

# Banner Medicare *messenger*

MAY & JUNE 2022

## Mental Health Awareness

Your mental health is just as important to your wellbeing as your physical health. Older adults are at risk for mental health problems, but this does not mean that mental health issues are a normal part of aging.

Lower your risk of depression by staying physically healthy, mentally engaged, and socially active. Here are a few tips to aid in mental wellness:

- Get active
- Maintain a balanced diet
- Pick up a new hobby or volunteer
- Socialize, stay connected with friends and family
- Get 7-9 hours of sleep every night

## Pyx Health®

If you've started to feel withdrawn from people, are having a hard time getting enough sleep or keeping a normal daily routine, it's important to talk to someone. We have a no-cost resource to help you.

The Pyx smartphone app is accessible through your smartphone or tablet 24/7. With this app, you can stay connected to the Pyx Health team and receive daily companionship to help you battle loneliness as conveniently as possible.

To get started, search "Pyx Health" in the Apple or Google Play stores, or go to [www.HiPyx.com](http://www.HiPyx.com).

Questions? Call (855) 499- 4777, 8:30 a.m. to 5 p.m., Monday through Friday.

## Health & Safety

### National Safety Month: *Fall Risk Prevention*

June is National Safety Month, and that brings fall risk awareness and prevention to mind. As we age, the fear of falling becomes more common, which can feel frustrating and scary when you're trying to follow a healthy lifestyle. There's no doubt fall prevention is vital to staying healthy.

The next time you visit your healthcare provider, ask them to evaluate your health with fall risk in mind. Your provider can also request an Occupational Therapist to assess your home for possible risks and help you make safe decisions every day.

### Annual Wellness Visit (AWV)

Your AWV helps you proactively manage your health. If you haven't already scheduled your AWV, the time is now. Once we verify through medical claims that you have completed your AWV, a \$25 reward will be added to your existing Banner Medicare Advantage over-the-counter (OTC) card.

### Banner Is Here 24/7

Experiencing a medical issue, but your doctor's office is closed? As a Banner Medicare Advantage member, you have access to registered nurses 24/7 at no extra cost to you with Nurse On-Call.

Our nurses are prepared to help you decide if you need urgent or emergency care. This service is not meant to replace your primary care provider or other medical care but it is a convenient source to receive support from Banner care providers. Nurse On-Call is available 24/7 at **(888) 747-7990**.

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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**Caring for yourself also means challenging yourself mentally.  
Complete these riddles!**

1. Lovely and round, I'm shimmery white, grown in the darkness, a lady's delight.  
What am I? \_\_\_\_\_
2. What breaks yet never falls, and what falls yet never breaks? \_\_\_\_\_
3. I have keys but no locks. You can enter, but you can't go outside. I have space but no room. What am I? \_\_\_\_\_
4. They fill me up and you empty me, almost everyday; if you raise my arm, I work the opposite way. What am I? \_\_\_\_\_
5. You do not want to have it, but when you do have it, you do not want to lose it.  
What is it? \_\_\_\_\_

*Answers: 1. A pearl. 2. Day and Night. 3. A keyboard. 4. A mailbox. 5. A lawsuit.*



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