

Medicare Advantage

THE PULSE

Medicare Advantage Member Newsletter

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SUMMER IS HERE!

MENTAL HEALTH CARE AVAILABLE ONLINE

Get help with nonemergency mental health issues
from a licensed therapist or board-certified psychiatrist.



Powered by MDLIVE

When you feel overwhelmed, a telehealth approach to mental health care might be a good solution. Your health plan with BlueCross BlueShield of South Carolina offers help with Blue CareOnDemand Powered by MDLIVE*. Get talk therapy and psychiatry from the privacy of home for things such as anxiety, stress, life changes, grief and depression.



Fast and convenient

Blue CareOnDemand offers reliable health care by phone or video through the MDLIVE platform. Have your first therapy appointment in a week or less, and choose a time that works for you. Convenient appointments are available, including nights and weekends.

Affordable and easy

The large MDLIVE network makes it easy to find a therapist or psychiatrist who is the right fit for you. Choose the same one for each appointment or switch at any time. No surprise costs. No hassle.

MDLIVE cares for hundreds of mental health needs, including these:

- ◆ Addictions
- ◆ Anxiety
- ◆ Depression
- ◆ Grief and loss
- ◆ Life changes
- ◆ Obsessive compulsive disorder (OCD)
- ◆ Panic disorders
- ◆ Phobias
- ◆ Relationship issues
- ◆ Stress management

Log in to My Health Toolkit® to get started.



From your desktop, visit www.SouthCarolinaBlues.com to log in. Select **Providers & Services**. Then select **Telehealth**.



From the My Health Toolkit app, select **Find Care**. Then select **Video Visit**.

*MDLIVE is an independent company that provides a telehealth platform on behalf of BlueCross. Copyright © 2024 MDLIVE Inc. MDLIVE and the MDLIVE logo are registered trademarks of MDLIVE Inc.

SUMMER HEAT AND YOUR HEALTH

Tips to protect you from heat-related illness as the temperatures increase.



The risk of heat related illness from warmer temperatures is particularly high for those over 65. According to the Centers for Disease Control and Prevention, this age group is more prone to heat-related health problems, such as dehydration, heat exhaustion and heat stroke. A heat-related illness occurs when your body is unable to dispel heat adequately, the body loses fluids and has a depletion of salt levels, such as sodium and potassium, and your temperature rises.

Here are some common heat-related illnesses:

- ◆ Dehydration occurs when you use or lose more fluid than you take in, and your body does not have enough water and other fluids to carry out its normal functions. You may experience extreme thirst, become fatigued, less frequent urination, dry mouth, dark-colored urine, dizziness and confusion.
- ◆ Heat exhaustion is a warning that your body can no longer keep itself cool. This often appears as feeling thirsty, dizzy, weak, disoriented or nauseated. You may experience a temperature, muscle cramps, vomiting, excessive sweating, cold and clammy skin, or a rapid pulse. If heat exhaustion is left untreated, it can progress to a heat stroke. It is highly recommended that you go to the emergency department if you experience any of these signs.
- ◆ Heat stroke is the most severe heat-related illness, which is a life-threatening emergency. You should immediately go to the emergency department or call 911. Signs can include fainting, agitation, high body temperature (over 104° F), a strong and rapid pulse, a slow and weak pulse, and hot, dry skin that is flushed but not sweaty.

Heat-related illnesses are preventable. Here are some tips to staying cool and hydrated this summer:

- ◆ Drink plenty of water before, during and after any outdoor activities, especially during the hotter months. **Do not wait until you feel thirsty to drink.**
- ◆ Wear lightweight, loose-fitting clothing in light colors.
- ◆ Spend as much time as possible in air-conditioned spaces.
- ◆ Eat water-rich foods such as strawberries, watermelon, peaches, cucumbers, celery, tomatoes, peppers and spinach. These are all fruits and veggies that are 90 percent or more water.
- ◆ Protect yourself from the sun by wearing a hat, sunglasses, sunscreen and an umbrella.
- ◆ Take a shower, bath or sponge with cool water to help cool down.
- ◆ Stay inside during peak hours of the day, from noon until 3 p.m. Even during the morning or evening, check the heat index before going outdoors.



NO-COST IN-HOME HEALTH ASSESSMENTS

As a valued member, you have the option to receive a comprehensive health evaluation from the comfort of your own home! We partner with health providers such as Signify and Doctors Care to provide in-home health assessments at **no cost**.



These visits are designed to provide personalized care, early detection of potential health issues and the convenience of not having to travel to receive care. One of these providers may contact you to offer this service. We encourage you to take advantage of this convenient health resource!

- ◆ Does not take the place of your annual wellness visit with your doctor. This is an additional option to help support your health goals.
- ◆ Focuses on your overall health, wellbeing, and potential barriers to care.
- ◆ Offers more one-on-one time with a health care provider versus a typical office visit.

Feedback from BlueCross Medicare Advantage members:

"I did one of these assessments at my home last year. It was easy! I learned a lot about two of my medicines, so I scheduled another for this year."

"She was a very nice lady. She noticed I had difficulty with the steps at my front door. She took time to show me exercises I can do to help get my strength in my legs back."

"My blood pressure is usually through the roof when I go to my doctor's office. They keep wanting to increase my medicine. Since this assessment was at my house, my blood pressure was normal. I was able to talk to the doctor about how to help keep it in control when I go to my regular doctor."



NEW WELLNESS SERIES AVAILABLE NOW!

You asked. We listened. Our brand-new wellness video series is ready for you. It covers the top four topics members ask about. Watch these for insights, tips and solutions tailored to what matters most to our community, especially if you're:

- ◆ Managing specific health conditions or wanting to be more active.
- ◆ Noticing new health concerns.
- ◆ Wondering which topics are trending among your friends and neighbors.

Watch today to see how staying active helps your health and happiness!
Topics include:

- ◆ Wellness in action.
- ◆ Steady strides.
- ◆ Confident bladder control.
- ◆ Your mind matters.



Visit <https://www.sclblues.medadvantage.com/helpful-videos> to watch our wellness video series.



Scan the QR Code
Aim your smartphone camera at the code to scan.

MEMBER SPOTLIGHT

Memorable Moments with Mary-Lynn Buck



Hello! My name is Mary-Lynn. I am a satisfied member of Blue Cross. I enjoy writing, so I decided to compose something on one of the topics suggested in The Pulse.

I lived in Bennington, Vermont for most of my life but in 2001, my husband and I decided to move to Charleston, South Carolina. We had enough of the long winters and wanted to spend time at the beach.

While living in Vermont, a friend asked me if I would like to go to a Beach Boys concert at the Saratoga Performing Arts Center in Saratoga, New York. This was about a 50-minute ride from Bennington. It was not only my first concert experience, but she gave me a free ticket. This was in 1987. I was 35 years old.

We sat in the 10th row. I was able to see the design on the socks of one of the band members directly in front of me. I thought, "Does it get any better than this?" Then a thunderstorm broke out. The wind picked up and there was a great deal of lightning. It was scary for sure!

The concert was shut down for about 30 minutes, until the storm calmed down. The concert resumed and it was a great show. It was a memorable experience for more than one reason. Thanks for letting me share.

WANT TO BE FEATURED IN A FUTURE NEWSLETTER?

Send us an email to Medicare.Stars@bcssc.com with your answer to one (or all!) of the questions below:

- ◆ Tell us about the most memorable concert you have attended (who/what/when)?
- ◆ Tell us about an accomplishment you are most proud of achieving?
- ◆ If you made a playlist of 10 songs, what would you include (any genre, any time period)?
- ◆ If a veteran, what branch of the military did you serve in? What was your station/post?
- ◆ What advice would you give your younger self?



RECIPES PERFECT FOR SUMMER

Grilled Chicken and Veggie Skewers (Servings: 2 – 3)

Ingredients:

- ◆ 2 boneless, skinless chicken breasts
- ◆ 2 bell peppers, any color
- ◆ 1 zucchini
- ◆ 1 pint cherry tomatoes
- ◆ 2 tablespoons olive oil
- ◆ Grill-safe skewers
- ◆ Salt and pepper to taste
- ◆ **Optional:** your favorite seasonings such as garlic powder, paprika and Italian seasoning

Instructions:

1. Cut the chicken breasts and bell peppers into 1-inch pieces.
2. Cut the zucchini into thick rounds.
3. Thread the chicken, bell peppers, zucchini and cherry tomatoes onto skewers, alternating between the different ingredients.
4. Brush assembled skewers with olive oil and sprinkle with salt, pepper and any additional seasonings you like.
5. Grill the skewers over medium-high heat for approximately 10 – 15 minutes, turning occasionally, until the chicken is cooked through and the vegetables are tender.
6. Serve and enjoy!

Grilled Corn with Chili-Lime Butter (Servings: 4)

Ingredients:

- ◆ 4 ears of corn, husked
- ◆ 4 tablespoons softened butter
- ◆ 1 tablespoon lime juice
- ◆ Salt to taste
- ◆ **Optional:** lime wedges, cilantro

Instructions

1. In a small bowl, mix the softened butter with the chili powder, lime juice and a pinch of salt until well combined.
2. Grill husked corn for 10 – 12 minutes, turning occasionally, until all sides are slightly charred and the kernels are tender.
3. Remove the corn from the grill and brush with the chili-lime butter.
4. Serve warm and enjoy with extra lime or cilantro for additional flavor!





South Carolina

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