

Banner Medicare *messenger*

Arthritis and Joint Pain

Arthritis related joint pain affects adults of all backgrounds and body types.

For many people, joint pain is inevitable and it is well worth the effort of finding ways to manage that pain.

Improve your muscle strength and boost your endurance by partaking in physical activity to help reduce pain.

It is recommended that adults commit to 150 minutes of aerobic activity every week. This can be simplified to walking in three 10 minute increments every weekday. Biking, swimming and other water activities are also great ways to engage in aerobic activities.

It's good to note that not all physical activities are in your best interest.

Activities like running, jumping, and sports like basketball can increase the pressure on your joints. Resistance exercises can better serve your joints by building up your muscles. Utilize resistance bands, light dumbbells or even your own body weight. Don't push yourself too much.

Always listen to your body. If exercise is causing constant pain, avoid the activity and always consult your doctor.

There are many resources and therapy solutions available to those who experience severe joint pain. Talk to your Primary Care Physician (PCP) about treatment plans that work best for you.



Over-The-Counter Benefits 101

Available to Banner Medicare Advantage Prime HMO and Banner Medicare Advantage Dual HMO D-SNP members

Over-the-counter (OTC) products can aid in pain management. Consider using your OTC benefit to find topical medication, heat pads and other relevant tools.

Confused about your OTC allowance?

You will receive your allowance on a quarterly basis. Any unused funds will roll over to the next quarter, but the net total does not roll over from year to year. Use your allowance before the end of the year so you don't lose it!

Look for items with a yellow tag that have "OTC approved" in store or use your OTC catalog to browse and shop online. Orders can also be placed by calling Solutran at (855) 577-1359, TTY 711. Phone number and hours of operation can conveniently be found on your Healthy Benefits card.

Have a question or concern about a product? Our Customer Care Center is just a phone call away to assist you.



When's the Last Time You Saw Your PCP?



Visit your PCP regularly to address any health concerns. By completing your Annual Wellness Visit (AWV), you will receive an additional \$25 reward added to your Healthy Benefits card that can be used on additional products.

Completing your AWV and Health Risk Assessment (HRA) every year allows us to work with your PCP to create a customized care plan. Your HRA questionnaire can be completed over the phone, via mail or online. Contact our Customer Care Center to find the best option for you.

Getting Rewards for Completing Your Preventive Care Screenings

It's a win-win!

You can earn an additional \$25 reward on your Healthy Benefits card by completing a colorectal cancer screening and/or breast cancer screening. These are important screenings to catch any early signs of disease.

Talk to your provider about screening options available to you. Once your screenings have been completed, the reward will be added to your Healthy Benefits card. These rewards will be available for an entire year after you've completed the screening.

Your Voice Matters

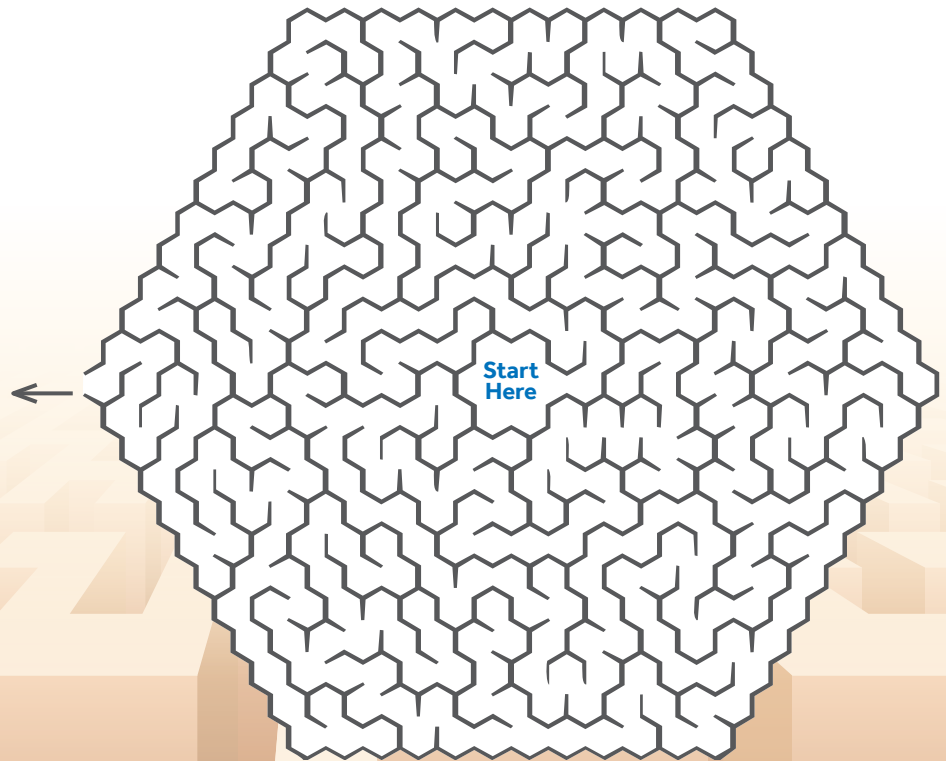
Every year, a random selection of Medicare Advantage members are chosen to complete a detailed survey on their experience with their health care providers and plan.

Your feedback on this survey not only helps improve our services, but also helps improve the healthcare experience for you and other Medicare Advantage members. If you receive an email, mail or telephonic survey, please consider completing it to let us know how we can improve your care and experience.



Maze Challenge

Can you find your way out of the maze?



Do you have a question? We can help.

Please call our Customer Care Center. We are open from 8 a.m. to 8 p.m., seven days a week.

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.

In this Issue

- » Arthritis and Joint Pain
- » Over-The-Counter Benefits 101
- » When's the Last Time You Saw Your PCP?
- » Preventive Care Screenings
- » And More!



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