

# Be Well

FALL 2023



## Annual Wellness Visit

Did you know that you may be missing out on important benefits and financial incentives if you haven't scheduled your Annual Wellness Visit yet? As Saint Mary's ATRIO Health Plans Medicare Advantage members, you may be eligible for a \$50 reward for completing your Annual Wellness Visit or In-Home Assessment. Once you've completed your In-Home or Annual Wellness Assessment simply call 1-888-506-5215 or email [support@atriohp-support.zendesk.com](mailto:support@atriohp-support.zendesk.com) to see if you are eligible for a \$50 reward.

If you schedule an In-Home Assessment, Saint Mary's ATRIO will provide a licensed medical professional to visit you in the privacy and comfort of your own home. There, they will perform a complete review of your health at no extra cost to you.

Your Annual Wellness Visit is more than just a doctor's appointment, it's an opportunity for your doctor to review your Health Risk Assessment and to provide a personalized plan to meet your unique healthcare needs.

During your Annual Wellness Visit, your doctor will discuss your medical history, review your current prescriptions and vaccination status, and also perform a complete health assessment that may help avoid longer term health issues.

Need a ride to your Annual Wellness Visit? You may be eligible for up to 24 one-way rides to approved locations through SafeRide, at no extra cost to you! To find an in-network provider, schedule an In-Home Assessment, or schedule transportation, call 877-672-8620 (TTY/TDD 711).



## Talk to Us!

Have a health topic to suggest for a future issue of Be Well? Email us your ideas at [members@atriohp.com](mailto:members@atriohp.com) or call Member Services. Or better yet – join the Saint Mary's ATRIO Member Advisory Committee to really make your voice heard! The Member Advisory Committee is a team of member volunteers who give us feedback on their plans and coverage – what they like and do not like about being a Saint Mary's ATRIO member – and share ideas on how we can be even better.

We need participants like you! All you need to do is visit our website: [atriohp.com/member-advisory-committee](https://atriohp.com/member-advisory-committee) or call us to sign up, and then meet with us and other members (in-person or online) to tell us your thoughts!



Saint Mary's  
Health Plans



## Staying Safe in the Winter

As the weather gets colder, it's important to take extra precautions during the winter months to prevent injuries. Snow and ice may make walking outdoors more difficult, while chilly temperatures and limited daylight can increase the risk of falls or accidents. Here are some important tips to help navigate the winter months safely:

- 1. Dress Warmly** – Wear layers including insulated jackets, gloves, hats, and scarves to protect yourself from the cold.
- 2. Wear Non-Slip Shoes** – Footwear with good traction and rubber soles will help to avoid slipping on icy surfaces.
- 3. Keep Walkways Clear** – Ask for help or hire assistance for removing snow and ice from driveways, sidewalks, and steps.
- 4. Heat Your Home Safely** – Use caution while using space heaters and heating devices. Be sure to keep them away from flammable materials and never leave them unattended. Do not use a kitchen stove or oven to warm your home and always ensure that there is proper ventilation.
- 5. Check Smoke Detectors** – Be sure to check fire, smoke, and carbon monoxide detectors are in working order. Replace batteries often and never leave batteries out for long periods of time. Check the manufacturers' manual about how often you should replace your detectors.

**Be Prepared** – Have a plan in place in case of emergencies, such as power outages or winter storms. Be sure to have a supply of medications, water, non-perishable foods, and a way to communicate. If you have a pet or service animal, be sure to have supplies for them also.

## Schedule Your Flu Shot

While you can catch influenza (flu) at any time, most infections occur during the fall and winter months, known as flu season.



During this time, it's important for seniors to take preventive measures to protect themselves from catching the virus. In addition to washing your hands often, one of the most important things you can do is to get a flu shot.

Each year, scientists work closely with medical professionals to predict which strains will be circulating during flu season and develop new vaccines to combat these strains. The Centers for Disease Control and Prevention (CDC) recommends that seniors receive the adjuvated, or "high-dose," flu vaccine. These vaccines protect seniors, who may have weakened immune systems and pre-existing health conditions, by preventing serious complications that can lead to hospitalizations, or even death.

There are 3 kinds of flu shots for older adults:

- 1. High-Dose Fluzone Flu Shot:** Has more flu virus to help stop the flu.
- 2. Flud:** Has an extra ingredient to help stop the flu.
- 3. Flublok:** Is a different kind of flu shot that helps stop the flu.

Speak with your medical provider about scheduling your flu and COVID-19 vaccine together or visit [www.vaccines.gov](http://www.vaccines.gov) to find a location near you.

## Check your Mail from ATRIO!

By now, you should have received your 2024 "Annual Notice of Changes (ANOC)" in the mail; if you do not have your ANOC you can view it online at [atriohp.com](http://atriohp.com) or call Member Services for a copy.

Your 2024 "Evidence of Coverage (EOC)" is now also available online at [atriohp.com](http://atriohp.com) - please review this to see all of your 2024 Saint Mary's ATRIO health plan benefits.

Later this year in December, keep an eye out for your brand new Saint Mary's ATRIO Flex Card! This new green Visa card will replace your existing Saint Mary's ATRIO Flex Card. You can start using your new card on January 1 to spend on your dental care, gym fees and classes, and eligible OTC items.

Call Member Services with any questions:  
**1-877-672-8620 (TTY 711)**



## Quality Corner

### 4 Simple Steps You Can Take to Manage Your Diabetes

Seniors are frequently diagnosed with type 2 diabetes in their later years. Fortunately, treatments are available to control your condition. Here are 4 steps you can take to help manage diabetes.

- 1. Nutrition:** One of the biggest factors in managing diabetes is nutrition. Current recommendations include eating a diet low in carbohydrates and high in lean protein.
- 2. Activity:** Light exercise can keep blood glucose levels in check. For many seniors, walking or yoga are good choices for getting more activity in their lives.
- 3. Monitoring:** Do you know your A1C hemoglobin level? This is an effective way to determine if your diabetes is under control. Daily blood sugar tests are good for judging how you're doing at the moment, but an A1C test looks at the long term, which is important for prevention of complications. If you haven't done so already this year, call your doctor to schedule an A1C test.
- 4. Medication:** Many older diabetics rely on medication to control their diabetes, including pills to lower blood sugar levels and insulin injections. Taking these medications on a regular basis and as directed by a doctor can help manage your condition.

If you have diabetes, annual retinal eye exams and kidney function tests are important screenings to keep you healthy and ensure you're able to live your best life!

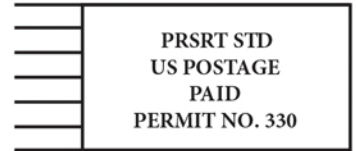
Need help finding providers in your network? Call Saint Mary's ATRIO Member Services **1-877-672-8620 (TTY 711)**. We are happy to help!

Coming  
Soon ...

The First 2024 Issue of Be Well



Saint Mary's ATRIO Health Plans  
2965 Ryan Dr. SE  
Salem, OR 97301



## Important Plan Information

# Questions? Call us First!

We're here for you.  
Call Member Services:  
Toll Free: 1-877-672-8620 (TTY 711)  
Daily from 8 a.m. – 8 p.m. Local Time

Want to submit a health topic  
for an upcoming issue? Email us!  
[members@atriohp.com](mailto:members@atriohp.com)

<Firstname Lastname>  
<Recipient Address>  
<City>, <St> <Zip>



## Roasted Butternut Squash

### Ingredients:

- 1 butternut squash, peeled, seeds scooped and cubed
- Extra-virgin olive oil, for drizzling
- Sea salt
- Black pepper
- Parsley (optional for garnish)

### Directions:

1. Preheat the oven to 400 degrees F
2. Peel and cut the butternut squash into cubes
3. Place butternut squash onto a sheet pan, drizzle with olive oil, salt and pepper
4. Bake for 30-35 minutes or until golden brown around the edges

Farmers markets are a great way to get nutritious foods, use Supplemental Nutrition Assistance Program (SNAP) benefits, if you have them, and meet new people! To locate a market, visit: [www.usdalocalfoodportal.com](http://www.usdalocalfoodportal.com)