

HEALTH MATTERS

The Memorial Hermann Advantage Member Newsletter



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AUTUMN 2025

GET IN TOUCH

Website
mhhp.org/ma

Customer Service
855.645.8448

PRESCRIPTIONS

Capital Rx
888-227-7940
cap-rx.com

Costco
800.607.6861 (Regular)
866.443.0060 (Specialty)
pharmacy.costco.com

OTHER RESOURCES

Behavioral Health
855.645.8448

Nurse Health Line
844.632.0074 (Option 1)

Teladoc (Telehealth)
800.835.2362
teladoc.com

Liberty Dental
866.674.0114

Silver&Fit
877.427.4788
silverandfit.com

Wex Flex Card
mhhp.org/flex

This newsletter is produced by
Memorial Hermann Health Plan.

Questions?

Please call Customer Service
at 855.645.8448.

FALL BACK INTO RHYTHM

3 Easy Tips for a Healthy Autumn

While we all look forward to our summertime adventures, both vacations and visiting guests can dramatically disrupt our carefully constructed routines. As we enter the fall season, it's the perfect time to look at our lifestyles with fresh eyes—and get back to basics! Here are three easy ways to let the natural rhythms of the season guide us back to our best selves.

Medication Regulation

Miss a few doses over the summer? Autumn is a great time to get back on track with an annual Medication Therapy Management Review. This service is FREE for qualified members, so take a few minutes to review your prescriptions, dosages and pricing with a clinical pharmacist. To schedule, call 855.905.4689 (Monday–Friday, 8 a.m.–6:00 p.m. CST).

Automatic Prescription Refills

Keeping up with prescription refills can be a hassle—so we're here to help! With Memorial Hermann's Automatic Refill & Renewal Service, managing your medications is simple and stress-free. We'll automatically refill your medication when it's due, even if we're unable to reach you—and we'll contact your doctor directly if a new prescription is needed. To enroll, call 713.424.3146 Monday–Friday, 8:00 a.m.–5:00 p.m. CT.

Flu Season FAQs

Flu season is here, and Memorial Hermann is ready to help you and your loved ones stay healthy! Your annual flu vaccine dramatically lowers your chances of flu-related illnesses and reduces the severity of symptoms if you do contract the virus. For information on the different types of flu vaccines, scan the code at right.

SCAN FOR INFO



USING YOUR PATIENT PORTAL

Instant Access & Instant Answers

Have you activated your Patient Portal yet? With My Memorial Hermann, powered by MyChart, you can view a complete list of your current medications—including dosage, prescriber details, and instructions, as well as other important health information like test results and your doctor’s notes from recent appointments. Scan the code to get started!



MEMORIAL HERMANN PHARMACIES

Comprehensive Service Across Greater Houston

Did you know: Memorial Hermann offers pharmacies throughout the Houston area? Our friendly pharmacists use the same system as your doctors, with access to your health records—so they can check for drug interactions and communicate with your care team.

Katy Memorial Hermann Pharmacy

21501 Park Row Drive, Suite 200
Katy, TX 77433 | 281. 698.6100

Cypress Memorial Hermann Pharmacy

27700 Northwest Freeway, Suite 150
Cypress, TX 77433 | 346.231.6971

Houston Memorial Hermann Pharmacy, Memorial City

929 Gessner Road, Suite 100
Houston, TX 77024 | 713.984.6464

Memorial Hermann Pharmacy, Southeast

11914 Astoria Boulevard, Suite 190
Houston, TX 77089 | 281.929.4516

Memorial Hermann Pharmacy, Southwest

7777 Southwest Freeway, Suite 104
Houston, TX 77074 | 713.456.5125

Memorial Hermann Pharmacy, TMC

6411 Fannin Street, JG:201
Houston, TX 77030 | 713.704.6324

Shenandoah Memorial Hermann Pharmacy, The Woodlands

9200 Pinecroft Drive, Suite 140
Shenandoah, TX 77380 | 713.897.2801

Harris Katy Memorial Hermann Pharmacy Home Health Pharmacy

21501 Park Row Drive, Suite 210
Katy, TX 77449 | 281.698.6175

Sugar Land Katy Memorial Hermann Pharmacy

17510 W. Grand Parkway South, Suite 190
Sugar Land, TX 77479 | 832.658.3470

IS MY PRESCRIPTION COVERED?

2 Easy Ways to Get Answers, Fast

1 Drug Lookup Tool

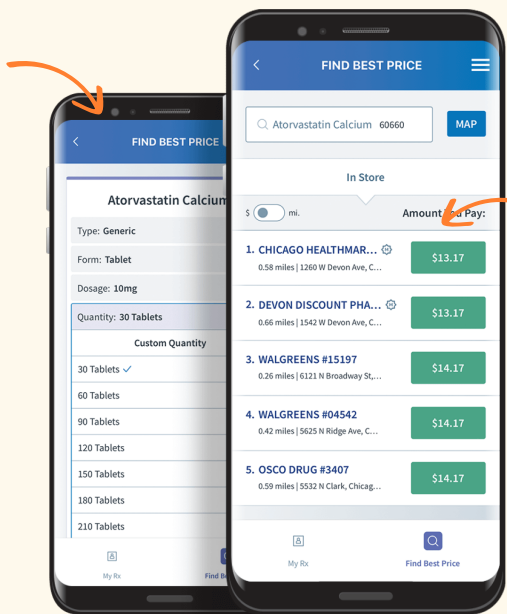
The Memorial Hermann website has an easy-to-use Drug Lookup Tool that gives you instant access to your coverage—including what you pay for Part D vaccines, insulin and other important information around medication requirements. For personalized prescription guidance, contact the Capital Rx Customer Service team at 888.227.7940.



2 Capital Rx App

Our prescription partner, Capital Rx, offers a seamless mobile app that puts the power in your hands. You can find low-cost drugs at pharmacies near you, view your claims history, track your out of pocket spend and download a digital pharmacy ID card. Scan the code below to download the app—then just enter your email and follow the simple prompts!

Service At Your Fingertips



Review your claims history

See what your plan covers

Find the best prices near you

Track your out-of-pocket spend

Download a digital pharmacy card

GET THE APP

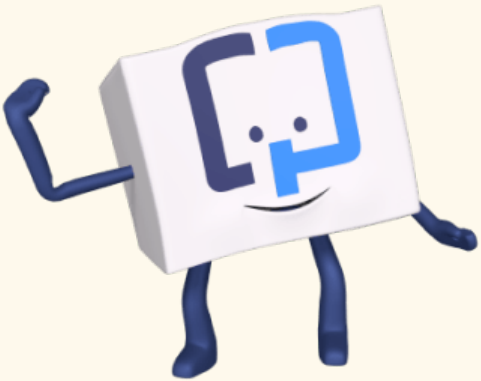


NOW COVERED:
COLOGUARD

You may have seen television commercials for Cologuard—a convenient colon cancer screening kit that can take the place of an in-office colonoscopy for some patients. Thanks to a partnership between Memorial Hermann and Exact Science, you may be eligible to complete this essential preventive test, FREE, in the privacy of your home.

Watch Your Mail for Your
FREE Cologuard Kit.

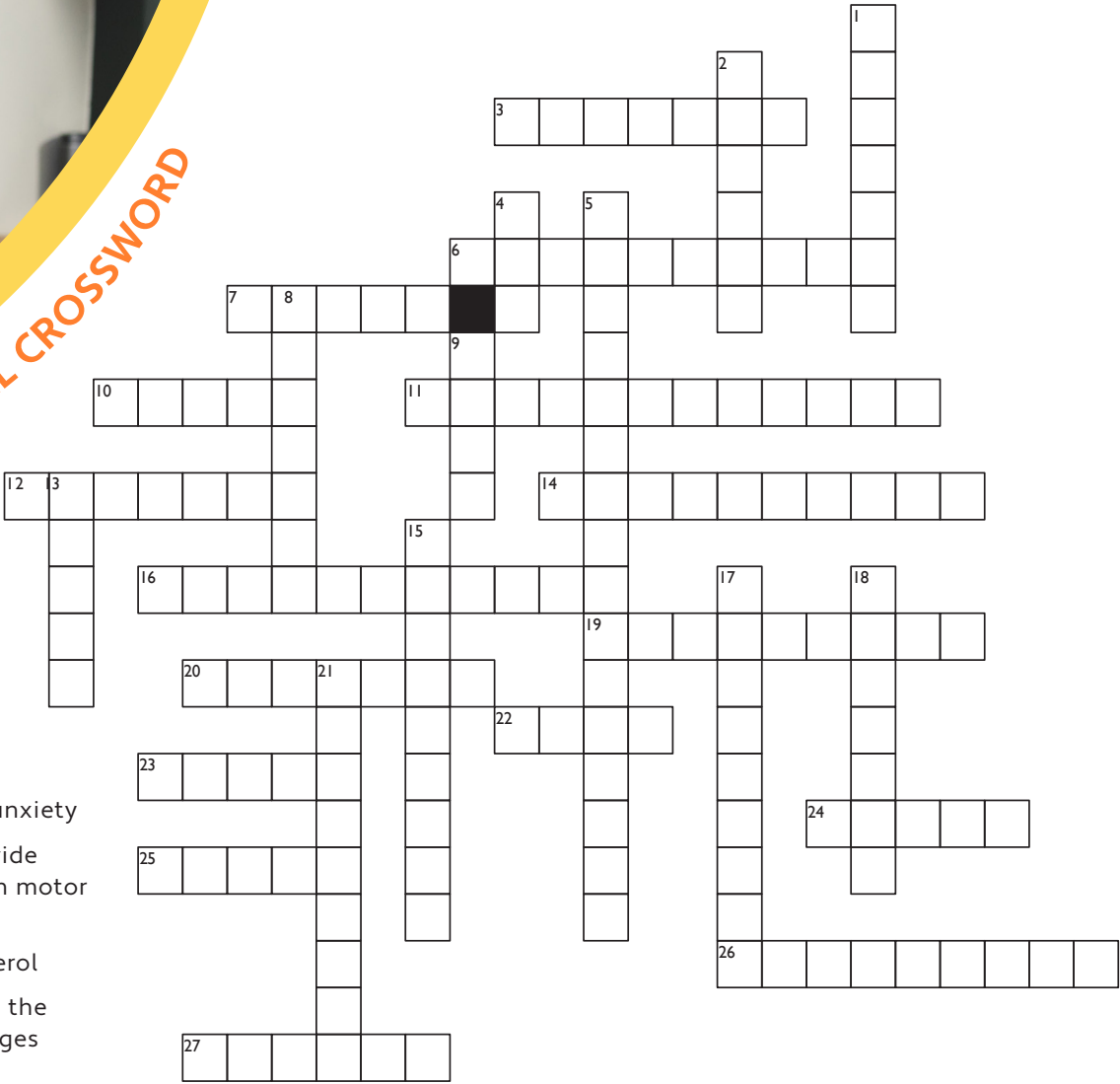
Keep an eye out for your kit, which will arrive in a small, discreet box in the near future. The test requires no diet modifications, medication changes or other prep—just follow the enclosed instructions and return your sample via UPS for results within two weeks. Completed a Cologuard screening within the past three years? You’re already up to date!



Questions About Your Kit?
Visit colorguard.com/use
or call 1.844.870.8870.



YOUR FALL CROSSWORD



Down:

- 1. Free from tension or anxiety
- 2. Soft tissues that provide strength and assist with motor ability, or movement
- 4. Good type of cholesterol
- 5. Chemical produced in the brain that sends messages between nerve cells.
- 8. Health condition that last for a long period of time
- 9. Avoid this for better heart health
- 13. The body’s communication system; carries messages back and forth between the brain and all body parts
- 15.connective tissue that lines the ends of bones and most joints. It lines the facet joints of the spine
- 17. The “feel-good” hormone
- 18. A unit of energy, often used to express the nutritional value of foods
- 21. Fat that is solid at room temperature

Across:

- 3. Mineral important for bone health
- 6. Hormone that stimulates metabolism, increases alertness and increases blood pressure
- 7. Health problem that comes on suddenly and has a short duration
- 10. Drink essential to life
- 11. Major source of energy in the diet

- 12. Hormone in the body that helps move glucose from the blood to muscles and other tissues. Insulin controls blood sugar levels
- 14. Taking steps to keep something from happening or getting worse
- 16. The movement of blood through the heart and blood vessels
- 19. Person who engages in little to no leisure-time physical activity
- 20. Risk factor for diabetes
- 22. The body’s largest Organ
- 23. Healthy number of hours for adult sleep
- 24. Organ that detoxifies the blood
- 25. Found in vegetables, helps digestion
- 26. Process of providing or obtaining the food necessary for health and growth
- 27. Activity that strengthens the heart

Make The Most of your
HEALTH PLAN

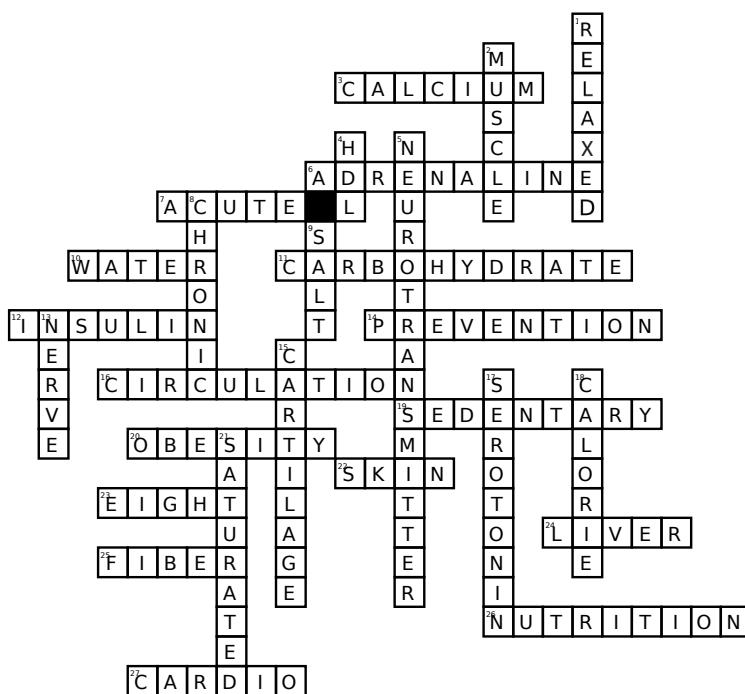
Visit Our Video Portal for
Benefit Updates and More

We recently mailed the Annual Notice of Change document for your 2026 Advantage HMO plan that provides an overview of your new 2026 plan benefits. To give you a quick overview, we’ve created a series of helpful videos covering a variety of benefit topics and instructions—spend a few minutes exploring them to maximize your health plan.

Questions about your benefits?
Call customer service at 855.645-8448 (TTY 711).

WATCH VIDEOS





CROSSWORD ANSWER KEY

Memorial Hermann Advantage HMO is provided by Memorial Hermann Health Plan, Inc., a Medicare Advantage organization with a Medicare contract. Enrollment in this plan depends on contract renewal. Memorial Hermann Advantage complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 855.645.8448 (TTY 711)

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