



Affinity Health Plan

MEDICARE NEWSLETTER JANUARY 2018

HEALTHY YOU



MEDICATION THERAPY MANAGEMENT PROGRAM

Having trouble keeping track of your medications? Affinity's Medication Therapy Management (MTM) program is here to help.

If eligible for the MTM program, a trained pharmacy professional will:

1. Help you review all your medications: drugs prescribed by your doctor, over-the-counter (OTC) medicines, herbal drugs, diet supplements and vitamins
2. Talk to you about ways to manage your health conditions with the drugs you take
3. Guide you in making a personal medication list and a Medication Action Plan that you can review with your health care provider at your next visit

You qualify for this program if you:

1. Have three or more of the following health conditions: asthma, chronic obstructive pulmonary disease (COPD), diabetes, depression, chronic heart failure, cardiovascular disorders such as high blood pressure, high cholesterol or coronary artery disease; and
2. Take eight or more prescriptions to treat those conditions.

Continued on page 4



FLU AND PNEUMOCOCCAL VACCINES

How can I protect myself from the flu?

Influenza (the flu) can be a serious disease and can affect people in different ways. Even healthy people can get very sick from the flu and spread the virus to others.

Each flu season is different. That is why there are different flu vaccines that protect you against the type of flu viruses that doctors think will be most common during the next season.

You can get a flu vaccine in many places, like your doctor's office, clinics, and drug stores. Speak to your doctor about the benefits and risks of getting the flu vaccine every year.

How can I protect myself from pneumonia (pneumococcal disease)?

Pneumonia or pneumococcal disease can cause very bad infections of the lungs, blood, or brain. The best way to prevent it is by getting vaccinated.

These vaccines are safe and can save your life. Talk to your doctor about the benefits and risks of getting the vaccines.



SOURCE:

- Centers for Disease Control and Prevention (CDC):
 - "Key Facts about Seasonal Flu Vaccine": <http://www.cdc.gov/flu/protect/keyfacts.htm>
 - "Adults: Protect Yourself with Pneumococcal Vaccines": <http://www.cdc.gov/features/adult-pneumococcal/1>

YOUR MEDICARE WELLNESS BENEFITS

When you become eligible for Medicare, you can get one Initial Preventive Physical Exam and then an Annual Wellness Visit every 12 months after.

What is an Initial Preventive Physical Exam (IPPE)?

The IPPE is a “Welcome to Medicare” visit with the goal of keeping you healthy and preventing disease. During your IPPE visit, you can expect your doctor to review your medical and family history, check your blood pressure and vision, and recommend preventive screenings and services.

What is the Annual Wellness Visit (AWV)?

The AWV focuses on developing and updating the plan that your doctor made as part of your IPPE visit. **It is important to see your primary care physician every year so that your doctor can focus on any risks to your health and give you more ways to keep you healthy.** During your AWV, you can expect your doctor to ask questions about your health, develop or update your list of doctors and prescriptions, and recommend other screenings or services that you will need.



SOURCE:

- Physical Exam or Wellness Visit? What Medicare Covers <https://blog.medicaremadeclear.com/physical-exam-wellness-visit-what-medicare-covers-2/>
- Annual Wellness Visit <https://www.medicareinteractive.org/get-answers/medicare-covered-services/preventive-care-services/annual-wellness-visit>
- Your Medicare Coverage: Preventive visit & yearly wellness exams <https://www.medicare.gov/coverage/preventive-visit-and-yearly-wellness-exams.html>



Medicare Diabetes Prevention Program (MDPP)

Beginning April 1, 2018, Affinity will offer MDPP to its members. This program helps prevent diabetes by teaching long-term dietary changes, and the benefits of increasing physical activity and living a healthy lifestyle. For more information, talk to your physician or call us.



IF YOU HAVE QUESTIONS CALL US AT **877.234.4499 (TTY 711)**
MON-FRI 8:00 A.M. TO 8:00 P.M. AFFINITYMEDICAREPLAN.ORG

MEDICATION THERAPY MANAGEMENT PROGRAM continued from page 1

Different doctors may write prescriptions for you without knowing all the medicines and/or OTC medications you take. Speak with a pharmacy professional who can help you:

- Understand how your prescription drugs and OTC medications may affect each other
- Identify any prescription drugs and OTC medications that may cause side effects and offer suggestions on what to do about them
- Get the most benefit from all of your prescription drugs and OTC medications
- Review ways to reduce your prescription drug costs

Get peace of mind knowing that you are taking your prescriptions, supplements, and OTC medications the right way.

Affinity Health Plan and CVS Caremark are partnering with SinfoníaRx, Inc. and their team of trained pharmacy professionals to ensure you get the greatest health benefit from your medications.

If you are eligible, and not already part of the MTM program, call SinfoníaRx, Inc. at 844.866.3735, Monday through Friday, 10 a.m. to 8 p.m., Eastern. TTY users call 800.367.8939.

To find out more about the programs that are available, call your Medicare Advocate at 877.234.4499, Monday through Friday from 8 a.m. to 8 p.m.

