

FOCUS on Health

Issue 1, 2023



A magazine for Horizon NJ TotalCare (HMO D-SNP) members



Thank you for being a member of Horizon NJ TotalCare (HMO D-SNP). We want to help you stay safe and well at home and can help set up any health care services you may need. If you have questions or need help, please reach out. Your Care Manager can help you. If you don't know how to reach your Care Manager, call Member Services at **1-800-543-5656** (TTY **711**). Representatives are available 24 hours a day, seven days a week.

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Health & Wellness

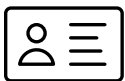
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New This Year: Horizon EXTRA Benefits Card



You have a new way to access your benefits in 2023 – the Horizon EXTRA Benefits Card. You should have received your Horizon EXTRA Benefits Card in the mail. You **must** activate your card before you can use it. To activate your card, call **1-800-480-6598 (TTY 711)** or visit HorizonExtraBenefits.com.

Use your card to access these benefits:

- **Over-the-Counter (OTC) Benefit Catalog:** This includes up to \$1,080 a year (\$270 every three months) to spend on OTC items from the catalog, like toothpaste, vitamins, denture cleaner and more.
- **OTC Benefit:** This includes up to an additional \$1,600 a year (\$400 every three months) for OTC purchases at participating retailers, including Walmart, CVS, ACME, Rite Aid, Shoprite and Dollar General.
- **Rewards and Incentives:** Earn rewards for completing certain preventive health screenings through the Horizon *Healthy Journey* Program. Rewards will be added to your card.

Your OTC benefit dollars are reloaded at the start of each quarter. That's **January 1, April 1, July 1** and **October 1**. To see a full list of eligible items, visit HorizonExtraBenefits.com or call **1-800-480-6598 (TTY 711)**. Or, download the *myTotal Benefits* app from the app store on your smart phone and use it to view balances, scan item bar codes to check eligibility, make purchases, manage your account and more.

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New This Year: Horizon EXTRA Benefits Card *(Continued)*

Special Benefits for Eligible Members

Grocery benefit*

If you qualify as chronically ill and participate in the Care Management program, you can use your Horizon EXTRA Benefits Card to purchase healthy food and produce at participating retailers with your OTC allowance.

Eligible items include:

- Bottled water
- Breakfast foods
- Dry pasta
- Fruits and vegetables
- Produce
- And more!

Utility benefit*

You will also get an extra \$75 per quarter (every three months), \$300 per year, on your Horizon EXTRA Benefits Card for utilities, if you qualify. Utilities are the basic services for your home or apartment, like water, electric and gas. Gasoline from a gas station is not included.

How to pay:

- **Phone:** Call your utility provider and use the card as a form of payment.
- **Mail:** Enter the card number as a form of payment on your billing statement and return it to your utility provider.
- **Online:** Go to your utility provider's website and use it to make a payment online.

If your benefit does not cover the full amount, contact your service provider to submit an alternate payment option. If you have issues or your service provider does not accept the card, please call Horizon EXTRA Benefits Card Member Services at **1-800-480-6598** (TTY **711**) or visit HorizonExtraBenefits.com.

Find out if you are eligible

Call your Care Manager or Member Services to find out if you qualify. Your Evidence of Coverage (EOC) also has more details. Once you become eligible, you can use your Horizon EXTRA Benefits Card to take advantage of these benefits.

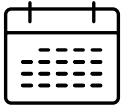
* The benefits mentioned are a part of a special supplemental program for the chronically ill. Not all members qualify. In order to qualify for these benefits, members must have been diagnosed with one or more specific chronic conditions, have a higher risk to be in the hospital, and participate in the Horizon Care Management Program.

Need More Information About Your Plan Benefits?

Your EOC contains everything you need to know about your Horizon NJ TotalCare (HMO D-SNP) plan. You can view your EOC at Medicare.HorizonBlue.com/2023EOCDSNP. You can also request a printed copy of the EOC, as well as other plan materials like the Pharmacy and Provider Directory or list of covered medicines. Call **1-800-543-5656** (TTY **711**) or visit MyDirectory.HorizonBlue.com.



Schedule Your Annual Wellness Visit



The beginning of the year is a great time to schedule an annual wellness visit with your Primary Care Provider (PCP). Don't take chances with your health!

A regular checkup with your PCP can help find things early on when they are easier to treat. You should talk to your PCP about:

- Falls and your risk for a fall
- Blood pressure, cholesterol and body mass index (BMI)
- Vaccines you may need
- Medicines you take
- Preventive health screenings, such as breast cancer, colorectal cancer, prostate cancer, bone density and diabetes
- Any health concerns or questions you have

Do you need help finding a PCP?

Visit HorizonBlue.com/doctorfinder or call Member Services at **1-800-543-5656 (TTY 711)** to find a doctor near you. You can also request a printed directory by calling Member Services or visiting MyDirectory.HorizonBlue.com. Remember, you do not need a referral to see a specialist.



Did You Get Your Flu Vaccine?



If you did not get the flu vaccine, there is still time. Don't miss your shot to beat the flu. The flu vaccine prevents millions of illnesses and flu-related doctor visits each year. It can also reduce the risk for hospitalization if you get the flu.

You are at higher risk of serious complications from the flu if you are 65 years or older and have certain chronic health conditions, like asthma, diabetes or heart and lung disease.

Talk to your doctor or pharmacist about getting a flu shot. While you're there, check to see if you need any other vaccines, such as shingles, pneumonia and COVID-19.



If you cannot leave your home and need to get a vaccine or other care, talk to your Care Manager. They can coordinate your care for you.

Flu vaccines prevented:

7.5 million flu illnesses	3.7 million flu-related medical visits	105,000 flu-related hospitalizations	6,300 flu-related deaths
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Data from 2019-2020, the last flu season prior to the COVID-19 pandemic.



Wearing a mask and washing your hands frequently can prevent the spread of flu and other illnesses, like COVID-19.

Sources: Centers for Disease Control and Prevention (CDC), *Key Facts About Seasonal Flu Vaccine*. Retrieved on **December 1, 2022** from [cdc.gov/flu/prevent/keyfacts.htm](https://www.cdc.gov/flu/prevent/keyfacts.htm).

CDC, *Preventive Steps*. Retrieved on **December 1, 2022** from [cdc.gov/flu/prevent/prevention.htm](https://www.cdc.gov/flu/prevent/prevention.htm).



Your Care Manager Is Here for You



When you need help managing your health care, your Care Manager is here for you. You're automatically enrolled in our Care Management Program, so all you have to do is call!

Your Care Manager will:

- Develop and update your Plan of Care with goals that are right for you. This will help you make informed decisions about your care.
- Coordinate health care services with your doctors and pharmacists so you receive the best possible care.
- Help you get any authorizations (pre-approvals) that you may need before getting care.
- Provide information on community resources and health and wellness programs.

Call Your Care Manager After an Emergency Room Visit and/or Hospital Stay

If you were hospitalized or visited an Emergency Room (ER) or urgent care center for an illness or injury, you may be at risk for complications. Call your Care Manager right away, or ask a friend or family member to call for you. Your Care Manager can help you coordinate your care, including:

- Transitioning to your home or other facility
- Arranging services and support
- Medicine management
- Scheduling follow-up appointments

We are here to support you and help you stay as healthy as possible. To reach your Care Manager, call **1-888-621-5894** (TTY **711**), weekdays, 8 a.m. to 5 p.m., Eastern Time (ET). Select option **2** and then select option **2** again.



No-Cost Meal Delivery After a Hospital Stay



Good nutrition is a vital part of any recovery. That's why your Horizon NJ TotalCare (HMO D-SNP) plan comes with a meal benefit after a qualifying inpatient hospital stay. You may be eligible to receive up to 28 nutritious meals over a 14-day period. You can get this benefit twice per year.

How it works

- Your Care Manager will call you shortly after you are discharged from an inpatient hospital stay to discuss the meal program.
- If you qualify, your Care Manager will fill out any necessary forms, order your meals and make sure the program is in place.



Questions?

Call your Care Manager or our Care Management team at **1-888-621-5894 (TTY 711)**, weekdays, 8 a.m. to 5 p.m., ET. Select option **2** and then select option **2** again.



2023 Horizon *Healthy Journey* Rewards Program



Earn up to \$235 in rewards when you take care of your health. Through our Horizon *Healthy Journey* Rewards Program, you get rewarded when you complete routine health screenings.

Screening	Reward
Annual Wellness Visit	\$25
Breast Cancer Screening	\$50
Colorectal Cancer Screening	\$50
Diabetic Eye Exam	\$50
Bone Mass Density Testing	\$50
Health Needs Survey*	\$10

After you complete your screening, visit HorizonExtraBenefits.com to fill out and submit a Health Screenings Attestation form. You can also download the form and mail it to:

Horizon EXTRA Benefits Rewards and Incentives
4613 N. University Drive, #586
Coral Springs, FL 33067

Once confirmed, your rewards will be automatically loaded onto your Horizon EXTRA Benefits Card. You can use your rewards at participating retailers.

If you need help, call Horizon EXTRA Benefits Card Member Services at **1-800-480-6598 (TTY 711)**, weekdays, 8 a.m. to 8 p.m., ET. If you have any questions about the Rewards Program, call **1-844-754-2451 (TTY 711)**, weekdays, from 8:30 a.m. to 5 p.m., ET.

*Health Needs Survey does not require an attestation.



Don't Worry, We'll Remind You!

You will receive reminders about recommended routine screenings that you may need throughout the year.

Getting Information About Your Medicine



Prime Therapeutics (Prime) works on behalf of Horizon NJ TotalCare (HMO D-SNP) to manage your Part D prescription benefits. Prime can help you get the information you need for safe use of your medicine.

Sometimes, your medicine may have restrictions or need approvals before your pharmacy can fill the prescription, including:

- **Prior authorization** – your doctor needs to get approval from Prime before you can get the medicine
- **Quantity limits** – you may only fill a certain amount of your medicine in a certain number of days
- **Step therapy** – you must try a certain drug first before Prime will approve another drug, such as trying the generic version of a drug before the brand name version
- **Formulary exception** – you must try drugs on your formulary, the medicines covered by your plan, before Prime will approve a drug that is not listed on your formulary



To find out if your medicine needs a prior authorization, has a formulary exception, has a quantity limit or requires step therapy:

1. Go to [MyPrime.com](https://www.myprime.com). On the top bar, click *Medicines* and select *Find medicines* in the drop down menu.
2. Click *Continue without sign in*. Select *Horizon BCBSNJ*. Select *Yes* for Medicare Part D member, select *Horizon NJ TotalCare (HMO D-SNP)* from the list and click *Continue*.
3. Follow these steps for:
 - a. **Prior authorization:** Scroll down to *Helpful documents* and select the *Prior Authorization Criteria* link to view all the medicines on your formulary that require a prior authorization.
 - b. **Quantity limits:** On the top bar, click *Forms* and select *Plan Documents* in the drop down menu. Scroll down and select *Horizon NJ TotalCare (HMO D-SNP) List of covered drugs* to view a copy of your formulary. Find the medicine on your formulary. "QL" will appear in the "Necessary actions, restrictions, or limits on use" column.
 - c. **Step therapy:** On the top bar, click *Forms* and select *Plan Documents* in the drop down menu. Scroll down and select *Horizon NJ TotalCare (HMO D-SNP) List of covered drugs* to view a copy of your formulary. Find the medicine on your formulary. "ST" will appear in the "Necessary actions, restrictions, or limits on use" column.
 - d. **Formulary exception:** On the top bar, click *Forms* and select *Plan Documents* in the drop down menu. Scroll down and select *Horizon NJ TotalCare (HMO D-SNP) List of covered drugs* to view a copy of your formulary. If the drug is not listed here, it will require a formulary exception.

If you are unable to go online, please call us at **1-855-457-1346** (TTY 711).

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Getting Information About Your Medicine *(Continued)*

You can submit a request for prior authorization, step therapy, formulary exception or quantity limit by:

1. Phone – **1-855-457-1346** (TTY **711**) for standard requests or **1-800-693-6651** for expedited requests
2. Fax – **1-800-693-6703**
3. Mail – **Prime Therapeutics LLC**
Attn: Medicare Appeals Department
2900 Ames Crossing Road
Eagan, MN 55121
4. Online – [MyPrime.com](https://www.myprime.com)

All request forms are available online. Go to [MyPrime.com](https://www.myprime.com) and click *Forms*. Click *Continue without sign in*. Select *Horizon BCBSNJ* as your health plan. Select *Yes* for Medicare Part D member, select *Horizon NJ TotalCare (HMO D-SNP)* from the list and click *Continue*. Select *Coverage Determination/Redetermination*. Fill out the selected form under formulary exception, prior authorization, step therapy and quantity limits.

Taking Your Medicine the Right Way



Following your doctor's orders for taking your medicine is important. This means getting your prescriptions filled, understanding the directions and taking your medicine on time.

Use these tips to help you take your medicine correctly and safely:

- **Talk to your doctor.** If your medicine has side effects that bother you, your doctor may be able to change your medicine or dosage.
- **Understand the instructions.** Ask your doctor or pharmacist to explain the timing and dosage of your medicine. You should also ask how long you should be taking it.
- **Request auto refills.** Your pharmacist can set your prescription to auto refill, so you never forget to fill it.
- **Set daily routines.** Take your medicine at the same time as other daily tasks, like eating a meal or brushing your teeth.
- **Choose home delivery.** Your plan covers prescription mail-order programs like Express Scripts®, PillPack by Amazon or AllianceRx Walgreens Prime. This way, you can have your medicine delivered right to your home at no cost to you. Visit [MyPrime.com](https://www.myprime.com) or call **1-855-457-1346** (TTY **711**) to learn more.
- **Use a pill container.** Choose a container that has compartments labeled with the days of the week and time of day.
- **Follow a schedule.** Create a list of your medicines, how often you take them and any special directions. Keep the list nearby so you can refer to it if you have questions.



Getting Your Test Results With a Patient Portal



Waiting for test results from your provider can be stressful. Knowing what to expect can help. Most providers use patient portals to communicate test results because you get your results faster than waiting for a phone call from your doctor. Patient portals give you real-time access to your medical information.

You can:

- Receive and view test results
- Make appointments
- View and update your medical history and insurance information
- Ask your provider questions through secure email

If your doctor has a patient portal, take the time to register. If you have difficulty accessing your doctor's patient portal, ask a family member, caregiver or friend for help so you are able to stay informed about your health status.

Tell your doctor if you do not have access to a computer. Give the office your current contact information, including the best phone number to reach you. If you want a paper copy of your test results, ask to pick it up or have your results mailed to you. Let them know that you'd like to know about your test results whether they are positive or negative.

Your doctor wants to provide the best care possible and is doing everything they can to get your test results to you in a timely manner.



If you need help to schedule a doctor's appointment, blood test, X-ray or any other test, call your Care Manager. They can help you coordinate your care.



Scheduling Appointments With Specialists



Did you know that you do not need a referral to see an in-network specialist? Seeing a specialist as soon as you need to is important. Use these tips when you schedule an appointment:

- Ask if another specialist in the same practice can see you quicker if the doctor you want to see has no availability.
- Ask your PCP for multiple recommendations.
- Find another in-network specialist who has availability sooner.
- Confirm that the specialist you choose accepts your Horizon NJ TotalCare (HMO D-SNP) plan to avoid out-of-pocket costs.

If you need help finding a specialist or scheduling an appointment, call Member Services at **1-800-543-5656** (TTY 711), or visit HorizonBlue.com/doctorfinder.

Follow-Up Care for Mental Health and Substance Use Disorders



If you or a loved one have been diagnosed with a mental health and/or a Substance Use Disorder and were recently in an ER or inpatient facility, it is important to schedule follow-up visits. These visits are essential for recovery and include outpatient therapy, medically-assisted treatment, psychiatry, intensive outpatient or partial hospitalization programs. Effective follow-up treatment after hospitalization or admission for substance use or mental illness can help manage symptoms and prevent readmissions.

- Schedule an appointment within seven days of your discharge. This will allow your treatment team, including your doctors, psychiatrists, therapist and/or Care Manager to help you manage your symptoms and address any concerns or questions you have about prescribed medicines or therapies.
- During your follow-up visit, you can ask your provider to talk to your PCP, specialists and/or your support team to help coordinate your care. You can also choose a Personal Representative to work with your doctors on your behalf.

If you need help finding a Behavioral Health practitioner, call Horizon Behavioral Health at **1-800-626-2212 (TTY 711)** or **1-855-477-2985** for Spanish. You can also visit HorizonBlue.com/doctorfinder.

Falls: What You Can Do to Stay Safe



A fall can happen to anyone, especially if you have a health condition like diabetes or heart disease. But, you can take steps to prevent falls.

- **Ask your doctor** what you can do to reduce your chance for a fall. Calcium and vitamin D supplements can improve your bone strength.
- **Review your medicine's side effects.** Talk to your doctor if your medicine makes you feel sleepy or dizzy.
- **Stay physically active** to improve your strength and balance.
- **Have your eyes and hearing checked** at least once a year.
- **Get enough sleep.** You are more likely to fall if you are tired.
- **Limit your alcohol intake.** Even a small amount can affect your balance.
- **Use a cane or walker** if you need help to feel steady when you walk.
- **Wear proper footwear**, including supportive shoes with non-skid soles.
- **Check your home.** Remove clutter on the floor, check that lighting is bright enough to see where you are walking and secure items you could trip over, like loose wires and rugs.

2x

Falling once **DOUBLES** your chance of falling again.



1 out of **5** falls cause a **serious injury**.

It's important to tell your doctor right away if you fall.



Live Well With Diabetes



Are you living with diabetes? You're not alone. More than 37 million Americans have diabetes, and 96 million Americans are living with prediabetes. Risk factors for type 2 diabetes include:

- Having prediabetes
- Being overweight
- Eating an unhealthy diet
- Being physically inactive
- Being 45 years or older
- Having a family history
- Being African American, Hispanic or Latino, American Indian, Alaskan Native, Pacific Islander or Asian American

Preventing diabetes

With some moderate lifestyle changes, you can delay or even prevent type 2 diabetes. Here are a few things you can do:

- **Lose weight.** If you're prediabetic and overweight, losing 5% to 7% of your body weight can lower your risk for developing type 2 diabetes.
- **Increase physical activity.** Being active for 30 minutes a day, five days a week should be your goal; daily walking is an easy way to get started.
- **Make healthy food choices.** Incorporate more vegetables into your diet and cut back on high-fat and high-sugar foods.
- **Reduce portion sizes.** Try drinking a large glass of water 10 minutes before each meal. Using a salad or breakfast plate instead of a larger dinner plate may help you cut back.
- **Talk to your doctor.** Talk about your risk for getting type 2 diabetes.

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Live Well With Diabetes (Continued)

Regular Diabetes Care is the Key to Good Health

Have you scheduled your screening appointments for your diabetes care? It's important to stay up to date with your care so you can avoid complications. Ask your doctor about these important screenings.

Test	What it does	How often you should have it
Hemoglobin A1c	Measures blood sugar over the last 3 months	Every 3 to 6 months
Kidney Function (Microalbumin Test with Estimated Glomerular Filtration Rate)	Checks for protein in urine to measure how well the kidneys are working	Once a year
Diabetic Retinal Eye Exam	Looks for damage to the eye caused by high blood sugar — this is different than a routine eye exam	Once a year
Foot Exam	Tests for nerve damage	Every 6 months
Dental Exam	Cleaning and exam to reduce your risk for gum disease	Every 6 months

Sources: Centers for Disease Control and Prevention, *Type 2 Diabetes*. Retrieved on **December 2** from [cdc.gov/diabetes/basics/type2.html](https://www.cdc.gov/diabetes/basics/type2.html).

Centers for Disease Control and Prevention, *Prediabetes—Your Chance to Prevent Type 2 Diabetes*. Retrieved on **December 2** from [cdc.gov/diabetes/basics/prediabetes.html](https://www.cdc.gov/diabetes/basics/prediabetes.html).

Member Rights and Responsibilities

As a Horizon NJ TotalCare (HMO D-SNP) member, you have rights and responsibilities. Your member rights and responsibilities can be found in your EOC or at [HorizonBlue.com/rights](https://www.HorizonBlue.com/rights).

Depression and Older Adults



The symptoms of depression can often be mistaken for the life changes associated with aging, so many older adults don't realize that they could feel better if they seek help.

Depression is a mental health condition that involves more than feeling down or having a bad day. Depression can show up in different ways for different people, such as:

- Feeling sad or anxious often or all of the time
- Not wanting to do activities you used to enjoy
- Feeling irritable, frustrated, helpless or restless
- Having trouble falling asleep or staying asleep
- Sleeping too much
- Feeling tired or less energetic
- Eating more or less than usual
- Feeling aches, pains, headaches or stomach problems that do not improve with treatment
- Having trouble concentrating, remembering details or making decisions
- Thinking about harming yourself



If you have one or more of these symptoms, talk to your doctor or Care Manager right away. Depression can make life unenjoyable, make it hard or impossible to hold a job, put stress on relationships, and can be deadly. Depression is treatable, and we can help.

To treat depression you can:

- Make healthy lifestyle choices, such as eating a balanced diet, exercising and getting enough sleep
- Seek out things that you enjoy
- Talk to a friend, loved one, doctor or therapist
- Take prescribed medicine as directed



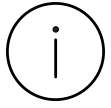
Do you need a provider?

Call **1-800-543-5656** (TTY 711). You can also schedule a telehealth visit through Horizon CareOnlineSM with a therapist or psychiatrist. Visit HorizonCareOnline.com to learn more.

Sources: National Institute on Aging, *Depression and Older Adults*. Retrieved on **December 2** from nia.nih.gov/health/depression-and-older-adults.

Centers for Disease Control and Prevention, *Depression is Not a Normal Part of Growing Older*. Retrieved on **December 2** from cdc.gov/aging/depression/index.html.

Aspiration Pneumonia: Are You at Risk?



Aspiration pneumonia can develop when you breathe food (including food that traveled back up from your stomach), saliva, liquid or vomit into your lungs instead of swallowing it into your stomach.

As we age, and with certain conditions such as dementia, stroke, Parkinson's disease, multiple sclerosis, cerebral palsy and excessive use of alcohol or drugs, it can become more difficult to swallow. When this happens, you may be at risk for aspiration pneumonia. Generally, healthy lungs can clear out the bacteria that develop from inhaling food or liquid, but this can be more challenging for older adults.

Risk factors include:

- Drowsiness from medicine, which may increase difficulties with swallowing or coughing
- Low alertness due to illness or surgery
- Drinking large amounts of alcohol
- Poor gag reflex after a stroke or brain injury
- Problems with swallowing
- Old age

Signs or symptoms may include:

- Confusion
- Raised breathing rate
- Fever, chills or chest pain
- Shortness of breath or wheezing
- Fatigue (tiredness)
- Hoarse voice after swallowing
- Wet coughing after eating

Use these tips to prevent aspiration pneumonia:

- Rest for about 30 minutes before eating.
- When eating, sit upright in a chair.
- If confined to a bed, raise the backrest so you are sitting upright.
- Avoid eating with your head tilted backward.
- Eat slowly and take small bites.
- Alternate solid and liquid foods, and allow some rest time between mouthfuls.
- Avoid medicine that may cause drowsiness and sleepiness.
- Practice good oral hygiene several times a day, especially after eating to remove any remaining food and prevent a buildup of bacteria in the mouth.

If you think you are at risk for aspiration pneumonia, talk to your doctor or Care Manager. You may have a higher risk of being admitted to the hospital.

Source: Medline Plus, *Aspiration Pneumonia*. Retrieved on **December 5** from medlineplus.gov/ency/article/000121.htm.



Support for Caregivers



If you're caring for someone with a chronic illness or disability, you're among the more than 53 million Americans who are caregivers. Caregivers usually help with routine tasks like bathing, dressing, managing medicines, shopping and bill paying, in addition to being a source of emotional support and companionship.

Millions of older adults would not be able to maintain their independence and quality of life without the help of caregivers.

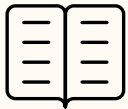
Although caregiving provides a valuable service for older adults, it can cause physical, emotional, psychological or financial strain for the caregiver. Taking care of yourself is the most important thing you can do as a caregiver.

Use these tips to help manage your own health and well-being:

- Acknowledge your feelings. Feeling frustrated and angry at times is a common experience. When this happens, take a break. Go for a walk, talk to friends or rest. Try to do something for yourself.
- Make healthier food choices, exercise regularly and get enough sleep.
- Don't be afraid to ask for, and accept, help from others.
- Ask questions of the doctors and health care team who are caring for your loved one.
- Watch for signs of depression, and seek mental health services if you need it.
- Join a caregiver support group.
- Give yourself credit for doing the best you can in one of the toughest jobs there is.

If you are a caregiver, you can call your loved one's Care Manager for additional help and support at **1-888-621-5894** (TTY 711). Select option **2** and then option **2** again. We are here weekdays, between 8 a.m. and 5 p.m., ET.

Source: Centers for Disease Control and Prevention, *Supporting Caregivers*. Retrieved on **December 5** from [cdc.gov/aging/publications/features/supporting-caregivers.htm](https://www.cdc.gov/aging/publications/features/supporting-caregivers.htm).



If you need a printed version of this newsletter,
call 1-800-543-5656 (TTY 711).

Enrollees must use in-network providers. Enrollees must use an in-network DME (Durable Medical Equipment) supplier. Enrollees must use an in-network pharmacy. Enrollees will be enrolled into Part D coverage under this plan and will be automatically disenrolled from any other Medicare Part D or creditable coverage plan in which they are currently enrolled.

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