

Thank you!

Thank you for being a Blue Cross and Blue Shield of Nebraska (BCBSNE) Medicare Advantage member. This newsletter is designed to provide tools and resources to keep you healthy, update you on plan information and connect with us.

Additional resources are available online at [Medicare.NebraskaBlue.com/MedicareAdvantage](https://www.Medicare.NebraskaBlue.com/MedicareAdvantage).

Would you like to receive this communication electronically? Please email GetStarted@NebraskaBlue.com or call 888-488-9850 to provide your contact information and email address.

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BCBSNE offers **no cost** health evaluations

When was the last time you saw your doctor? If it's been more than a year, or if you have difficulty getting to the doctor, we have good news. BCBSNE now offers in-home and online health evaluations through Signify Health. And the news gets better. When you complete your Signify health evaluation, we'll send you a \$50 CVS Select® gift card.

With Signify's health evaluation program, a licensed health professional will come to your home and review your medications, medical history, conduct a brief physical exam and discuss any health issues or concerns. The Signify provider will leave you a summary of the visit and send a copy to your doctor for follow up.

BCBSNE provides members with this **no-cost service** because:

- ➔ **It's convenient** - We come to you. There's no travel time or crowded waiting rooms.
- ➔ **It's personal** - Enjoy up to an hour of one-on-one time to ask all your health questions in the comfort of your own home.
- ➔ **It's rewarding** - When you complete your health evaluation, we'll send you a \$50 CVS Select® gift card.

CVS Select® gift cards can be used to buy products that promote better health and wellness and exclude tobacco, alcohol, candy and other unhealthy items. CVS Select® gift cards are good towards the purchase of allergy remedies, baby care, cold remedies, diet/nutrition, eye care, first aid, oral hygiene, pain relievers, skin care, stomach remedies, sun care and vitamins. This healthy reward card can also be applied toward prescriptions and prescription copays. It can't be used to purchase money orders or prepaid cards.

To schedule a Signify health evaluation, visit [Schedule.SignifyHealth.com](https://www.Schedule.SignifyHealth.com) or call **402-200-5548**, Monday through Friday, from 7 a.m. to 7 p.m. CT. TTY users can call 711.

If you have any questions about the Signify health evaluation or your health coverage in general, call Customer Service at **888-488-9850 (TTY 711)**:

- From Oct. 1 to March 31, seven days a week from 8 a.m. to 8 p.m. CT
- From April 1 to Sept. 30, Monday through Friday from 8 a.m. to 8 p.m. CT



FOUR TIPS to stay motivated to achieve your fitness goals

Are you beginning to lose your motivation to exercise? The reality is that many people make drastic changes quickly, and soon burn out and forget their goals altogether.

To avoid losing your motivation, here are some key steps on how to follow through and be successful—for the long-run!

- Prioritize which goals are most important to you. Do you want to exercise a certain number of times per week? Once you set a few goals that are most important, you can set one goal that would be nice to have but isn't essential.
- When testing out new exercises, keep track of ones that you enjoyed and ones that you didn't. What did or didn't you like? Finding a routine that you enjoy is key to sticking with it.
- Exercising with a friend or partner is a great way to hold each other accountable and have more fun! If you have plans to exercise with someone, you are more likely to follow through.
- Set specific times each week that you exercise and soon it will become a habit.

Aspiring to make healthier choices throughout 2023 is a great start with your health and fitness journey, but using some of these tips and tricks can help you stay on track for the long-haul. Remember to start small, create a plan and reward yourself to stay motivated!



Tivity Health's SilverSneakers provides fitness memberships and access to classes designed specifically for older adults at no additional cost to BCBSNE Medicare Advantage members. With access to thousands of fitness locations nationwide, you can take advantage of this fitness benefit when you are at home or traveling.



Early detection saves lives – schedule your mammogram!

Except for some forms of skin cancer, breast cancer is the most common cancer among American women, regardless of race or ethnicity. The American Cancer Society says, when breast cancer is detected early, and in the localized stage, the five-year relative survival rate is 99%. Early detection can also lead to a wider range of treatments and lower health care costs.



Remember to schedule your mammogram!



99%

Five-year relative survival rate when breast cancer is detected early, and in the localized stage



Important BCBSNE MA information. Health and wellness or prevention information.



Important **RESOURCES**

Customer Service

Update your contact information and ask questions about your plan

888-488-9850 (TTY users call 711)

Oct. 1 – March 31: seven days a week from 8 a.m. to 9 p.m. CT

April 1 – Sept. 30: Monday – Friday from 8 a.m. to 9 p.m. CT

Prime Customer Care

Call for questions related to prescription drug coverage or to set up home delivery for your prescriptions

855-457-1349

24 hours per day / 7 days per week

24/7 Nurse Line

833-968-1764

OTC Card Questions

To ask questions about benefits related to the over-the-counter (OTC) pharmacy card

800-706-5058

Learn More Online

**Medicare.NebraskaBlue.com/
MedicareAdvantage**

