

Banner Medicare *messenger*

February is American Heart Month

New beginnings start every day, but a new year is a perfect reminder of the power you hold to change your life.

The past few years have proven that there are many uncontrollable aspects in our lives. However, it is important to properly manage the health aspects you can control. American Heart Month provides an opportune time to review your lifestyle choices. 5 steps to Heart Health begins here:

- **Know Your Health History:** Educate yourself about your risks. Speak with your family and doctor about your health history.
- **Set Goals:** Before starting an exercise program, write down some short-term and long-term goals. Make S.M.A.R.T. goals; Specific, Measurable, Attainable, Realistic and Timely.

- **Get Active:** Get at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week. This includes daily activities, such as walking your dog, housework/yardwork or taking the stairs instead of the elevator.
- **Stay Hydrated:** Drink plenty of water before, during and after physical activity, even if the weather is nice.
- **Motivation:** Recruit friends or family to participate in an exercise program with you for accountability. Include friendly wagers and competitions to help motivate each other.



What Are Your Health Risks?

A good place to start when reviewing your lifestyle choices is completing a Health Risk Assessment (HRA). An HRA, coupled with a strategic health care plan, helps to shape your version of a healthy lifestyle.

This questionnaire allows you to check your own health status while also helping providers create a customized care plan that best serves your health needs. Completing this assessment can be done over the phone or via mail. Contact our Customer Care Center to find the best option for you.



New Year, New Goals

New Year's Resolutions come in all shapes and sizes:

getting more active, trying new nutritional recipes, or even becoming more patient! This year, Banner Medicare Advantage is committed to assisting you with your health goals.

Great opportunities are available to Banner Medicare Advantage members seeking to improve their lifestyles.

- Complete a colorectal screening and breast cancer screening. Get \$25 added to your OTC card for each screening completed.
- Members diagnosed with diabetes can complete the Dial Into Diabetes program, at no cost, to gain \$25 on their OTC card. Courses are offered both in-person and online. Call to register for the Dial Into Diabetes program: (602) 230-CARE (2273), TTY 711, 8 a.m. to 4:30 p.m., Monday through Friday.

Time to see your PCP!

The Annual Wellness Visit (AWV) is another great step to managing your care. During this visit, you will get the opportunity to:

- Check – in with your primary care provider (PCP)
- Discuss your health goals
- Create a prevention plan
- Schedule follow up appointments and screenings

As a Banner Medicare Advantage member, you can schedule this visit at no cost once a year and get \$25 added to your OTC card.

For questions or if you need help scheduling or selecting a PCP, call our Customer Care Center.

The Fitness Resource You Deserve

To create accurate health goals for the new year, it is important to understand the health resources available to you.

Your goals should be fun, convenient, and catered towards your needs. Silver&Fit is a helpful resource to kickstart your fitness journey at no cost. With a wide variety of workout options, Banner Medicare Advantage members have in-person gym member access as well as thousands of free home workout videos. Creating a more active lifestyle starts with finding what works best for you. To access your Silver&Fit membership and find your nearest participating gym, visit: www.SilverandFit.com.



Try this fun heart healthy recipe!

Apple Pear Crisp

Directions

1. Preheat the oven to 375°F.
2. In a medium bowl, stir together the crisp ingredients
3. Spoon ½ cup of the apple-pear mixture into four 6-ounce ovenproof glass custard cups or porcelain ramekins.
4. In a small bowl, stir together the topping ingredients until well blended. Sprinkle the topping over the fruit mixture in each custard cup.
5. Bake for 20 to 25 minutes, or until the fruit mixture is bubbly and the topping is golden brown.



Topping Ingredients

- ✓ 1/4 cup uncooked rolled oats
- ✓ 1/4 cup all-purpose flour
- ✓ 2 tablespoons trans-fat-free tub margarine, chilled in freezer for 15 minutes
- ✓ 1 tablespoon unsweetened applesauce
- ✓ 1/2 teaspoon ground cinnamon
- ✓ 1 tablespoon stevia sugar blend

Crisp Ingredients

- ✓ 1 large pear, such as Anjou or Bartlett, peeled and diced
 - ✓ 1 teaspoon cornstarch
 - ✓ 1/2 teaspoon stevia sweetener
- OR
- ✓ 1 stevia sweetener packet
 - ✓ 1/8 teaspoon ground ginger
 - ✓ 1/8 teaspoon ground cloves
 - ✓ 1/8 teaspoon ground cardamom (optional)
 - ✓ 1 large apple, such as Granny Smith, Fuji, or Gala, peeled and diced

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/MA



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Banner Medicare Advantage Plus PPO have contracts
with Medicare. Enrollment depends on contract renewal.
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Your Journey to Better Health.

The Banner Medicare Messenger provides
resources to keep you healthy.

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