

ENGAGE

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LORI RUND

Are you looking forward to celebrating your independence from COVID-19? That makes a whole lot of us. As you sit down with our second issue of ENGAGE 2021, we're beginning to breathe easier. And while we're not yet in the clear, there's reason to be optimistic.

With restrictions lifted and more vaccinations in arms, we're reconnecting with friends and family. We're looking forward to getting back to doing what we love.

It's also the perfect time to reassess the health of our minds and bodies. So, here's a friendly nudge to do things you may have put off during the

pandemic – like schedule your Annual Wellness Visit, get a routine physical and make sure you're up-to-date on your health screenings.

We also invite you to get outside more. Studies show that being out in nature promotes good physical and mental health. We close this issue with ideas for exploring KC's great outdoors.

Have a safe and splendid summer.

Lori Rund

VP of Government Programs

Blue Cross and Blue Shield of Kansas City

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Your Supplemental Benefits Corner

Supplemental benefits are a key part of your Blue Medicare Advantage Plan. Are you taking advantage of all the extra coverage you're entitled to?

Your long list of extras includes:

- Member Rewards Program – *See page 5*
 - SilverSneakers® – *See page 10*
 - Mindful by Blue KC – *See page 8*
 - Companion & Caregiver Support – *See page 9*
 - \$0 Telehealth
 - Over-The-Counter (OTC)
 - Vision
 - Dental
 - Hearing
 - Nurse Line
 - Acupuncture
 - Diabetes Prevention
 - Diabetes Management
 - Diabetes Supplies
 - Personal Emergency Response System
 - Non-Emergency Transportation
 - Meals & Nutritional Shakes
 - Travel Benefits (PPO only)
 - Worldwide Urgent, Emergent, and Ambulance Benefit
- Benefits vary by plan.*

What's your favorite supplemental benefit? We can't wait to hear! Email us at EngageNewsletter@BlueKC.com and be featured in the next issue of ENGAGE.

To learn more about your supplemental benefits, visit MyBlueKCMA.com, reference your Member Handbook, or call your local Customer Service team at **866-508-7140 (TTY 711)**.



It's Healthy to Have a PCP

A primary care provider (PCP) will get to know you – and your medical history – inside and out. PCPs are trained to attend to your overall wellness, manage chronic illnesses, and keep you on track with screenings that can help detect or prevent serious conditions.

Your PCP can be a physician, nurse practitioner or a physician assistant. There are a lot of positives to having a trusted health partner.

+ Proactive, preventive care

Having regular check-ups and an annual physical with your PCP can identify health concerns and chronic illnesses earlier. Early detection is the key to treating, managing, and sometimes curing many diseases, disorders, cancers, and other serious health problems.

+ Better management and control of chronic health conditions

Living with a persistent health problem can be a real challenge, and can lead to decreased quality of life due to chronic conditions. A PCP will help you manage conditions such as diabetes, high blood pressure, depression, or arthritis – which can improve your overall quality of life.

+ Referrals to other medical specialists

If a health problem develops that is beyond the scope of what your primary physician treats, he or she can refer you to the right specialist for your personal health needs. This can help you access the best care available.

+ Continuity of Care

If and when you receive care from specialists, your PCP will help you coordinate treatments, analyze medical records, and identify any conflicting treatment plans or medications that other specialists may not be aware of.

+ Lower overall healthcare costs

Maintaining your good health is the best way to avoid bigger and more costly healthcare issues. Regular visits to your PCP will cost far less than visits to the emergency room or unnecessary hospital admissions.

+ Better patient-provider communication

Your care is in the hands of someone who listens to you, and who you know and trust. Having a solid relationship with a PCP allows for openness, honesty and a deeper level of understanding between physician and patient.

It's healthy for all members to have a PCP

If you're an HMO member, then your Blue Medicare Advantage plan requires you to choose a PCP. While PPO members aren't required to have a PCP, having one in your life is invaluable. So don't miss out!

Find the Right PCP for You



1. Go to **medicarebluekc.com/find-a-doctor**, then search for Providers by Name or Specialty.



2. Call Customer Service at **1-866-508-7140 (TTY 711)**. Customer Service is also especially helpful if you're looking to change PCPs.

What to Expect During an Annual Wellness Visit



Did you know that your Medicare plan covers an Annual Wellness Visit (AWV)? At this visit with your primary care provider (PCP), you'll have a valuable conversation to review your current health status and create a personalized prevention plan. The goal of the AWV is to prevent the most common conditions that affect the lives of older adults.

Many Medicare members don't take advantage of this benefit, even though it's free.

At your AWV your provider will:

- Ask you to fill out a health risk assessment (HRA). This questionnaire evaluates your lifestyle factors and health risks. The HRA covers topics such as nutrition, fitness, stress, sleep, mental health, and biometric information such as blood pressure and cholesterol.
- Review your medical and family history.
- Develop or update a list of your current providers.
- Review your current medications.
- Take routine measurements such as your height, weight, blood pressure, and body mass index.
- Assess for any cognitive impairment. Cognitive impairment includes diseases such as Alzheimer's or other forms of dementia.
- Refer you to specialists for appropriate screenings.

- Review your vaccines to make sure you're up-to-date.
- Discuss advance care planning. This will ensure your wishes are met in case you ever need care and are unable to speak for yourself. If you have a documented plan in place, bring it with you so it can be scanned into your medical record.

Cash In On Your Member Rewards Program

It pays to take advantage of your preventive health benefits. Not only will you take steps to protect your health, you can earn gift cards to popular retailers.

Earn up to \$50 by completing any two of the following:

- Annual Wellness Visit
- Breast cancer screening
- Diabetic eye exam
- Flu vaccine

To register and claim a gift card, call Member Rewards at **1-833-601-3817 TTY:711**. You can also visit **MedicareBlueKC.com/Rewards**.



An ounce of prevention...

A personalized prevention plan can change your life for the better. And that's all the more reason to make a yearly habit of getting an Annual Wellness Visit.

The Annual Wellness Visit vs. Annual Physical Exam

Annual Wellness Visit – For preventing disease or disability.

This yearly preventive visit uses a health risk assessment to help your provider identify risk factors, suggest appropriate preventive services, and create a personalized prevention plan.

Annual Physical Exam – For checking overall health and uncovering any problems.

Your doctor will physically examine you in order to gauge how your body is performing. Based on what's learned, your doctor may order tests to discover or rule out possible health issues.



Ways to Engage with Your Healthcare

Blue KC gives you convenient ways to engage with your healthcare – some of which you may not be aware of yet.



**Experience a modernized
MyBlueKCMA.com**

For starters, you have a user-friendly Member Portal. Think of it as your online healthcare command central – the place to manage your health, your coverage, and your healthcare costs. If you haven't registered yet, now's the time at **MyBlueKCMA.com**.



Sign up for emails

Did you know you can have your Explanation of Benefits (EOB) and even bills delivered right to your email inbox? To sign up for this paperless option, simply log in to **MyBlueKCMA.com** and access your Communication Preferences by clicking on the  in the upper right hand corner.



Sign up for text messaging

Manage your health on-the-go with our innovative and secure messaging platform. Simply sign up and we'll text you all kinds of important health info – like suggestions on where to go for care, policy information and updates, health and wellness tips, and more.

To sign up, text **JOINBLUEKC to 73529**.

It's Time for Men to Take Their Health Seriously



Hello gentlemen, here's a question. Would you rather go to the doctor or clean the bathroom? If you'd rather tidy the toilet bowl, you're not alone.

A national survey by the Cleveland Clinic confirms that men are incredibly stubborn when it comes to taking care of their health. Only half of the 1,174 adult men surveyed said they get regular checkups. Meanwhile, 72 percent said they'd rather do household chores than visit a doctor.

Compared to women, men skip more recommended screenings and practice riskier behavior. They also die sooner, live more years in poor health, and have higher suicide rates.

June 1st kicks off #MensHealthMonth

Men's Health Month was created to bring awareness to the health challenges men face and to encourage them to live safer, healthier lifestyles. It's the perfect time for men to take their well-being more seriously.

The best way to participate in #MensHealthMonth? Nudge your male loved ones to keep themselves healthy by exercising, eating right, and regularly seeing their doctor. If you're a fella, make an appointment with your PCP and stay up to date on your preventive care and age-appropriate health screenings.

In other words, set all that stubbornness aside 😊, and keep your health in check.

Source: [Menshealthmonth.org](https://menshealthmonth.org); September 2019 Cleveland Clinic Survey

Checkup or Screening	How often to go
Physical exam	Every year after 50
Blood pressure	Every year after 50
TB skin test	Every 5 years
Blood tests / urinalysis	Every year after 50
EKG	Every year after 50
Rectal exam	Every year
PSA blood test	Every year after 50
Hemoccult	Every year after 50
Colorectal health	Every 1-10 yrs after 50
Chest x-ray	Discuss regularly after 40
Self-exams (testicles)	Monthly
Bone health	Discuss after age 60
Testosterone screening	Discuss after age 40

*Chart adapted from www.menshealthnetwork.org/library/pdfs/GetItChecked.pdf

A Kit to Help Prevent Colon Cancer

Not counting some kinds of skin cancer, colorectal cancer is the third leading cause of cancer-related deaths in the United States. But if everyone aged 50 to 75 got regular screenings, we could avoid as many as 60 percent of deaths from colon cancer.

In most cases, colorectal cancer develops from precancerous polyps (abnormal growths) in the colon or rectum. Screening tests can find these polyps, so you can get them removed before they become cancerous. If you're 50 or older, or have a family history of colorectal issues, it's important to get regular screenings.

Starting in June, we'll be sending a free Colon Cancer Screening Kit to members who've never received one before or who haven't had a colonoscopy recently. If you receive a kit, please follow the instructions and return it.



Source: Centers for Disease Control & Prevention

Now *That's* a PUZZLE



	3	2		4				9
5						4		
			9	7	2			1
	8		7			3		
3								8
		5			3		2	
2			6	8	1			
		6						4
8				9		6	1	

Sudoku is a logic-based, combinatorial number-placement puzzle. The objective is to fill a 9x9 grid with digits so that each column, each row, and each of the nine 3x3 subgrids that compose the grid contains all of the digits from 1 to 9.

7	1	9	4	6	2	3	5	8
4	8	2	7	3	5	6	9	1
3	5	6	1	8	9	4	7	2
6	2	7	3	1	8	5	4	9
8	6	1	9	6	5	4	7	3
5	4	3	9	2	7	1	8	6
1	3	5	2	7	9	8	6	4
2	7	4	8	6	3	9	1	5
9	6	8	5	4	1	2	3	7

Summer Safely During COVID-19



A round of golf? A Royals doubleheader? A trip to the beach? As the weather turns warmer and the world begins to open up, what are you looking forward to doing?

While vaccines have been a gamechanger in the pandemic, we're not out of the woods. We must continue to be vigilant and play it safe. We can do that by following current public health guidelines. You can find them at www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/participate-in-activities.html.

If you haven't already, join the ranks of the protected

The COVID-19 vaccine can help save your life and protect the lives of others. Do your part to stop the spread by getting vaccinated.

To schedule an appointment you have many options:

- Contact your Primary Care Provider (PCP).
- Go online to Vaccinefinder.org. This national vaccine locator helps find clinics, pharmacies and other locations that offer COVID-19 vaccines.
- Contact your local library. No computer? No worries. Many local libraries are helping folks set up appointments. Give your branch a call.
- Reach out to your local Area Agency on Aging. Some chapters are helping to register individuals. To find your chapter, visit Eldercare.gov or call **1-800-677-1116**.

Once you've made an appointment, please bring your **red**, **white** and **blue** Medicare card to your visit. Your vaccine services will be billed to Original Medicare, not your Blue Medicare Advantage plan.

Healthy Mind, Healthy Body

The saying really is true, but all too often, conditions like depression, anxiety and substance use go untreated. We overlook the health of our minds to the detriment of our physical health, and relationships.

What's more, amid the COVID-19 pandemic, one in four older adults reports anxiety or depression. If you're struggling with your emotional or mental health, it's important to seek care—mental and physical health go hand-in-hand.

Meet Mindful by Blue KC

We created Mindful by Blue KC, provided in member health plans, to help reduce the stigma surrounding behavioral health. This initiative offers a range of services that make care more accessible and affordable. And everything starts with a phone call to a Mindful Advocate, available 24/7 at 833-302-MIND (6463).

Our Mindful Advocates are licensed behavioral health clinicians who match you to services, providers, and guide care plans. They're your single point of contact for:

- Listening
- Navigating care
- Crisis management
- Benefits guidance
- Connecting you to care
- Follow-up

Members have turned to Mindful by Blue KC for:

- Anxiety
- Depression
- Loss of a loved one
- Excessive drinking
- Dependence on pain medications
- Adjusting to retirement
- Feelings of loneliness or isolation

**A Mindful Advocate is just a call away,
available 24/7**

Call **833-302-MIND (6463)** or go to
MindfulbyBlueKC.com for more info.



You've Got a Pal in Papa

Meet your new family-on-demand: Papa. This on-demand assistance service helps Blue Medicare Advantage members stay independent while living at home. It pairs older adults and their families with Papa Pals for companionship and help with daily tasks. Your health plan covers up to 40 hours of support each year.

All those things you'd ask your children or grandchildren to do? Ask a Papa Pal instead.

What can a Papa Pal help you with?

Virtual Companionship

Missing company? Chat by phone or meet up over video with a Papa Pal.

Transportation Services

When you need a ride, Papa will get you to wherever you need to go around town.

Technology Help

Papa can teach you how to use a smartphone, tablet or computer.

Household Tasks

It's awesome having help with everything from light cleaning to laundry.

Running Errands

From the grocery store to the bank, Papa is ready to do what you can't.

Ready to get started with Papa?

Sign up for free by calling **1-888-905-8301 (TTY: 711)**. Or download the Papa Pal app on the App Store or Google Play.

What Members are Sayin' About Papa Pals

"If I had to give it a rating, I would give it a 10! My Pal was very caring and concerned about my health. Everyone is always so nice and courteous."

"I needed help to get registered for the COVID vaccine, and since I'm not tech savvy, it was difficult to do. My Pal also helped me with my tablet. And helped me figure out what was wrong with my blood pressure machine. I'm 85 years old, so this help is wonderful."

"My Pal had a very good spirit. She was upbeat and we spent our time enjoying each other's company and talking about life."

Three Life-Changing Habits for Summer – and Beyond



Eating a nutrient-rich diet and staying active are two important lifestyle choices that can help you feel your best at any age. It's never too late to replace old, unhealthy habits with new ones so you can feel better and do more of the things you love to do.

3 ways you can improve your quality of life:

- 1. Make healthy choices at every meal.** A nutrient-rich diet can increase your energy, improve cognitive function, help manage weight, and reduce your risk for certain diseases.^{1,2} And remember to stay hydrated by drinking water throughout the day.
- 2. Get moving.** The Centers for Disease Control and Prevention recommend that seniors get at least 150 minutes of moderate aerobic activity a week – about 30 minutes a day, five days a week. A brisk walk, exercise class or bike ride are great options. Even 10 minutes of exercise can deliver health benefits!³
- 3. Stay connected.** Engaging with other people is important to our physical and mental health.⁴ Sometimes social opportunities slow down as we age, but it's important to find ways to connect with others in ways that are enjoyable to you.

Ready to get on board, but not sure where to start? Your **SilverSneakers benefit from Blue KC** is a great first step. SilverSneakers® is the nation's leading fitness and lifestyle program for seniors, and eligible Blue Medicare Advantage members get it at no additional cost. SilverSneakers members have access to classes⁵ and workshops on fitness, nutrition and stress management, recipes, health articles, social opportunities and more.

You can participate in person or from the comfort of home. Last year, 86 percent of members said SilverSneakers improved their quality of life.⁶ Now it's your turn!

Participate in SilverSneakers events online or in person

You can join live SilverSneakers fitness classes from home, or by taking your member ID number to a participating location near you.⁷ Either way, SilverSneakers offers something for members of all fitness levels and abilities. And it's a great way to meet new people.

Join a live class from home by visiting **SilverSneakers.com/Live** or choose from a library of fitness and nutrition videos at **SilverSneakers.com/OnDemand**. It's the perfect way to celebrate a healthier new you.

Always talk to your doctor before starting an exercise program.

Sources:

1. National Institutes of Health, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4983622>, Accessed 3/4/2021
2. U.S. National Library of Medicine, <https://medlineplus.gov/nutritionforolderadults.html>, Accessed 3/4/2021
3. American Heart Association, <https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>, Accessed 12/2/2020
4. Centers for Disease Control and Prevention, cdc.gov/features/social-engagement-aging/, Accessed 12/2/2020
5. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.
6. 2019 SilverSneakers Annual Participant Survey
7. Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities is limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.

SilverSneakers is a registered trademark of Tivity Health, Inc. SilverSneakers On-Demand is a trademark of Tivity Health, Inc. © 2020 Tivity Health, Inc. All rights reserved. SSFP2928_1020



GRILLED SKIRT STEAK

SERVINGS: 4

INGREDIENTS FOR THE STEAK:

- 16 ounces skirt steak, trimmed and cleaned
- 1 tablespoon fresh rosemary, chopped
- 1 tablespoon fresh thyme, chopped
- Drizzle of olive oil
- Dash of salt and pepper

FOR THE VEGETABLES:

- 1-2 bunches asparagus, trim and remove bottom one inch
- 3-4 cups red bliss potatoes, cut in half
- Salt and pepper, to taste
- Olive oil, as needed

FOR THE ROMESCO SAUCE:

- 2 cups red bell peppers, de-stemmed, core removed and sliced
- 1 cup tomatoes, cored and diced
- ½ cup red onions, peeled and diced
- 3 garlic cloves
- 1 tablespoon paprika
- ½ whole lime, juiced
- 1 whole lime, zested
- 1 tablespoon sherry vinegar
- ½ cup #1 olive oil
- 1-2 cups #2 olive oil
- ¼-½ cup water
- Salt and pepper, to taste

DIRECTIONS

1. Light a charcoal grill and pre-heat for 30 minutes using charcoal and wood.
2. While waiting for the grill to heat, season steak with oil, salt, pepper and herbs, then set aside.
3. POTATOES: Bring a medium pot of salted water to a boil and par-cook potatoes. When half cooked, season potatoes with olive oil, salt and pepper, then set aside.
4. ASPARAGUS: Season with oil, salt, and pepper, then set aside.

5. ROMESCO SAUCE: In a hot sauté pan, add #1 olive oil with peppers, tomatoes, onion and garlic. Sauté for 5-8 minutes. Vegetables will brown and soften.
6. Pour hot oil mixture into a kitchen blender and allow to cool to room temperature before blending. Blend with caution, placing a towel over the lid.
7. Add the rest of the ingredients, except #2 oil and water.
8. Turn on the blender and begin to puree while slowly adding oil.
9. If the puree seems too thick, add water to thin it.
10. Once puree has a smooth and thick consistency, season to taste.
11. GRILL: Place steak in the middle of the grill, then surround it with potatoes. Place asparagus on edges of the grill and cover with the lid. Cook asparagus until bright green and slightly tender, then remove. Flip steak and potatoes and cover.
12. Remove potatoes from the grill when completely cooked and lightly charred.
13. Take the steak off the grill and let rest for 5-10 minutes before slicing. This will retain juices and moisture.
14. PLATING: Place asparagus on bottom of plate, followed by potatoes, sliced steak and sauce.
15. GARNISH: Place ingredients in a small bowl, mix lightly and garnish.

OPTIONAL GARNISH

- Fresh cilantro or parsley sprigs
- Sliced grape tomatoes
- Baby arugula
- Olive oil
- Salt, to taste

CHEF NOTES

Feeling spicy? Add hot chili peppers to the Romesco sauce for an extra kick. If you prefer a thicker sauce, you can add nuts and bread to it.

From the kitchen of Chef Kyle Williams. Bon appétit!



BLUE MEDICARE
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*Medicare Advantage Compliance and Fraud,
Waste & Abuse Hotline (anonymous 3rd Party Vendor):
1.844.227.1790*

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Health and wellness or prevention information.

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OUTSIDE PURSUITS

Check out these summery things to do in the great outdoors of Kansas City.

1. Mill Creek Park

This park is home to green space, a .96 mile asphalt trail, and the most iconic fountain in KC.

2. The Nelson-Atkins Museum of Art

More than just an incredible art collection, the Nelson's meticulously manicured grounds are a must-see.

3. National World War I Museum and Memorial

A great place for remembering, interpreting and understanding World War I.

4. Loose Park

Boasts a jogging trail, stunning pond, and Rose Garden with 130 varieties of roses.

5. The Ewing and Muriel Kauffman Memorial Garden

With beautiful gardens, sculptures and fountains, this space is an enduring legacy of Ewing and Muriel Kauffman.

6. Overland Park Arboretum & Botanical Gardens

Three hundred acres of grounds include trails, prairie, botanical gardens, and sculptures.

7. Hidden Valley Park Trail

If you're lucky you may spy animals and deer amid a wonderfully secluded wilderness.

8. Parkville Nature Sanctuary

This 115-acre wildlife preserve is easily accessible with three miles of short, well-maintained hiking trails.

9. Ernie Miller Park & Nature Center

This 116-acre nature park, located in Olathe, Kansas, has almost three miles of walkable, well-maintained trails.

10. Shawnee Mission Park

Located in Johnson County, this 1,600-acre jewel with a 120-acre lake is the most visited park in Kansas.

Stay on top of all the local COVID-19 safety protocols:
<https://www.coronavirus.kdheks.gov/>
<https://health.mo.gov>