Introducing Dental Benefits for 2020

As of January 1, 2020, Memorial Hermann Advantage HMO members can receive coverage for preventative dental services, such as routine dental care, oral exams, cleaning, fluoride treatment and X-rays, all at no cost.

For more comprehensive services (such as Medicare-covered benefits, non-routine services, diagnostic services, restorative services, endodontics and periodontics), please review your 2020 Member Welcome Kit that you’ll receive in the mail which contains more information on the Delta Dental fee schedule and detailed dental benefits. You may also call Delta Dental at 888.845.6023 for more information.

This dental benefit will require you to designate a primary dental provider. To review a list of participating providers, please visit healthplan.memorialhermann.org/medicare-2020/find-a, and click on the Delta Dental Provider button.
Lunch and Learn Series Wrap-Up

This year, Memorial Hermann Health Plan hosted 16 Lunch and Learn seminars for our Medicare Advantage members. These educational seminars were held at various Memorial Hermann locations across Greater Houston. Select guest speakers and providers were invited from the Memorial Hermann Health System to present on their various specialty areas. The purpose of these seminars is to educate and inform our members about numerous health related topics. These Lunch and Learns also allow our members to interact with our speakers and ask questions about any related concerns they may have.

Some of our 2019 health topics included:

- Importance of a PCP
- Women’s Health
- Men’s Health
- Health Plan 101
- Fall Prevention & Osteoporosis
- Pharmacy 101 - Medication Adherence

Would you like to attend one of these interactive and educational seminars? Look for our 2020 Lunch and Learn series as they become available for online registrations at healthplan.memorialhermann.org/medicare/events/.

Recently Discharged From An Inpatient Hospital Stay?

It is important for your primary care physician (PCP) to be able to reconcile your medications after discharge to make sure all of your drugs are still appropriate for your condition(s). This ensures your safety and may even prevent re-admission to the hospital. Be sure to schedule a follow-up appointment with your PCP within 30 days from your discharge, and bring your discharge summary to the appointment. Remember to bring a list of all your prescription drugs, vitamins and supplements you may be taking, as well.

During your follow-up visit, ask your doctor:

- To review your discharge summary and medication list.
- If all of your medications are still appropriate to take.
- If there any concerns with your vitamins and supplements which may counteract with your prescription drug(s).

Your PCP will help consolidate your medications to help you stay on the right track to wellness.
This year’s Fall Health Fair was a fun-filled day of activities. The fair took place at The Westin Memorial City on October 8, 2019. Our health fairs are free and they provide members with a first-hand look at the benefits, resources, and related services being offered through the Memorial Hermann Advantage HMO plan.

This Fall, we featured a market experience where local vendors were invited to showcase their specialty products for purchase and some also offered free samples to our members.

We hope everyone found this to be a valuable and beneficial experience. Thank you to our members, exhibitors and MHHP staff who joined us. This day would not have been as successful without each of you. We look forward to our next event in 2020.

BY THE NUMBERS:

- **250+** Registered Attendees
- **52** Health Screenings Completed
- **19** Eye Exams Completed
- **27** Exhibitor Booths
- **63** Flu Shots Distributed

Congratulations to Our Grand Prize Raffle Winners!

- Luggage Set - Towanda Watkins
- Ninja Blender - Imelda Romo
- $100 Gift Card - Dennis Goedde
- Digital Smart Scale - Julian Chen
- Espresso Machine - Leticia Foronda
The Healthy Advantage Wellness Program is designed specifically for Memorial Hermann Advantage members who want to maximize plan benefits while taking significant steps toward improving their overall health and well-being.

Currently, members who complete specific preventative services receive a gift card of their choosing, including Target or Darden restaurants. Starting January 2020, members who complete these preventative services will instead receive a MasterCard gift card that is not designated to one specific store or restaurant. The MasterCard reward gift card can be used for any purchases, whether online or at brick and mortar locations. The card is not reusable and can be disposed of after the valued amount has been entirely spent.

How to get rewarded?

You can receive rewards for completing the following services:

- $50 reward for an Annual Wellness/Comprehensive Visit with your PCP from January – June
- $25 reward for an Annual Wellness/Comprehensive Visit with your PCP from July – December
- $25 reward for Breast Cancer Screening
- $50 reward for Colon Cancer Screening
- $25 reward for Annual Eye Exam** (including Glaucoma screening, Diabetic Retinopathy Screening)
- $25 reward for Osteoporosis Exam - NEW

Please allow up to 60 days for processing and mailing of your gift card. For more questions or more information on the Healthy Advantage Wellness Program, please call our Customer Service team at 855.645.8448.

**Subject to Vision Care benefit coverage as outlined in the Evidence of Coverage

2020 New Member Orientations

Please join the leadership team and other members of the Memorial Hermann Advantage HMO community for an informational seminar regarding your 2020 plan coverage. We’ll review your benefits in more detail, discuss the programs and services available, as well as talk about the reward opportunities that your Medicare Advantage plan has to offer. There will be a Q&A session for your inquiries, and MHHP staff will be readily available to help with concerns or issues regarding your coverage.

These seminars will be scheduled at several Memorial Hermann campuses starting mid-January. Keep a look out for an invitation in the mail and instructions on how to sign up. Seating is limited.
Understanding Osteoporosis

What is Osteoporosis
Osteoporosis is a bone disease that occurs when the body experiences bone loss, makes too little bone, or both. As a result, bones become weak and may break from a fall, or in serious cases, from merely sneezing or minor bumps.

What Causes Osteoporosis/What are the Risk Factors?
Although the leading cause of osteoporosis is a lack of certain hormones, particularly estrogen in women, there are other contributing factors. Some of these include gastrointestinal disorders, autoimmune disorders, cancer, and endocrine disorders such as diabetes. Certain medications can also lead to bone loss. Other factors that contribute to osteoporosis are excessive alcohol consumption, tobacco use, inactive lifestyle (not regularly exercising) and a diet lacking in vitamin C and vitamin D.

Who is at a Greater Risk of Developing Osteoporosis?
Caucasian women and women of Asian descent are more likely to develop osteoporosis.

How do you test for Osteoporosis?
The best way to test for osteoporosis is with a dual-energy X-ray absorptiometry scan, known as a DXA. This test measures bone density in various parts of your body. The National Osteoporosis Foundation recommends you have a bone density test if you are a woman age 65 or older, if you break a bone after age 50, if you are menopausal age with risk factors, or you are postmenopausal under age 65 with risk factors.

Reference: National Osteoporosis Foundation

Happy Holidays
From Memorial Hermann Health Plan
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).