

Enjoy Life

A Newsletter for VIVA MEDICARE Members

Healthy Brain, Healthy Body:

It takes both to
live your best life.

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Healthy Brain, Healthy Body:

It Takes Both to Live Your Best Life.



A Message from
Dr. Tara M. Bryant,
VIVA HEALTH's
Chief Medical
Officer

Many cells in the body can repair themselves, but not the brain. The older you get, the more likely you are to have damage, and that's when Alzheimer's, Parkinson's, and other brain disorders can occur. The brain and the body work hand in hand. When one isn't working well, the other won't either.

To make sure you're keeping both your brain and body fit, focus on these four things:

Exercise: Move your body every day

Diet: Eat healthy meals with proteins (meats, beans), fruits, and vegetables

Sleep: Get a good night's rest

Brain games: Keep your mind sharp

In this newsletter, you'll find out how it takes both a healthy brain and a healthy body to live your best life. We'll show you how to work these four core elements into your day (and night).

If you haven't seen your Primary Care Provider (PCP) this year for your Annual Wellness Visit, call today to get this appointment booked. Your PCP can help with sleep, memory, and many other issues that may be keeping you from feeling like yourself. Your PCP's phone number is on your VIVA MEDICARE ID card.



Thank you for choosing VIVA MEDICARE.

Tara M. Bryant, MD, BSN



Healthy Brain, Healthy Body:

Exercise

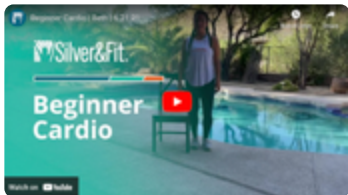
Your Way to Better Brain Health

Moving your body every day is great for your muscles and joints, but it also does wonders for your brain. Whether you're walking around the block, throwing a ball with your dog, or doing a few sets of hand weights, the simple act of moving your body can help you feel happier and stronger.

It's easy to find excuses to skip doing some form of movement each day. But days can quickly turn into weeks and then months; before you know it, you haven't left your favorite chair more than a few times a day. Your legs become sore, you are more tired than ever, and you feel sad more than you feel

happy. This is when you have to make yourself walk to the mailbox or pick flowers for your favorite vase. Your brain may be telling you to take a nap, but your body needs to take over.

Moving your body for just **20 minutes a day** will give you a natural energy boost and help you sleep better at night. You'll notice your brain is more focused and you're less angry and frustrated. If you can get outside for some fresh air and sunshine, you'll be doing your body and your brain a big favor. Don't let bad weather or 90° days give you a reason to sit longer than you know you should.



You can find some easy at-home exercises at vivahealth.com/medicare/events/videos and type 'exercise' in the search bar.





Healthy Brain, Healthy Body:

Your Diet **Helps Keep Your Body & Your Brain Sharp**

As you age, it can become harder to learn and understand new tasks.

You may remember events from childhood but forget where you put your glasses throughout the day. Studies show that by adding foods high in potassium, calcium, and magnesium to your diet and taking out foods with high sodium (salt), sugar, and saturated fats, you help your mental processes stay sharp.

Inflammation is one way the body protects itself against harmful bacteria, viruses, and other toxins. Once it does its job and rids the body of the toxin, inflammation should go away. If you eat a diet that is full of processed and fried foods, like sugary sodas, potato chips, and hot dogs, inflammation doesn't go away as it should. This can let cancer, diabetes, depression, and brain disorders, like Alzheimer's, take hold of your body and brain.



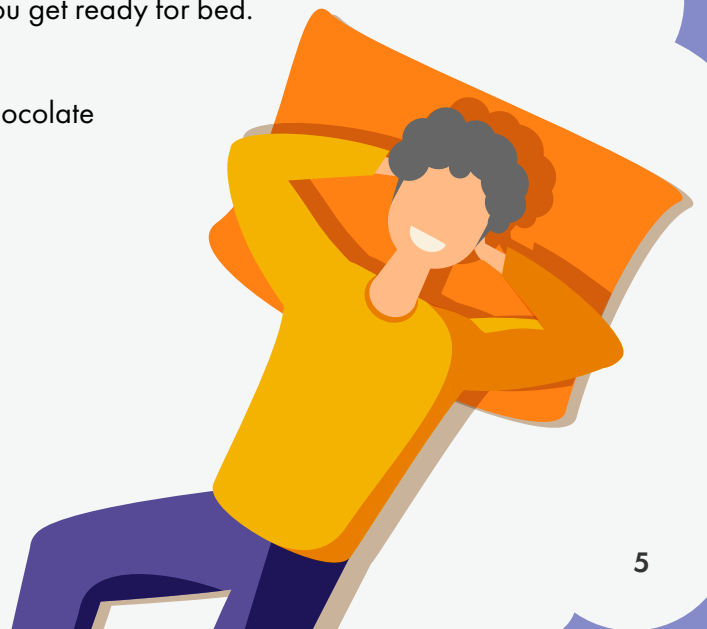
Healthy Brain, Healthy Body:

Sleep Your Way to Better Brain Health

When you get a good night's sleep of 7 – 9 hours, you are able to think more clearly and make better decisions. Your immune system works better to fight off colds and other viruses, you are in a better mood, and your tissues and muscles have time to repair. When you don't sleep well, you may notice you have more problems with your memory. When you're tired, you may get angry easily, and your balance could even be affected, leading to falls.

Being tired all the time is not a sign of being older; it's a sign of needing better sleep. Here are some tips to help:

- Go to sleep and get up at the same time each day, even on weekends or when you are traveling.
- Don't take naps in the late afternoon or evening. Naps may keep you awake at night.
- Take time to relax before bedtime each night. Read a book, listen to soft music, or soak in a warm bath.
- Try not to watch television or use your computer, cell phone, or tablet in your bedroom. The light from these devices may make it harder for you to fall asleep.
- Keep your bedroom at a comfortable temperature, not too hot or too cold, and as quiet as you can.
- Use low lighting in the evenings and as you get ready for bed.
- Try not to eat big meals close to bedtime.
- Stay away from coffee, tea, soda, and chocolate that has caffeine late in the day.



Healthy Brain, Healthy Body:

Brain Games

Keep Your Mind Sharp



Just like lifting weights and exercising help your body stay strong, games that make you think help your brain stay strong. As you get older, you don't use your brain in the same way you did when you were going to work every day or helping your children with homework. When you keep learning new hobbies and skills and challenge your brain with games, it helps your thinking and memory while easing stress and anxiety.

It's never too late to start engaging your mind and benefitting from brain games. You can now play online games with friends and family who live far away. You can meet other people for weekly card games or do jigsaw and crossword puzzles on your own. The important part is to keep learning and keep your brain thinking.



Here are some brain games to do now!

Word Search

- LIVE YOUR BEST LIFE
- CARE
- SALMON
- HEALTHY BRAIN
- DIET
- ANNUAL WELLNESS VISIT
- NATIONS HEARING
- STRAWBERRY SALAD
- BRAIN GAMES
- EXERCISE
- DIABETES DRUGS
- ENJOY LIFE
- ADVANCE DIRECTIVE
- HEALTHY BODY
- SLEEP

MIXJBLRSDIABETESDRUGSYLG
 HFRNATIONSHEARINGWYPEIQI
 TPBUSTRAWBERRY SALADCVIJA
 GIGOGEEGKNIARBYHTLAEHKNV
 COWPSVKYCCABFKGPTOYDENSG
 WHCGXZZLAOUJPUEODOLQUWDL
 UAAUNMONWDPOGBWCUTXAXNUF
 CTDDTZPVTLHMRKGREXLWFIGS
 SGVYKFPPEELSAZNB IQWSQAGXX
 VPAZUQBVFIDNEDNEKA EVTIN
 RPNZOEIWONHJSGOLYMLDOWFZ
 RKCWADOVGVQTJELHHXMDTUFG
 RBEDKWAHAQULECNFINTODFJMY
 XTDNNTMCCILJEVEIWANUHDFP
 XNIKEEKAFSPILHLUNEWECA
 GJRSSEZEDGSRDOTKXYABYZMD
 IHEWLZOOVVCXISJGNLOQRBVE
 KHCEXERCISEKCGGUTBPJJHOO
 LRTAPJBSDHDEZNSHYLMJNSVD
 GOICBYIGIMKRIUYJSSXAEENQ
 OLVEHTRUNCWQIBKIFRXCTXQX
 FDEFPLXCURNEOOCYTBXLEFZ
 MMWJELGHMNB DWCNAHWCZTSZX
 BPRHFHCEJXYRERACOJUFRFPB



	7			2			4	6
	6					8	9	
2			8			7	1	5
	8	4		9	7			
7	1						5	9
			1	3		4	8	
6	9	7			2			8
	5	8					6	
4	3			8			7	

Sudoku Puzzle

Fill each 9×9 square with numbers from 1 – 9 with no repeated numbers in each line, horizontally (across) or vertically (up and down).

Answer Key:

4	3	2	5	8	6	9	7	1
1	5	8	3	7	9	2	6	4
6	9	7	4	1	2	5	3	8
9	2	6	1	3	5	4	8	7
7	1	3	2	4	8	6	5	9
5	8	4	6	9	7	1	2	3
2	4	9	8	6	3	7	1	5
3	6	1	7	5	4	8	9	2
8	7	5	9	2	1	3	4	6

MIXJBLRSDIABETESDRUGSYLD
 HFRATIONSHEARINGWYRPIQI
 TBUSTRAWBERYSALADCVIJA
 GIBGOEGEKNIARBYHTLAEHKNV
 COWPSVKYCCABFKGPTDYDZNSG
 WHCGXZLZLAUJPUEOLOLQUMDL
 UANMNONWDFPOGBWUJTXANUF
 CTDDTTPVTLHMRKOBEXLWFIGS
 SGVYKFEELTSZNBOMWOGAGXX
 VPZAUOBVFDIDNEONKAEVITIN
 RPNZOEIWOVNHJSGOLYMLDOWFZ
 RKCWADOVGVQJTEHXXMDTUFG
 RBEDKWHADULEONFNTODFJMY
 XTDNNTMCCILJEVEMANUHDFFP
 XNIKEEKAFPASPILHLJUNEMECA
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 MMWJELGHMNBDMCNAHWZTSZX
 BPRHFHCEJXXKERRAOJUFRRFPB

Get the *right* care, at the *right* time, at the *right* place.

When you are sick or have an accident, getting the right care, at the right time, and at the right place is a key part to helping you feel better fast. Many health problems should be treated by your Primary Care Provider (PCP). Depending on the type of health problem, your PCP may be able to treat you through a telehealth (or virtual) visit so you never have to leave your home.

If your health problem is more serious, you may need to go to an urgent care center or emergency room.

To help you know the best place to go for the care you need, see the chart below. For help finding care locations near you, call the VIVA HEALTH Care Management team at 855-698-2273, Monday – Friday, 8am – 5pm. TTY users, dial 711.

Common Health Problems	Call Your Primary Care Provider (PCP) First	24-Hour Nurse Line 833-605-1511	Telehealth (Virtual Care) or Urgent Care	If Your PCP Can't See You: Walk-in Care Centers or Urgent Care	Emergency Room at Hospital or call 911
<ul style="list-style-type: none"> • Earache • Flu • Sore throat • Sinus infections • Sprains • Urinary tract infections • Chronic conditions, like diabetes, high blood pressure, or high cholesterol that you take medicine for every day 	✓	✓	✓	✓	
<ul style="list-style-type: none"> • Vaccinations (flu, COVID, shingles, and other shots) • Vomiting • Diarrhea 	✓			✓	
<ul style="list-style-type: none"> • Broken arm • Knee injury 				✓	✓
<ul style="list-style-type: none"> • Small cuts or gashes 				✓	
<ul style="list-style-type: none"> • Chest pain • Head trauma or injury • Seizures • Trouble breathing • Brain changes (sudden memory loss or can't speak) • Severe stomach pain 					✓
<ul style="list-style-type: none"> • Stroke • Any life-threatening conditions 					✓

Advance Directives: Why You Should *Plan for Tomorrow Today*

Having the right forms signed and in your VIVA MEDICARE file makes it easier for those you trust to help make decisions about your medical care if you become sick, can't talk, or are unable to think clearly. An **advance directive**, or living will, is a form that lets your providers and family know what kind of medical care you want. If you know you do not want machines breathing for you or treatments if you cannot get better, this is spelled out in an advance directive.

You do not need a lawyer to set up an advance directive, but you may want to talk with one before you take this important step. You must be in a state of mind where you are able to make decisions for yourself when setting up an advance directive.

Whether or not you have an advance directive, you have the same right to get the care you need, but having one will help loved ones know your wishes when they are facing a stressful time.

If you would like to have an advance directive mailed to you, call Member Services at the number on the back of this newsletter. You can also find the form in your member portal or online at vivahealth.com/medicare/member-resources/#plans. Choose your plan and click 'View PDF' next to Advance Directive for Health Care. After filling out an advance directive form, make sure to share a copy with your family, providers (doctors and hospitals), and with us at VIVA MEDICARE.

Type 2 Diabetes Mellitus Drugs

WHAT YOU NEED TO KNOW

Type 2 Diabetes is a condition that causes a person to have high blood sugar. Glucagon-like peptide 1 (GLP-1) agonists are common drugs used to treat Type 2 Diabetes Mellitus (T2DM). These drugs have been in the news a lot lately, as they have been found to help people lose weight.

The Centers for Medicare and Medicaid Services (CMS), the government agency that runs Medicare, has rules about GLP-1 drugs that VIVA MEDICARE must follow. These drugs are only covered for certain conditions under Part D drug benefits, including Type 2 Diabetes.

Many GLP-1 drugs are in short supply right now. If your pharmacy is out of stock, call other

pharmacies in your area to see if they have the drug in stock. Different pharmacies use different suppliers. If you have Type 2 Diabetes, here is a list of other drugs your provider can prescribe:

GLP-1 Agonist Medications

INJECTIONS:

Trulicity* (weekly injection)
Bydureon* (weekly injection)
Byetta* (twice daily injection)
Ozempic* (weekly injection)
Victoza (daily injection)
Adlyxin (daily injection)
Mounjaro* (weekly injection)

ORAL PILLS:

Rybelsus* (once daily)

*These drugs are included in your approved drug list (formulary).

If you have any questions about GLP-1 drugs or any other drug you've been prescribed, our pharmacy team is happy to answer your questions. Call Member Services at the number on the back of this newsletter, and let them know you'd like a pharmacy team member to call you.

Brain-Boosting Summer Recipes

Strawberry Spinach Summer Salad

Serves 6

- 1 package spinach from the produce section
- 2 cups of strawberries, halved
- 1 large avocado, sliced
- ½ small red onion, thinly sliced
- ½ cup feta cheese crumbles
- ⅓ cup raw sliced almonds
- ¼ cup chopped shelled roasted pistachios or walnuts

Put all ingredients in a bowl, mix, and top with your favorite low-fat dressing.



Honey Mustard Salmon

Serves 2

- 2 salmon filets
- 1 tablespoon stone ground mustard
- ¾ tablespoon honey
- 1 garlic clove, minced
- ¼ teaspoon kosher salt
- ¼ teaspoon smoked paprika (optional)
- Freshly cracked black pepper, to taste

Preheat oven to 400°F. Line a rimmed sheet pan with aluminum foil.

In a small bowl, whisk together the mustard, honey, garlic, salt, paprika and pepper. Pat the salmon dry and place skin-side down on the prepared sheet pan. Spread the honey mustard sauce on the salmon until evenly coated. Bake until the salmon easily flakes with a fork, 15-18 minutes.



Nations Hearing Aid Benefit

Q&A

Studies show that hearing loss is connected to a higher risk of memory issues and dementia. Early detection of hearing loss may help prevent memory issues.

Your plan comes with a hearing aid benefit from NationsHearing. This benefit may be confusing because it is not like your dental allowance where you have a certain amount of money that can be used for dental services each year. With this benefit, you get a discount on the hearing aids you buy, and you pay part of the cost. Here are some common questions and answers about the hearing aid benefit:

What is the difference between an over-the-counter (OTC) hearing aid and a prescription hearing aid?

A: OTC hearing aids are for people with only mild or moderate hearing loss. You do not need a prescription or a hearing exam to get OTC hearing aids. You will fit the hearing aids into your ears yourself and use pre-set programs to figure out what works best for your hearing.

Prescription hearing aids are for people with mild to severe hearing loss. You need to take a hearing test either with an audiologist, online with NationsHearing, or in the Dothan, Hoover, Mobile, or Montgomery VIVA HEALTH Café using a Digital Hearing Center, before you can get prescription hearing aids. Your hearing aids are fitted to your ears and tested to make sure you can hear clearly.

How much does a hearing aid cost me?

A: The price you pay for hearing aids depends on the type of device you choose. Just like when you buy a car, the price for hearing aids goes up when you add special features.

For prescription hearing aids, your copay for **each hearing aid** ranges from \$500 to \$1,975.

For OTC hearing aids, your copay ranges from \$750 to \$3,100 for the pair.

Do I have to order OTC and prescription hearing aids through NationsHearing?

A: Yes. Both OTC and prescription hearing aids must be ordered through NationsHearing. If you want prescription hearing aids, NationsHearing will help you set up an appointment with an audiologist first. Once you have a prescription, they will help you find a store where you can choose your hearing aids and get fitted.

If you want OTC hearing aids, NationsHearing will help you place an order.

Do I have to buy a hearing aid for each ear?

A: Prescription hearing aids can be purchased for just one ear or both ears. Your copay amount will be for each hearing aid.

OTC hearing aids can only be purchased in pairs (one for each ear).

How can I learn more about my hearing aid options?

A: To find out more about your hearing aid benefit, call NationsHearing at 877-209-5189 (TTY: 711) to talk to a Member Experience Advisor. They are ready to take your call from 8am to 8pm every day, except when closed for federal holidays. Language support services are available free of charge. You can also visit [VIVA.NationsBenefits.com/Hearing](https://www.vivamedicare.com/nationsbenefits/hearing) for more information.



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Your Member Services team is just a phone call away, right here in Alabama.

We are happy to answer any questions about your benefits,
help you register for the member portal, and more.

Give us a call at 1-800-633-1542 (TTY: 711).

We are open Monday - Friday, 8am - 8pm.
From October 1 to March 31, we can take your call 7 days a week, 8am - 8pm.



VIVA HEALTH complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-633-1542 (TTY: 711). 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務. 請致電 1-800-633-1542 (TTY: 711). H0154_md0c4228A_C_06/14/2024