

ENGAGE

QUARTERLY MAGAZINE | SPRING 2019

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KIRBY MCDANIEL
VP of Government Programs
and Product Development

Goodbye winter with all your snow, ice and cold. And hello spring! Hello sunny outlook! What is it about spring that makes us feel so happy?

With more daylight, we feel more energized. The increase of daylight triggers serotonin, the chemical in our brains that helps us feel happier. And thanks to warmer temperatures, we're also more likely to get active. Activity releases endorphins, the hormone that minimizes our aches and pains and boosts our moods.

Spring is the time of year when we feel more positive. And this issue

taps into those good vibes. Inside, you'll discover everything from how walking can help lessen arthritis pain, to where you can go on Spring Break without breaking the bank.

Ready to put more spring in your step? Then read on.

Kirby McDaniel

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You Should Have Your New Medicare Card by Now

But if you haven't received it yet, here's what you should do.

- Look around your house for any old or unopened mail. Your new Medicare card will have come in a plain white envelope from the Department of Health and Human Services.
- Sign into MyMedicare.gov to get your new number or print your official card. Now that Medicare has finished mailing new cards, your new number will appear in MyMedicare.gov. If you don't already have an account, you'll need to create one.
- Call 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048. There may be something that needs to be corrected, like your mailing address.

Note: You can still use your Blue Medicare Advantage card to receive healthcare services until January 1, 2020.

On Hearing Well- A Member Conversation



Meet Jim Schumm, a resident of Overland Park, Kansas. Jim is a husband. A father of three. A grandfather of four. He has severe hearing loss in his left ear.

Jim is not alone. According to the National Institute on Deafness and Other Communication Disorders, hearing loss is one of the most common conditions affecting older and elderly adults. Approximately one in three people between the ages of 65 and 74 has hearing loss. Nearly half of those over age 75 have difficulty hearing.

"Developing hearing loss was miserable. However, you learn to compensate by your body position. Because my hearing loss was severe on my left, I'd rely on my right side in conversational situations," Jim shared.

Men are almost twice as likely as women to have hearing loss. Hearing difficulties can pose challenges to any relationship. How did it impact Jim's marriage? "My wife knows how to talk loud," Jim said with a smile. "We crank up the TV volume. I'm lucky, my wife is very understanding."

After struggling for years, Jim "bit the bullet" and got hearing aids. But his first experience with the technology was subpar. His second try was a life changer.

Jim is a Blue Medicare Advantage licensed agent. When he learned about the quality of the hearing aid included on the plan, he was sold. "The \$399 copay for a device of this quality is a real value!"

"The TruHearing aid works fabulously. It's equipped with Bluetooth®, so my iPhone syncs up with it automatically. This device is very dependable, and the folks at TruHearing are very supportive," explained Jim.

TruHearing has made a clear difference in Jim's personal life. "Now we can whisper in a movie and not disturb others. Also, I'm confident around soft-spoken people. This is especially important in sales situations," Jim shared. By being able to communicate more effectively with clients, Jim's hearing aids have made a clear difference in Jim's career. And that's a good thing, too.

SOURCE: NIH, National Institute on Deafness and Other Communication Disorders

Some health benefits of better hearing.

- Potentially improved relationships with family and friends
- Promotes independence
- Improvement to overall quality of life

SOURCE: National Institutes on Health

How to get Hearing Aids? Call TruHearing at 1-855-541-3070.

TruHearing hearing consultant will verify your coverage and help you set up a hearing exam with an audiologist or hearing instrument specialist in your area. If hearing loss is discovered, your audiologist or hearing instrument specialist will help you choose the right hearing aids and order them through TruHearing. When the hearing aids arrive, you'll return to have them fitted and programmed by your audiologist or hearing instrument specialist.



May is Arthritis Awareness Month (Let's Celebrate by Taking a Walk)

Do you know someone with arthritis? Chances are you do. After all, it's one of the most common health conditions in America.

According to the CDC, about one in four adults have arthritis. Arthritis is disabling. It can make it difficult to move and perform daily tasks. It can also take a toll on your work and social life. Just ask the approximately 24 million adults whose activities are limited by the chronic disease.

If you have arthritis, one of the worst things you can do is stop moving. One of the best things you can do? Take a walk. Walking has been proven to improve arthritis pain, fatigue, function and quality of life. And what better time to begin a new walking routine – or jumpstart an old one – than during Arthritis Awareness Month?

Whether you live in the city, the country, or the suburbs, walking is a great, low-impact way to get physically active. So lace up for a brisk, 30-minute walk, five days a week – and you'll be on your way to meeting the aerobic activity recommendations from the Physical Activity Guidelines for Americans. You can download a handy PDF of the current physical activity guidelines by visiting www.health.gov.

Let your fingers do the walking to Chapter 5, which is devoted to active older adults.

SOURCES: Centers for Disease Control and Prevention, The Arthritis Foundation Office of Disease Prevention and Health Promotion



Exercise Your Right to Prevent a Fall

Many falls can be prevented. By making some simple changes in your life and around the house, you can lessen your chances of falling.

1. Talk to your doctor about fall risks and prevention.

Have you fallen in the past year? Do you feel unsteady when standing or walking? Do you worry about falling? If you've answered yes to any of these questions, have a conversation with your primary care physician.

2. Have your healthcare provider review your medicines.

As you get older, the way medicines work in your body can change. Some medicines or combinations of medicines can make you sleepy or dizzy and can cause you to fall. Share all the medicines you take — including over-the-counter meds — with your primary care physician.

3. Exercise to improve your balance and strength.

Exercising can help prevent falls because it can make your muscles stronger and more flexible, improve your balance and increase endurance. Tai Chi is a good exercise for healthy adults. Walking is great, too. Talk to your doctor about what types of exercise would fit you best.

4. Have your eyes and feet checked.

Poor vision can increase your chance of falling, so see an eye doctor once a year. And make sure that your primary care physician checks your feet as part of your Annual Wellness Exam.

5. Make your home safer.

Remove tripping hazards like papers, books, clothes and shoes from stairs and the places where you walk. Get rid of throw rugs. Install grab bars in the bathroom and handrails on every staircase. Improve the lighting throughout your home — as we grow older, we need brighter lights to see well.

SOURCE: National Institute On Aging, CDC, National Center for Injury Prevention and Control



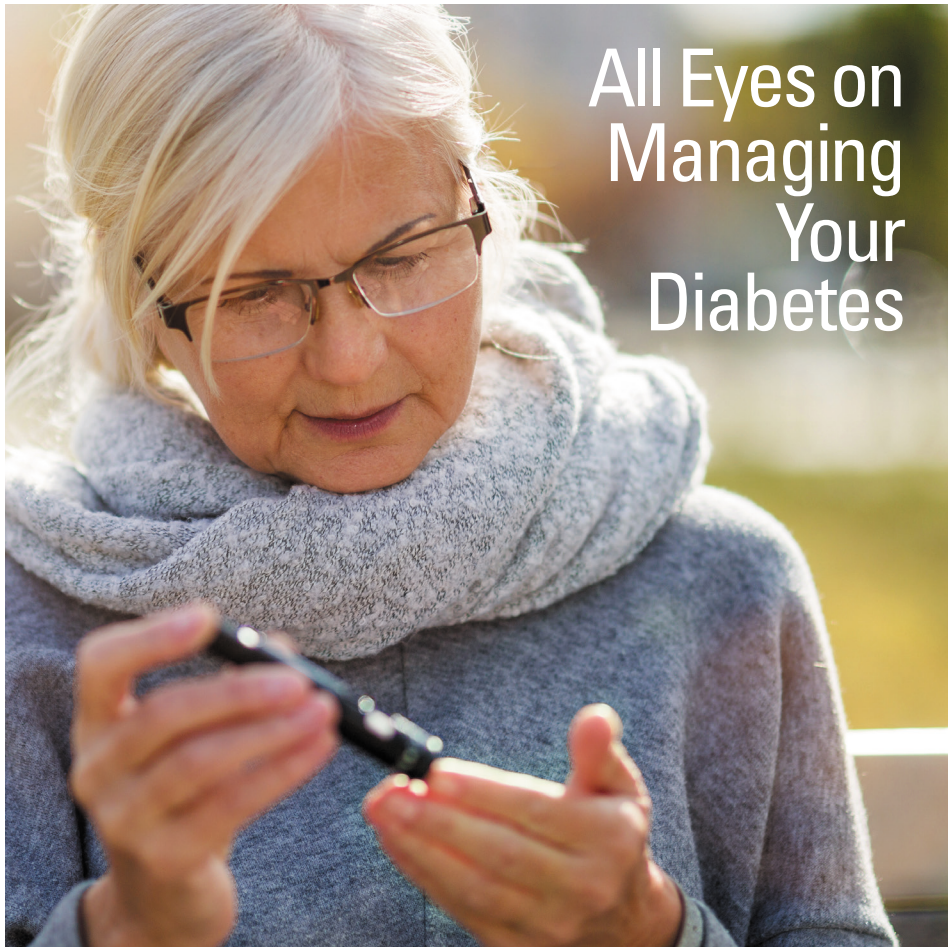
Toe Stand To make your calves and ankle muscles stronger: Hold on to a solid support for balance, like the back of a chair. Stand with your back straight and slightly bend both knees. Push up onto your tiptoes as high as possible. Slowly lower your heels to the floor. Repeat 10 to 15 times.



Knee Curl To make your buttocks and lower back muscles stronger: Hold on to a solid support for balance. Stand with your back straight, feet shoulder width apart, and slightly bend both knees. Lift one leg straight back behind you, then bend your knee and bring your heel toward your buttock. Slowly lower your leg back to a standing position. Repeat 10 to 15 times with each leg.



Leg Extension To make your thigh muscles stronger and possibly decrease knee pain: Sit in a straight-back chair with your feet on the floor. Straighten one leg out in front of you as much as possible. Slowly lower your leg back down. Repeat 10 to 15 times with each leg.



All Eyes on Managing Your Diabetes

levels get too low, you can lose your ability to think and function normally. If they get too high and stay high, it can mean complications for your body. High glucose can increase your chances of having a heart attack or stroke. What's more, it can lead to nerve damage in the fingers and toes.

Keeping a log of your results is vital. Then again, so is working with your primary care physician. So be sure to share your blood glucose log with your physician. After all, it offers a good picture of your body's response to your diabetes care plan.

To help keep track of your levels, the ADA offers a free printable blood glucose log. You'll find it at <http://www.diabetes.org/assets/pdfs/community/stop-d-at-work/employer-resources/lifestyle-tips/blood-glucose-log.pdf>

The ADA also sells a blood glucose log that's smaller and travels well. To purchase it, visit shopdiabetes.org and search for the Diabetes Checking Account-Blood Glucose Logbook.

SOURCE: American Diabetes Association

Edgepark makes it easy to get the diabetes supplies you need.

You have 100% coverage for diabetes testing supplies with Edgepark through Blue Medicare Advantage (HMO) and Blue Medicare Advantage (PPO) plans.

To serve all your diabetes needs, there's a dedicated team who is expertly trained and familiar with your diabetes products. Simply call, and you can place an order for your diabetes supply, schedule a future supply, or get answers to billing and insurance questions. Prefer to order supplies online? You can do that safely, anytime, by visiting www.edgepark.com.

1-855-450-2505 (TTY:711)
8 a.m. – 9 p.m. EST Monday – Friday
9 a.m. – 3 p.m. EST Saturday

If you have diabetes, you're at an increased risk for developing serious problems like heart disease, stroke and neuropathy (nerve damage). Sometimes diabetes leads to eye complications such as glaucoma, cataracts and retinopathy, a general term for retina disorders caused by diabetes.

Because all forms of diabetic eye disease have the potential to cause vision loss and blindness, the American Diabetes Association recommends seeing an eye care professional once a year for a dilated eye exam. (Yes, bring sunglasses for the drive home.)

It's not enough to have your primary care physician check your eyes, and it's not enough to have your eyeglass prescription tested by an optician. Only optometrists and ophthalmologists can detect the signs of retinopathy – and only ophthalmologists can treat it.

SOURCE: American Diabetes Association

June is Cataract Awareness Month.

Cataract is one of the leading causes of blindness in the United States. During Cataract Awareness Month, the American Academy of Ophthalmology reminds us that early detection and treatment of cataracts is critical to preserving sight.

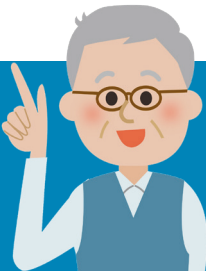
SOURCE: American Academy of Ophthalmology

All eyes on blood glucose.

Blood glucose (blood sugar) monitoring is the main tool you have to check your diabetes control. This check will give you your blood glucose level at any one time.

It's important for blood glucose levels to stay in a healthy range. If glucose

Now *That's* a PUZZLE



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

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.

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

Mark Your Calendar for DEA Take Back Day

According to the 2016 National Survey on Drug Use and Health, 6.2 million Americans misused controlled prescription drugs. Where did the majority of these abused prescription drugs come from? From family and friends. And oftentimes, right from someone's medicine cabinet.

All too often, unused prescription drugs make their way into the wrong hands. That's why the Drug Enforcement Agency sponsors a National Drug Take Back Day. The event gives Americans a safe, convenient and responsible way to dispose of unused or expired prescription drugs. And it's the perfect opportunity to help prevent drug addiction and overdose deaths.

Ready to give your medicine cabinet a good spring cleaning? It could save a life.

National Prescription Drug Take Back Day is Saturday, April 27, 2019 from 10:00 a.m. - 2:00 p.m.

To find a Take Back location near you, visit DEATakeBack.com

Help Loved Ones with College Tuition



By signing up for CollegeSave through SilverSneakers®, you can help a loved one pay for college.

As a SilverSneakers member, you know that more participating location visits add up to better health. Now those visits can also add up to college savings for designated students, thanks to our partnership with CollegeSave.

How CollegeSave works:

- Log seven visits per month to any SilverSneakers participating location to accumulate tuition discount points for savings on college tuition for students that you designate (from birth to the beginning of their junior year of high school).

- You'll earn 1,000 discount points when you sign up for the program. Then each subsequent month you'll receive 250 points, as long as you visit any SilverSneakers participating location seven times that month.

- If you already have a CollegeSave account, you earn additional points through the SilverSneakers partnership.

Learn more, sign up and start earning points! Visit Collegesave.org/SilverSneakers or call 1-877-210-1307.

About CollegeSave

- CollegeSave is a national membership organization dedicated to providing families

innovative benefits and critical information needed to make the dream of a college education more affordable.

- The CollegeSave Tuition Savings Program offers college savings advice, a College Savings Roadmap, and free access to tuition discounts to nearly 400 private colleges and universities in 44 states.
- Tuition discounts are spread over four years and are good for up to one full year of tuition discounts at participating colleges and universities.

Students must be admitted to one of the participating colleges on standard admission criteria. Students use the rewards for discounts off full tuition in four equal installments from freshman to senior year of college. The tuition savings benefit is provided as a discount off tuition by each college; schools sign contracts with the program's college network administrator to honor the tuition discount (it is never paid in cash to a participating student or family). All students in the member's extended family are eligible, from birth to the beginning of the junior year of high school; members can name their child, stepchild, niece, nephew, cousin, godchild or grandchild as a beneficiary of the tuition discounts. There is no requirement for students to select a college they will attend in advance. The Tuition Discount points represent a guaranteed minimum scholarship that can be combined with other aid offered by the participating college. Additional requirements, including deadlines for registering students in the program and procedures for redemption of tuition discounts are provided in the CollegeSave Membership Terms and Conditions on the program membership portal.

SilverSneakers is a registered trademark of Tivity health, Inc. All other brand names, product names, registered trademarks or trademarks belong to their respective holders.

Spring Break, Boomer Style



Spring Break. It's not just for college students. It's not just for families with kids on a school holiday. When the weather starts getting warmer, millions of Baby Boomers get the travel bug, too.

Ready to act on your youthful impulses? This spring, consider making travel plans to a warm location with a beautiful beach, sunny temperatures and plenty of outdoor activities. And here's a news flash. You can enjoy Spring Break without breaking the bank.

U.S. News & World Report has ranked the top five best cheap spring break destinations. Why not consider a visit in late spring, once the college crowds have cleared?

Best Cheap Spring Break Destinations

- #1 Puerto Vallarta
- #2 Cabo San Lucas
- #3 New Orleans
- #4 South Padre Island
- #5 Key West

Spring Break to a National Park.

Picture this. All the natural beauty, breathtaking scenery and majestic wonder of America – without the crowds. Beat the summer rush with a spring visit to one of America's great National Parks.

According to AARP, Baby Boomers have the most experience visiting National Parks, seeing an average of 14 parks in their lifetime. When's the last time you discovered one of our most treasured places?

You'll find all kinds of trip ideas at nps.gov. But high on our list for 2019 is the Grand Canyon, which is now 100 years old. Celebrate this year's Centennial with a day hike, a glorious sunset and a night of marveling at some of the brightest stars found anywhere.

Your ticket to America the Beautiful.

With an America the Beautiful Pass, you can access more than 2,000 federal recreation sites.



The National Parks and Federal Recreational Lands sells a Lifetime Senior Pass which gives older adults access to parks and public lands nationwide for \$80. An annual pass is available for \$20. All US citizens or permanent residents 62 years or older are eligible.

Get going, you're covered.

Wherever you go on Spring Break, know your healthcare coverage will go with you. With the BlueCard® program, Blue Medicare Advantage members are covered in emergency and urgent care situations.

SOURCES: AARP Research, U.S. News & World Report, National Park Service



Thanks for choosing Blue KC

We understand that you have options when it comes to your healthcare. We're committed to you, and to being Kansas City's healthcare leader. If you receive the 2018 Medicare Experience survey, we hope you'll complete it, and we hope you think we deserve a **10 out of 10 rating.**

Reward yourself.

With your Member Rewards Program, you can earn gift cards to popular local and national retailers for completing two health actions during a year. An Annual Wellness Exam counts as one of these health actions.

Have you scheduled this important visit yet?

To register for Member Rewards, visit [Medicare-BlueKC.com/Rewards](https://www.BlueKC.com/Rewards) or contact Customer Service at 1-833-601-3817.



What if Tax Time was Less Taxing?

Between pensions, IRA or 401K savings and other financial assets, older adults can have complicated tax situations. This can make tax preparation and filing complicated and overwhelming.

If you'd like to make the upcoming tax season less painful, consider two programs sponsored by the IRS that offer no-cost tax expertise to older adults.

1. Tax Counseling for the Elderly (TCE) program

The Tax Counseling for the Elderly (TCE) program offers free tax help for all taxpayers, especially those 60 years or older. It specializes in questions about pensions and retirement-related issues that are unique to older adults.

2. Volunteer Income Tax Assistance (VITA) program

The Volunteer Income Tax Assistance (VITA) program offers free tax help to people who make \$54,000 or less, persons with disabilities, and limited English speaking taxpayers. For those who qualify, IRS-certified volunteers help with basic income tax return preparation and electronic filing.

Get free tax prep help.

TCE and VITA sites are typically located at community and neighborhood centers, libraries, schools, shopping malls and other convenient locations.

To find a VITA or TCE site near you, call 800-906-9887. Or use the VITA Locator Tool found at www.irs.gov.

SOURCES: Internal Revenue Service, [irs.gov](https://www.irs.gov)

Asian Thai Chili Turkey Lettuce Cups



Fresh lettuce cups are a delicious, low-carb option for lunch or dinner. And this recipe from Chef Kyle Williams, head chef of our Live Blue Kitchen + Café, has an Asian flair. Tucked inside delicate butter lettuce leaves, you'll find a delightful combination of Thai chili, tender turkey and crispy, crunchy vegetables. This recipe yields 4 servings.

Ingredients:

Lettuce Cups:

- Ground turkey – 2 pounds
- Purple cabbage – 2 cups
- Yellow onion, diced – ¼ cup
- Garlic, minced – 1 tablespoon
- Ginger, minced – 1 tablespoon
- Carrots, diced – ¼ cup
- Bean sprouts – optional – ½ cup
- Sweet Thai chili sauce – ½ -1 cup
- Soy sauce – gluten free – 1-2 tablespoons

- Salt and pepper – to taste
- Sesame oil – as needed
- Butter lettuce – for cups – 2 heads

Garnish options:

- Fresh cilantro sprigs
- Avocado slices
- Black and white sesame seeds
- Sweet Thai chili sweet drizzle
- Crushed chili flakes for more spice

Method of Preparation:

1. In a large pan on medium high heat, add sesame oil, onions, cabbage and ground turkey. Season with salt and pepper. Cook while stirring occasionally.
2. Once turkey is completely cooked, drain off any juices or fat.
3. Add garlic, ginger, carrots, bean sprouts and sesame oil (if desired) and cook for another 2-4 minutes.

4. Add sauces and season to taste.
5. When done, remove from pan and allow to cool in dish.
6. Once the turkey mix (still warm) is cool enough, spoon out ¼ – ½ cup of mix and place in lettuce cups.
7. Garnish each cup with optional toppings and serve.

Chef Notes:

- Sweet Thai chili sauce can be found at grocery stores and/or your local Asian market.
- To make the dish fancy, swap fresh shrimp for the turkey.
- To make soy free, remove soy sauce and use Coco Aminos.
- This recipe is gluten free and dairy free.

ENGAGE IN COMMUNITY EVENTS

FOR THE MIND

Techy Teens, Savvy Seniors

April 17, 1:00-1:35pm, Liberty North High School, 1000 NE 104th St, Liberty, MO 64068, Free, 816-439-4360 to sign up

Active Aging: Bingo

Every Monday, 1:00-2:30pm, Hillcrest Community Center, 10401 Hillcrest Rd, Kansas City, MO 64134, Free, Visit kcparks.org to sign up

FOR THE SPIRIT

New Theatre Restaurant: The Buddy Holly Story

May 8, 10:15am-4:15pm, ride from Liberty Silver Center (1600 S. Withers St., Liberty MO) to New Theatre Restaurant, \$45 includes ride, lunch and show, 816-439-4396

Movie Mondays

Every Monday, 12:15pm, Lenexa Senior Center, 13425 Walnut St., Lenexa, KS 66215, Free, 913-477-7099 to sign up

Famous Pancake Breakfast

April 16, 8:00-11:00am, Mary Ann Flunder Lodge, 7250 State Ave., Kansas City, KS 66112, \$8 fee, 913-281-8908 for more information

FOR THE BODY

Adventure Walk

April 20, 8:00am-5:00pm, Stockton State Park, 6501 Antioch Road, Merriam, KS 66202, \$28 fee + lunch, Visit joco.gov to sign up

Free Blood Pressure Screenings

Every 3rd Tuesday, 11:00am, Lenexa Senior Center, 13425 Walnut St. Lenexa, KS 66215, Free, 913-477-7100 for more information



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1-866-508-7140, TTY 711

Telephone lines are open 8 a.m. to 8 p.m., 7 days a week. You may receive a messaging service on weekends and holidays from April 1 to September 30. Please leave a message and your call will be returned the next business day.

Blue Cross and Blue Shield of Kansas City's Blue Medicare Advantage includes both HMO and PPO plans with Medicare contracts. Enrollment in Blue Medicare Advantage depends on contract renewal.

*Medicare Advantage Compliance and Fraud, Waste & Abuse Hotline (anonymous 3rd Party Vendor):
844-227-1790*

Blue Cross and Blue Shield of Kansas City is an independent licensee of the Blue Cross and Blue Shield Association. The HMO products are offered by Blue-Advantage Plus of Kansas City, Inc. and the PPO products are offered by Missouri Valley Life and Health Insurance Company, both wholly-owned subsidiaries of Blue Cross and Blue Shield of Kansas City.

Health and wellness or prevention information.

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