In Good Health

Your Member Newsletter

Quarterly Connection

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MISSION WELLNESS

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Health Plan

Your Year-End Health Checklist

As the year comes to a close, now is the perfect time to check in on your health and make sure you're up to date on recommended screenings, tests and preventive care. These important health checks can help detect concerns early, monitor existing conditions and support your long-term health.

Taking a proactive approach to your health today may help prevent more serious problems in the future. If you've been putting off a screening or routine checkup, consider scheduling it before the end of the year.

Regularly schedule your mammogram

Regular mammograms are one of the most effective tools for detecting breast cancer early, when treatment may be more successful.

Even if you feel healthy and have no symptoms, routine screening remains an important part of preventive care.

If you're due for a mammogram, talk with your healthcare provider and schedule your appointment before year-end.

Stay on top of important screenings with diabetes

Managing diabetes involves more than monitoring blood sugar levels. Several important tests and screenings can help identify complications early and keep your treatment plan on track.

Be sure to ask your provider about:

- A1c testing to measure your average blood sugar levels over time
- Kidney health screening to check for signs of kidney disease
- Diabetic eye exams to look for changes in vision and eye health that can occur without noticeable symptoms

These screenings can help you and your care team catch potential concerns early and make adjustments to your care if needed.

Keep monitoring high blood pressure

High blood pressure, also called hypertension, is often known as a "silent condition" because it usually doesn't cause symptoms. That's why regular monitoring is so important.

Checking your blood pressure regularly and attending routine healthcare appointments can help ensure your blood pressure remains within a healthy range. Effective blood pressure management can help reduce the risk of heart disease, stroke, kidney disease and other serious health complications.

If it has been a while since you've had your blood pressure checked, consider scheduling a visit with your healthcare provider.

Make your health a priority before the year ends

Preventive care is an important part of staying healthy, maintaining independence and enjoying the activities you love. Completing recommended screenings and tests before the end of the year can give you peace of mind and help you start the new year with a clearer picture of your health.

If you're unsure which screenings or tests you need, contact your provider. They can review your health history and recommend preventive care that's right for you.

Enrollment Open: CHF Home Care Connect Program

Managing congestive heart failure (CHF) can be challenging, but you don't have to face it alone. Our Case Management team is currently enrolling eligible members in the CHF Home Care Connect Program, a no-cost service designed to help members manage their heart health from the comfort of home.

Through the program, members receive easy-to-use monitoring equipment to track important health information, along with access to a virtual care team and specially trained nurses. By monitoring symptoms and vital signs regularly, the care team can identify potential concerns early and provide support when it is needed most.

The CHF Home Care Connect Program is designed to help members better manage their condition, reduce avoidable hospital visits and feel more confident in their day-to-day health. Participants also have access to educational resources and ongoing support to help them stay on track with their care plan.

If you have congestive heart failure and would like to learn more about the program or find out if you're eligible to enroll, contact Case Management at 800-240-3870, option 5, Monday through Friday, from 8 a.m. to 4:30 p.m. EST.

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But did you know that you're also helping protect the people around you?
Many older adults are grandparents, caregivers, spouses, neighbors and friends. Staying up to date on recommended vaccines helps reduce the spread of certain illnesses, making it less likely that vulnerable loved ones will be exposed. For older adults, young children and people with weakened immune systems, this added layer of protection can make a meaningful difference.

Think of vaccination as one way we care for our community. Just as we use caution when driving or check in on a neighbor who needs help, getting vaccinated is a simple action that can support the health and wellness of those around us.

Protecting what matters most
No one wants to miss family gatherings, celebrations or time with loved ones because of illness. Vaccines help lower the risk of serious disease and may help you stay healthy enough to enjoy the moments that matter. By reducing your chances of getting sick, you may also help protect the people you spend time with every day.

A quick vaccine reminder
Talk with your doctor, pharmacist or provider about vaccines that may be recommended for you, including:

- **Annual flu vaccine** to help protect against seasonal influenza
- **COVID-19 vaccine** to help reduce the risk of severe illness
- **Pneumonia (pneumococcal) vaccine** to help protect against serious lung infections
- **Shingles vaccine** to help prevent shingles and its painful complications
- **RSV vaccine** for eligible older adults to help protect against respiratory syncytial virus

Your provider can help determine which vaccines are right for you based on your age, health conditions and vaccination history. Many of these vaccines are covered at no extra cost as part of your plan's benefits, as well. Check www.thpmedicare.org/saint-alphonsus/for-members/plan-documents for details.

A small step with a big impact
Protecting your health is one of the best gifts you can give yourself and the people who care about you. Staying current on recommended vaccines helps you continue enjoying life while contributing to a healthier community for everyone.

Talk with your healthcare provider or pharmacist about recommended vaccines and whether you're up to date on the protection you need.

Breast Cancer Awareness:

Caring for Yourself Using Preventive Screening

For many women, scheduling a mammogram can bring up feelings of anxiety. That's completely understandable. The thought of a screening may feel intimidating, especially if you're concerned about what the results might show. But a mammogram is not something to fear. It's one of the most important ways you can care for yourself and your future health.

Think of a mammogram as an act of caring for yourself, much like eating well, staying active or keeping up with routine checkups.

By making time for a screening, you're taking a proactive step to understand your health and give yourself the best opportunity to stay well.

Knowledge can bring peace of mind

Many women put off mammograms because they're afraid of receiving bad news. However, most mammograms do not result in a breast cancer diagnosis. In many cases, screenings simply provide reassurance that everything looks healthy.

If a concern is detected, finding it early can make a significant difference. Early detection often means more treatment options and better outcomes, which is why routine mammograms are such an important part of preventive care.

Rather than focusing on what might happen, consider what a mammogram provides: information, clarity and peace of mind.

Taking care of yourself means taking care of others

Women often spend so much time caring for family, friends and loved ones that their own health takes a back seat. But your health matters, too.

Making time for preventive screenings is a way of investing in yourself. It's a commitment to your health, your independence and the moments you want to continue sharing with the people you love.

When you prioritize your health, you're better able to continue doing the things that matter most, whether that's spending time with family, traveling, volunteering or simply enjoying everyday life.

Schedule the care you deserve

If you're due for a mammogram, consider making an appointment today by reaching out to your primary care provider. The visit takes

only a short time, but the confidence that comes from staying on top of your health can last much longer.

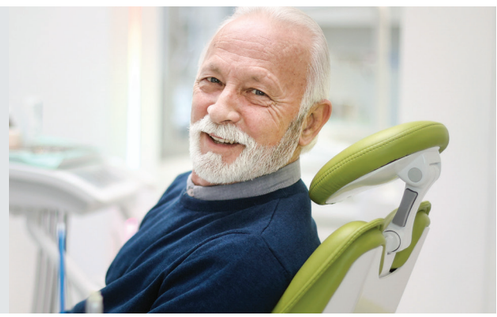
Try to view your mammogram not as something to be anxious about, but as a positive step toward caring for yourself. You deserve the same compassion, attention and care that you so often give to others.

Scheduling a mammogram may be easier than you think, as well. Many imaging centers, outpatient facilities and women's health centers offer convenient appointment times and locations. Some facilities may even offer extended hours to better fit your schedule.

A mammogram is more than just a screening. It's an act of caring for yourself and an investment in your health and future wellness.

Don't Forget Your Dental ID Card

Next time you visit the dentist, remember to bring your dental ID card with you. This is important to ensure you receive the correct coverage under your current dental plan. Dental benefits are administered by Dental Benefit Providers, Inc.



MERCYONE

Health Plan

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Health and wellness or prevention information

Put These On Your Calendar!

We've put together a list for you to keep on your fridge as a good reminder. You can also follow us on Facebook at facebook.com/MercyOneHealthPlan for great content on topics like these and more. Don't forget to like our page!

Protect your health this season.

Talk with your provider about recommended vaccines to help reduce your risk of serious illness. Many vaccines are included under your plan.

Schedule your Annual Wellness Visit (AWV).

It's not too late if you haven't done so already. Schedule your visit today and take an important step toward staying healthy. Please remember only one AWV per year.

Stay active all season long.

Keep moving with One Pass® and enjoy fitness options that help you stay healthy, even when it's cold outside. Movement is especially important around the holidays.

MercyOne Health Plan (HMO/PPO) is a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on contract renewal. Benefits vary by county. This information is not a complete description of benefits and some benefits are not available on all plans. Other pharmacies, physicians or providers are available in the plan's network. MercyOne Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sexual orientation, sex (defined as sex at birth, legal sex and/or sex stereotyping), and gender (includes gender identity, gender expression and/or pregnancy). For more information, please call Member Services at 800-240-3851 (TTY 711), 8 a.m. – 8 p.m., 7 days a week. On certain holidays, your call will be handled by our automated phone system. To file a grievance, call 800-240-3851 (TTY: 711), 8 a.m. to 8 p.m., 7 days a week, or call 1-800-MEDICARE (TTY: 711) to file a complaint with Medicare. You can also fax 833-802-2495 or write to: MercyOne Health Plan, Attn: Appeals and Grievances Department, 5955 E Broad Street, Health Plan - Second Floor, Columbus OH 43213. ©2026 The One Pass/Select trademark and content are used under license. All Rights Reserved. One Pass is a voluntary program. The One Pass/Select program varies by plan/area. Information provided is not medical advice. Consult a health care professional before beginning any exercise program. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 800-240-3851 (TTY: 711). 注 意:如果_使用繁體 中文_可以免費 獲得語言援助服務。請致電 800-240-3851 (TTY: 711).

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