

# Banner Medicare *messenger*

JULY & AUGUST 2022

## Skin Protection

The sun's rays are a potential threat to skin health, especially in Arizona. Dermatologists recommend that everyone should protect their skin from harmful UV rays.

- Apply a sun protection factor (SPF) of 30 or higher
- Use sunscreen with UV and UVB protection
- Wear long sleeves, sunglasses and hats for extra protection

**Quick tip:** Leave sunscreen by your door or close to your keys as a reminder!

## Healthy Benefits

Your Banner Medicare Advantage plan offers over-the-counter (OTC) benefits. With your Healthy Benefits™ OTC card, you get quarterly funds to purchase OTC health products (like sunscreen) and have access to discounts on everyday products. Any unused OTC funds will roll over to the next quarter.

### How to Order

#### Online:

[HealthyBenefitsPlus.com/BannerMedicare](https://www.bannerhealth.com/HealthyBenefitsPlus.com/BannerMedicare)

**In-Store:** Shop participating stores such as Albertsons, CVS, Fry's, H MART, Safeway, Walgreens, and Walmart.

**By Phone or Mobile App:** Using the OTC catalog, you can order by phone or by mobile app. Call (855) 577-1359 for more information.

## Protecting Your Body: *Inside and Out*

### Immunization Awareness

Summertime means fun in the sun. Remember skin protection and other preventative care measures to stay healthy and active.

Vaccination is a safe and convenient preventive care measure. Vaccines from your childhood can wear off over time. We suggest that you stay current with yours as recommended by the Centers for Disease Control and Prevention (CDC). Ask your physician if you are up to date on the following vaccines: childhood vaccines, pneumococcal, shingles, influenza and COVID-19 vaccine.



## Medicare Annual Election Period (AEP) & Annual Notice of Change (ANOC)

Here are 4 things you need to know:

1. Anyone can make changes to their Medicare plan during AEP each year from October 15 to December 7
2. You will receive your ANOC for 2023 by September 30, 2022
3. The ANOC outlines any changes you may have to your current benefits effective January 1, 2023
4. We are here for you and ready to help. We will be hosting virtual webinars in October that will review your upcoming benefit changes. Don't miss out! These webinars will also include presentations from benefit experts and Medicare professionals. To pre-register, visit [www.bannerhealth.com/MAMemberOrientation](https://www.bannerhealth.com/MAMemberOrientation).

2701 E. Elvira Rd.  
Tucson, Arizona 85756

### **Do you have a question? We can help.**

Banner Medicare Advantage Dual HMO D-SNP: (877) 874-3930  
Banner Medicare Advantage Prime HMO: (844) 549-1857  
Banner Medicare Advantage Plus PPO: (844) 549-1859  
TTY 711, 8 a.m. to 8 p.m., seven days a week or visit us at  
**[www.BannerHealth.com/Medicare](http://www.BannerHealth.com/Medicare)**

Health and wellness or prevention information.

Banner Medicare Advantage Dual HMO D-SNP, Banner Medicare Advantage Prime HMO, and Banner Medicare Advantage Plus PPO have contracts with Medicare. Enrollment depends on contract renewal.

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## **Treat yourself to a cool treat. Try this simple and tasty recipe!**

### **Strawberry Banana Popsicles**

#### ***Ingredients:***

- 1 pound strawberries, washed and stems removed
- 1 large ripe banana
- ½ cup vanilla yogurt
- ½ cup milk
- Sugar to taste, optional

#### ***Instructions:***

1. Add the strawberries, banana, milk, and yogurt to the bowl of a food processor or blender. Blend until smooth. Taste and add sugar if needed, depending on the ripeness of your fruit and your taste preferences.
2. Pour the liquid into popsicle molds, insert the handles, and freeze until firm, generally overnight.
3. Enjoy frozen!



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