

A publication for **AvMed Medicare** Members

ASPIRE

Summer 2019

**Stay Cool and
Hydrate**

**Three Ways to
Sleep Better**

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AvMed, one of Florida's largest not-for-profit health plan companies, provides quality health benefits throughout the state.

Always consult your Primary Care Physician (PCP) regarding medical advice. The health information in this publication is not intended to replace your doctor's directives.

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questions 1-800-782-8633

Wise & Well

4 Stay Cool and Hydrate

feature

6 Sunrise Resident Gives AvMed WELLfluent™ Living His Best Shot

in every issue

- 3 WELCOME**
- 4 WISE & WELL**
- 9 RECIPE**
- 10 AVMED RESPONDS**

5 Three Ways to sleep better



8 ER vs. UCC: Which Should I Visit?

9 Berry Blast Smoothie
A recipe for people on the go



OUR COMMITMENT TO YOU



Physical fitness will also help you sleep better, as discussed in our article, “Three Ways to Sleep Better” on page 5. And if you haven’t been able to join us at one of the Club *ASPIRE* WELLfluent® Living Events, we’re sharing a delicious recipe for a quick and easy Smoothie drink to turbo charge your daily physical fitness routine.

If you do experience an accident while being active, on page 8 you can learn more about when it may be better to call the 24/7 AvMed Nurse On Call advice line, or go to the Urgent Care Center for a quick check-in with a medical facility.

This issue of *ASPIRE*, like every issue is full of information you can use over the summer while focusing on what really matters – living. Send me an email with your comments. I look forward to hearing from you.

During the summer months when the pace of life slows down a bit, we have a chance to reflect on how our year is going. Are you on track and focusing on the things that matter to embrace better health?

In this issue, we offer information to support your WELLfluent™ life along with tips on staying cool and hydrating while exercising in this heat! Our AvMed Member Barry C. takes advantage of his SilverSneakers® Fitness program and AvMed HealthyperksSM incentives twice a week by practicing ten free throws in a row on the basketball court. He loves being able to earn gift cards for staying in shape. His WELLfluent routine also includes walking more than a mile around his community, three nights a week.

A handwritten signature in black ink, appearing to read 'James M. Repp', with a stylized, cursive flourish at the end.

James M. Repp

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Share Your WELLfluent™ Life! How are you joining the WELLfluent? Email us at ASPIRE@AvMed.org with your story and photo or share it on Facebook – tag AvMed and use the hashtag **#JoinTheWELLfluent**. You could be featured in an upcoming issue of the magazine.

Stay cool and hydrate especially while you exercise



During the summer months, remember to drink plenty of fluids. Dehydration can affect people of all ages, but older adults are at a higher risk and can easily become dehydrated. Aging can cause you to lose your sense of thirst. Additionally, you may be more

hesitant to drink the necessary amount of fluids if incontinence is an issue. Don't be embarrassed to discuss your concerns with your doctor as these are frequently a concern for active seniors. He or she can provide helpful strategies or medications that will help you stay active. Know the signs and keep yourself and your loved ones safe from the dangers of the summer heat and don't let incontinence keep you from pursuing a safe and active lifestyle.

If you enjoy taking classes with your SilverSneakers® benefit, please remember to drink plenty of water before and after the class. Consider carrying an empty water bottle with you to the gym, fill it up before your workout and use it to rehydrate by taking small sips in between exercises.



For more information about SilverSneakers®, visit www.SilverSneakers.com.

Men's Health

According to a survey conducted by Men's Health Network (MHN) the results revealed that 90% of men in the U.S. want to take charge of their own health. Welcome news since men are at greater risk for death in every age group. This is a reminder for men to take care of themselves and make their health a priority. Preventing men's health problems is not just a man's issue, it also affects wives, partners, mothers, daughters and sisters.

Take the First Step

Men can take the first step by scheduling and completing their preventive care screenings. Colon cancer screenings, wellness visits with blood pressure checks and vaccinations are critical to staying healthy and active. Men with chronic conditions such as diabetes should also schedule tests for H_{1c} and Kidney function, as well as as diabetic eye exams and prostate cancer screenings (talk to your doctor about which ones are right for you).

Eat Healthy

Use mealtimes to learn more about nutrition, and choose to eat a variety of fruits and vegetables every day. A healthy nutrition-filled diet provides many vitamins and minerals that may help protect from chronic diseases. Eat less food and drinks high in calories, sugar, salt, fat and alcohol.

These are just some of the ways men can take action. It's never too early or late to work toward being healthy! To learn more, visit <http://www.menshealthmonth.org/>.

THREE WAYS TO SLEEP BETTER

As we age, sleeping habits are likely to change. You may find yourself falling asleep or waking up earlier, or you may need less deep sleep. There are some changes, however, that shouldn't be ignored: Disturbed sleep and waking up tired all the time are two of them.

Insomnia can have a drastic effect on your mental health; it has been linked to depression, anxiety, memory loss and other issues that can affect your quality of life. And let's be honest: The less sleep you enjoy, the worse your mood.

If you're displaying any signs of insomnia, you should visit your AvMed Provider. After the visit, he or she may make recommendations such as:

1. Stick to a bedtime. If you fall asleep at 10 pm, make sure you're always falling asleep at that time (or pretty close to it). That way, your body can get into a routine and isn't upset by sudden changes in sleep habits.

2. Avoid caffeine later in the day. Skip the afternoon cup of coffee – it could be keeping you up at night. Limit coffee or tea to one cup a day in the morning to reduce your chances of sleep disruption into the night.

3. Avoid using smart devices right before bed. The blue light emitted from your phone or tablet could be affecting your ability to fall sleep. Power down at least an hour before calling it a night.



For more information about aging and sleep, visit <https://www.sleepfoundation.org/articles/aging-and-sleep>.

THE IMPORTANCE OF MEDICATION ADHERENCE

"Use as directed." If you see those words printed somewhere, they're there for good reasons: your health and safety. This is especially true when it comes to medications. When prescribing medications, doctors take a lot of factors into account, including your medical history and allergies. Unless your doctor says otherwise, adjusting your dosage or stopping some medicines altogether can affect how well your treatment is working – and it can also be downright dangerous. Asthma, depression, diabetes, high blood pressure, and chronic obstructive pulmonary disease (COPD) are just a few of the conditions that can be made worse by not sticking to your doctor's treatment plan. If you have questions about your medicine, talk to your doctor before adjusting your dosage.



Contact AvMed Nurse On Call at **1-888-866-5432 (TTY 711)** 24 hours a day, 7 days a week, to talk to a registered nurse.

Sunrise Resident Gives AvMed **WELL**fluent™ Living His Best Shot

Barry C. loves basketball. Not just as a fan, mind you, but as a player.

"I'm a basketball guy through and through. It's what I do," says the 82-year-old from Sunrise who has been shooting hoops for more than 70 years. Yes, that's right, Barry still hits the courts to keep his shooting aim razor sharp.

Twice a week, Barry gets up early, reads the paper over breakfast and then heads to the 24 Hour Fitness gym in Sunrise.

"I lace up my shoes, head to the court and shoot free throws until I hit 10 in a row," says the Brooklynite, who grew up playing three-on-three pickup games in schoolyards as a kid. "Once I hit the 10th, I yell out 'Yesssss!' and keep going until I miss. I've been doing this my whole life."

After turning 19 in 1955, Barry joined the Army and was stationed in Germany, where he played in the Southern Area Command's basketball league for the Finance and Accounting team. In 1956, the team won the division championship with sharp-shooting Barry as its leading scorer. "It was the first time Finance and Accounting ever won anything," boasts Barry with a laugh.

Fast forward more than 60 years, and Barry continues to shoot ... and shoot ... and shoot. Recently, he was featured in a YouTube video sinking 10 free throws in a row, captured by a bystander who was amazed by his consistency.

"He asked how old I was and when I told him, he said he wanted to shoot a video," says Barry. "Why not? It's my thing, and there's nobody better!"

He might be right. Over the past several months, he's gone on separate streaks where he has made 24, 25 and then 34 in a row: "I told you, it's what I do!"

Barry has been with AvMed for eight years, taking advantage of the SilverSneakers® Fitness program and AvMed HealthyperksSM incentives. "Twice a year, like clockwork, I get a physical," says Barry. "And I get gift cards for staying on track. You can't beat that."

In addition to basketball, Barry walks more than a mile around his community three nights a week. "Fifty years ago, my doctor told me walking was good for you, so I started walking and haven't stopped since – I love it!" says Barry. "I think everyone needs to find something they love, and then they need to just do it."

Want to be like Barry and experience **WELL**fluent™ living to the max? Visit the AvMed website to learn more about the benefits of Club ASPIRE, AvMed Rides, SilverSneakers, ChooseHealthy® discounts and AvMed Healthyperks. You can view Barry's video here: <https://www.youtube.com/watch?v=yYPrJjUtMNw>



Feeling inspired? Be sure to share your **WELL**fluent™ story with us by emailing ASPIRE@AvMed.org.

**AvMed Member
Barry C.**



ER vs. UCC: Which Should I Visit?

Accidents happen. And when they do, where should you go? Your immediate reaction might be to head to the emergency room (ER). But that may not be the best place to receive treatment.

Depending on the situation, a trip to the doctor's office may be enough; or you may not even have to leave your home – the AvMed Nurse On Call advice line provides you with an opportunity to first speak with a nurse about minor ailments from your phone, tablet or computer. Call 1-888-866-5432 (TTY 711) 24 hours a day, seven days a week.

For more serious care, a visit to an urgent care center (UCC) is a better alternative. However, figuring out when to visit a UCC instead of an ER can be confusing.

Here's a quick guide to help you determine when to go to a UCC and when to go to the ER.

Urgent Care Centers 101

In a nutshell, an urgent care center is a medical facility that handles non-life-threatening health issues for people of all ages. These are a great solution for patients who need to quickly see a doctor when their Primary Care Physician (PCP) is unavailable (e.g., after hours). However, they are not a replacement for your annual visits to your PCP.

Some advantages of going to a UCC include lower out-of-pocket copayments, lower coinsurance rates and shorter waiting times. They're also more convenient since urgent care centers are well-equipped to handle walk-ins and are often open for extended and weekend hours.

If your non-life-threatening health issue includes any of the following please visit an urgent care center.



- Fevers
- Strains
- Sprains
- Back pain
- Simple fractures
- Ear infections
- Bronchitis

When to Visit an ER

Unlike emergency rooms, urgent care centers are designed to provide care for less serious situations. They should be used to treat minor ailments, as emergency rooms visits can involve longer wait times and may be more costly to you.

Call 911 for potentially life-threatening emergencies such as chest pain, difficulty breathing, signs of stroke or loss of consciousness.



To find an urgent care center near you, visit [AvMed.org](https://www.avmed.org) and click "Find an Urgent Care Center" on the left side of the home page. Always call 911 in case of emergency.

BERRY BLAST SMOOTHIE

A recipe for people
on the go



INGREDIENTS

1 cup blueberries
1 cup raspberries
1 cup strawberries
1 cup blackberries
½ cup cran-raspberry juice
½ cup low-fat blueberry yogurt
1 cup ice

DIRECTIONS

Combine all of the ingredients into your blender and blast on high for 30 to 60 seconds, until smooth.

Total Time: 5 minutes • Servings: 5

Source: Linda Gassenheimer



More recipes are available through AvMed's WELLfluent® Living Program. Just visit www.AvMed.org.



Recently, AvMed hosted a number of Club Aspire WELLfluent® Living Events, which took place across Miami-Dade and Broward counties. The spring events are designed to engage Members and celebrate mindful, healthy, active living.

The events featured cookbook author, podcast host and syndicated newspaper columnist Linda Gassenheimer; recognized food journalist and Miami New Times Food and Beverage Editor, Laine Doss and AvMed's Joy Siegel, EdD, who provided tips on how to live a WELLfluent™ life. Venues included David Posnack JCC, Evelyn Greer Park, ArtServe, Miramar Library and MicDrop Theater.

More than 300 Members enjoyed a WELLfluent® Living presentation, a SilverSneakers® class and more. Members were able to get to know others who are living a WELLfluent™ life and raved that this was "the best event ever in Club Aspire!"



The exclusive Members-only Club Aspire hosts social events throughout the year so Members can connect and engage with their fellow AvMed Medicare Members. To learn more, call **1-888-430-9896**.

AvMed RESPONDS



» ASK DR. RODRIGUEZ

In this column, we respond directly to your health questions. AvMed Medical Director for Medicare Edwin Rodriguez, MD, is board-certified in internal medicine and geriatrics. To send a question to Dr. Rodriguez, email MedicareDoc@AvMed.org.

Q: Do seniors generally need to have a measles shot or booster when traveling overseas?

A: Generally, seniors (> 65) don't need vaccinating for measles. They have all been exposed to the measles and so they won't catch it overseas. Here is the official CDC recommendation for overseas travel:

Before any international travel to prevent measles:

- 1.) Infants 6 months through 11 months of age should receive one dose of MMR vaccine.
- 2.) Children 12 months of age and older should receive two doses of MMR vaccine separated by at least 28 days.
- 3.) Teenagers and adults who do not have evidence of immunity against measles should get two doses of MMR vaccine separated by at least 28 days.*

*Acceptable presumptive evidence of immunity against measles includes at least one of the following: written documentation of adequate vaccination, ** laboratory evidence of immunity, laboratory confirmation of measles, or birth in the United States before 1957.

**The easiest way to confirm immunity is to have a titer test. This can be done through AvMed's lab provider, Quest.



For additional CDC recommendations, visit <https://www.cdc.gov/vaccines/vpd/mmr/public/index.html>

YOUR PLAN, YOUR QUESTIONS

In this space, AvMed specialists address questions, concerns and even complaints that Members have about their AvMed Medicare coverage. We hope to hear from you. To contact us with your question or comment, log into www.AvMed.org to send a secure message.

Q: What is Diabetic Eye Disease?

A: Diabetes can significantly increase a person's risk of vision loss or even blindness. Diabetic retinopathy (a disorder of the retina caused by diabetes) is the most common cause of vision loss in diabetics.

Managing your diabetes and having regular dilated eye exams are two ways you can lower your risk of diabetic retinopathy or stop its progression. If you are a diabetic, an annual dilated retinal exam is one of many AvMed Medicare HealthyperksSM activities that you can earn rewards for completing.

For more information on AvMed Healthyperks and how you can earn rewards for staying on top of your health, visit www.AvMed.org/Healthyperks.



To learn more about diabetic eye disease, visit <https://nei.nih.gov/diabetes/content/english/faq>.

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If you need these services, contact AvMed Member Engagement, P.O. Box 749, Gainesville, FL 32627, by phone 1-800-882-8633 (TTY 711), by fax 1-352-337-8612, or by email to members@avmed.org.

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Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-882-8633 (TTY: 711).

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-882-8633 (TTY: 711).

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-882-8633 (TTY: 711).

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-800-882-8633 (TTY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-882-8633 (TTY: 711)。

ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-800-882-8633 (ATS : 711).

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-800-882-8633 (TTY: 711).

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-882-8633 (телетайп: 711).

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-800-882-8633 (رقم هاتف الصم والبكم: 711).

ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 1-800-882-8633 (TTY: 711).

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-800-882-8633 (TTY: 711).

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-800-882-8633 (TTY: 711)번으로 전화해 주십시오.

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-800-882-8633 (TTY: 711).

સુચના: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો 1-800-882-8633 (TTY: 711).

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Embrace better health.®

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