

# Banner Medicare *messenger*


## October is National Breast Cancer Awareness Month

What are some ways to help lower a person's cancer risk?

Research shows that controlling your weight and managing your diet can be helpful during treatment and may help decrease chances of developing breast cancer. It's important to note that studies have not shown that any specific food or diet causes or protects against cancer. Rather, nutrition itself plays a factor in changing or reducing the risk of getting cancer. Lower your risk for cancer by eating whole grains and fresh produce like bright colored fruits and vegetables to help minimize inflammation.

**Concerned about your breast cancer risk?** Complete your annual breast cancer screening and receive a \$25 reward toward your Over-the Counter (OTC) Card.

**For more content on the link between diet and cancer risk,** read our Fall 2021 Health Smarts Magazine. Scan the QR code on the back of this newsletter.



### Annual Notice of Change

By now, you should have received your Annual Notice of Change (ANOC) in the mail.

This ANOC will detail any changes to your benefits for the upcoming year. You do not need to do anything to access these benefits. They will automatically come into effect on January 1, 2024. If you have not received your ANOC or if you have any questions regarding these changes, we are here to help. Please contact our Customer Care Center.



# Phytonutrients are Your Friends

Phytonutrients have compounds which give fruits and vegetables their signature colors and flavors.

Tips:

- Phytonutrients are best obtained from whole foods, not supplements.
- Check your local farmer's market for what's in season.
- Frozen produce is just as nutritious while lasting longer than fresh produce.
- Eat the whole fruit instead of juicing to get the maximum nutritional benefits.
- Herbs and spices are packed with phytonutrients too.

"Color Your Plate" is a good reminder to choose meals with a wide variety of phytonutrients. Color Your Plate:



**Red and Pink** - tomatoes, strawberries, red peppers, cherries, beets, pomegranate



**Orange** - sweet potato, carrots, oranges, apricots, winter squash



**Yellow** - corn, bananas, pineapples, yellow peppers, lemons



**Green** - broccoli, asparagus, brussels sprouts, kiwi, leafy greens



**Blue and Purple** - blueberries, eggplant, dates, plums, grapes

## Flu Shot

### Flu season is upon us!

September and October are the best times to receive your flu vaccines in the United States. It takes two weeks after your flu shot for your immune system to create the antibodies that will protect you against this season's flu strains.

Visit your nearest Banner Urgent Care to receive your flu shot to protect you and your loved ones against the flu.

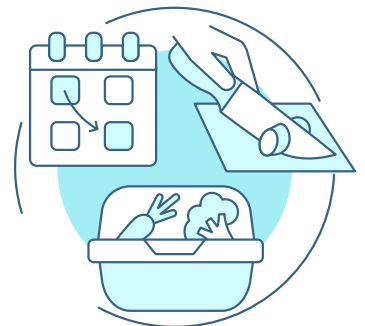
## Daily Care for Diabetes

### Learn to manage your diabetes with an interactive meal preparation course this fall.

"The Holidays are Coming – Planning Your Meals and Staying Active" is coming to Tucson on November 2, 2023. Available to all Banner Medicare Advantage members living with diabetes.

To register for this free event, call to discuss with your Dial Into Diabetes Dietitian, or call our wellness line at (480) 684 – 5090.

English and Spanish presentations available.



# Mom's Meals

## Available to Banner Medicare Advantage plan members\*

For extended food support, Mom's Meals is ready to send meals to your door tailored to your personal needs. Whether recovering from a hospital stay or managing a chronic condition, Mom's Meals ensures the nutrition you need for better health.

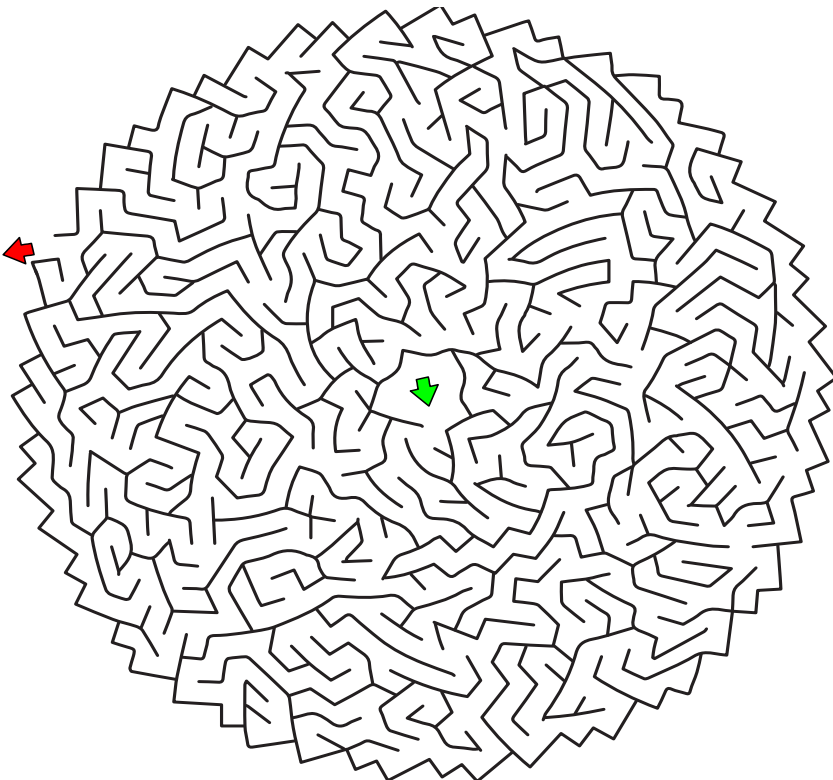
Visit [www.MomsMeals.com](http://www.MomsMeals.com) or call our Customer Care Center, 8 a.m. to 8 p.m., seven days a week, for more information.

\*For Banner Medicare Advantage Prime HMO, Banner Medicare Advantage Plus PPO and Banner Medicare Advantage Dual D-SNP ACC only.



# Maze Challenge

Find your way out of the maze.



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

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](http://www.BannerHealth.com/MA)

Eligibility for *Daily Care* event is not assured and will be determined by Banner Medicare Advantage after enrollment, based on eligibility criteria.



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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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## Your Journey to Better Health.

Banner Medicare Advantage Newsletter provides resources to keep you healthy.

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If you are enjoying our Banner Medicare Messenger content, scan this code with your smartphone camera to be routed to our HealthSmarts magazine.

