foods that are rich in calcium are nuts, seeds, leafy greens and broccoli are all excellent sources.
- ◆ Vitamin C boosts your immune system and most commonly used to fight off colds. Fruits and vegetables are some of the best sources of vitamin C.
- ◆ Vitamins B6 and B12 supports brain health and development. Vitamin B6 can be found in foods, such as fish, potatoes and other starchy vegetables. You can get B12 from fish, poultry and milk.
- ◆ Vitamin E is important for skin and vision health. Some food sources of Vitamin E are nuts, sunflower seeds and tomatoes.
- ◆ Fish Oil is beneficial to the body, especially for the heart, eyes and brain. In addition, it can help to reduce inflammation. Fish oil is an excellent source of omega-3s. You can get an adequate amount of omega-3s by eating salmon, walnuts, spinach, navy beans and Brussels sprouts.

BEFORE ADDING VITAMINS OR SUPPLEMENTS INTO YOUR HEALTH ROUTINE, CONSULT WITH YOUR HEALTHCARE PROVIDER TO ENSURE THAT IT IS IN ALIGNMENT WITH YOUR SPECIFIC HEALTH NEEDS AND MEDICATIONS.



OCTOBER IS BREAST CANCER AWARENESS MONTH

It's a great time to schedule a mammogram with your doctor

Routine mammograms are important. They can detect breast cancer early, when it is more easily treated. Mammograms are an important part of the fight against breast cancer and the best way to detect it.

Women are usually at a higher risk of developing breast cancer, and the risk increases with age.

Women should start to get mammogram screenings at age 40, and women older than 55 are encouraged to get screened every two years.

Staying healthy is important to lower your risk of developing cancer. Here are some preventive tips:

- ◆ Limit alcohol consumption.
- ◆ Stay physically active.
- ◆ Maintain a healthy weight.
- ◆ Conduct self-check breast exams.
- ◆ Avoid smoking.
- ◆ Get screened regularly.

Early detection is the best prevention. Schedule a mammogram today!



Risk Factors:

- ◆ Age
- ◆ Family history or genetics
- ◆ History of breast cancer
- ◆ Radiation to chest or face before age 30
- ◆ Certain breast changes
- ◆ Race/ethnicity
- ◆ Being overweight
- ◆ Using hormone replacement therapy
- ◆ Alcohol consumption
- ◆ Dense breasts
- ◆ Lack of exercise
- ◆ Smoking



2024 HEALTHY YOU CARE PACKAGE

We want to show you, our valued Medicare Advantage member, our support for your health goals. Be on the lookout for your 2024 Healthy You Care Package in late January or early February!



RECIPES



SLOW COOKER CHICKEN AND WILD RICE SOUP

Ingredients:

- ◆ 1 pound boneless, skinless chicken breasts or thighs, cubed
- ◆ 1 cup wild rice blend
- ◆ 3 carrots, peeled and chopped into bite-sized pieces
- ◆ 3 celery stalks, chopped into bite-sized pieces
- ◆ 1 onion, chopped into bite-sized pieces
- ◆ 4 cups chicken broth
- ◆ 2 cups water
- ◆ 1 teaspoon dried thyme
- ◆ Salt and pepper, to taste
- ◆ 1 cup cream or dairy alternative

Instructions:

In the slow cooker, combine the chicken, wild rice, carrots, celery, onion, chicken broth, water, thyme, and salt and pepper.

Cook on low for 6 – 8 hours or on high for 3 – 4 hours until the chicken is cooked and the rice is tender.

Stir in the cream or dairy alternative. Adjust seasoning to taste.

Cook for an additional 15 – 20 minutes until heated through. Serve hot and enjoy this hearty soup.



TERIYAKI SHRIMP AND VEGETABLES

Easy one-pan dinner!

Ingredients:

- ◆ 1 pound large shrimp, peeled and deveined
- ◆ 2 cups broccoli florets
- ◆ 1 red bell pepper, sliced
- ◆ 1 zucchini, sliced
- ◆ ¼ cup low-sodium teriyaki sauce
- ◆ 2 tablespoons olive oil
- ◆ 2 tablespoons sesame seeds
- ◆ Salt and pepper to taste

Instructions:

Preheat the oven to 400 F (200 C) and line a baking sheet with parchment paper.

In a bowl, toss the shrimp, broccoli, red bell pepper and zucchini with teriyaki sauce and olive oil. Spread the mixture on the baking sheet in an even layer. Roast for 10 – 12 minutes or until the shrimp is cooked and the vegetables are tender.

Season with salt and pepper to taste. Sprinkle sesame seeds over the top before serving.





South Carolina

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