

Banner Medicare *messenger*

Enjoying Foods You Love During The Holidays

The holiday season can be filled with festivities that include tempting food choices and an abundance of treats.

When enjoying time with friends or family, the last thing on your mind is tracking your nutrition. The “Diabetes Plate Method” can help make this easy for you, so you don’t feel like you’re missing out.

To try the Diabetes Plate Method, all you need is a plate. Half of the plate should be low carb veggies like broccoli, lettuce, green beans and carrots. The other half should be split between protein and carbohydrates like lean meat or salmon and potatoes or dinner rolls. You can also add small portions of healthy fats like avocado or nuts to help slow the digestion of carbs and help prevent spikes in your glucose levels.

The Diabetes Plate Method is an easy way to prevent overeating and can help balance out the foods that you eat. You can even try this method when dining out. Most restaurants serve large portions that are heavy in carbs and added sugars. Ask for a to-go box before you eat and enjoy the extra portions another day!



Ring In The Holidays With Good Blood Glucose Control

Holidays are a time to meet with family and friends. Sometimes stress can be an uninvited guest and in turn, can affect your glucose levels.

Here are some tips to control your glucose levels:



Eat regular meals to help you feel great and cut out cravings.



Get active. Go for a walk. A post-meal walk during the holiday season can be very effective in regulating your glucose levels.



Additionally, try a new fitness center. Your Silver&Fit® benefit includes a variety of options and online classes. Access your Silver&Fit® membership by visiting www.SilverandFit.com.



Opt for a low carb sweet treat like a strawberry-banana smoothie. Get adventurous in the kitchen and find new healthy holiday desserts.



Your Healthy Benefits Card

Your Healthy Benefits card is a wonderful way to save on many Over-the-Counter items at your local store.

Your last deposit of the year is already on your Healthy Benefits card. Now is the time to use those funds before December 31st.

2024 will start with new funds on your Healthy Benefits card and remaining funds will not rollover to the new year. Now is a great time to stock up on vitamins, band-aids, toothbrushes and any other necessities!

Healthy Food Benefit

Banner Medicare Advantage Dual HMO D-SNP members have additional Healthy Food funds on their Healthy Benefits card. Items such as fresh or canned fruit and vegetables, salad kits, frozen produce, frozen meals, dairy products, meat, seafood, beans, pantry items, soups, cereals and pastas are just a few examples.

The added benefit is accepted at Walmart, Albertsons and Fry's/Kroger.

Banner Dual members with questions about this benefit can reach out to our Customer Care Center (877) 874-3930, TTY 711, 8 a.m. to 8 p.m., seven days a week.

The benefits mentioned are a part of special supplemental benefits. Not all members will qualify.



Dial Into Diabetes

Dial Into Diabetes is a self-management program for qualified Banner Medicare Advantage members. Available at no cost and includes education and support from a team of diabetes specialists.

Members are encouraged to take part in a five-class series. Topics such as nutrition, physical activity, monitoring, medications, coping and reducing risks are discussed. Classes are available online and in person.

Members will have a \$25 reward added to their current Healthy Benefits card balance for completing the program. If you do not have a Healthy Benefits card, a \$25 reward card will be mailed once program has been completed.

For questions or to register, please call (602) 230-2273, TTY 711, 8 a.m. to 4:30 p.m., Monday through Friday.



Peanut Butter Cookie Recipe

Try this four ingredient diabetic friendly recipe!

Directions

Preheat oven to 375 degrees Fahrenheit. Grease cookie sheets or line with parchment paper and set aside. In a medium bowl, stir together the one cup sugar, the peanut butter and egg until well mixed. Using your hands, roll peanut butter mixture into one inch balls; place two inches apart on prepared cookie sheets. Flatten each ball slightly with a drinking glass that has been lightly greased and dipped in sugar. Lightly grease a small star-shaped cookie cutter; dip in sugar. Press into the center of each cookie.

Bake about nine minutes or until edges are set and bottoms are lightly browned.

Ingredients

1 cup sugar 1 egg
1 cup peanut butter Sugar, as needed

Credit: Diabetic Living Magazine www.EatingWell.com/recipe/262981/4-ingredient-peanut-butter-cookie

Do you have a question? We can help.

Eligibility for the Dial Into Diabetes program is not assured and will be determined by Banner Medicare Advantage after enrollment, based on eligibility criteria. The reward amount listed reflects the total annual value that can be received for the Dial Into Diabetes program.

For accommodations for persons with special needs at meetings, language assistance services or alternate formats, please call our Customer Care Center. We are open from 8 a.m. to 8 p.m., seven days a week.

Para acomodaciones para personas con necesidades especiales en juntas, servicios de asistencia lingüística o formatos alternativos, por favor llame a nuestro Centro de Atención al Cliente. Estamos abiertos de 8 a.m. a 8 p.m., los siete días de la semana.

Banner Medicare Advantage Dual HMO D-SNP (877) 874-3930, TTY 711

Banner Medicare Advantage Prime HMO (844) 549-1857, TTY 711

Banner Medicare Advantage Plus PPO (844) 549-1859, TTY 711

Or visit us at www.BannerHealth.com/MA



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Your Journey to Better Health.

Banner Medicare Advantage Newsletter
provides resources to keep you healthy.

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