



A Publication for
Hometown Health's
Senior Care Plus
Members

SPRING 2017

HEALTHY CONNECTIONS

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Senior Care
Plus

A Medicare Advantage Plan from Hometown Health.
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Reno, NV 89521

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HEALTHY CONNECTIONS

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Senior Care
Plus

SPRING 2017

MAY IS OSTEOPOROSIS AWARENESS MONTH

Understanding the Signs and Symptoms Can Help You Protect Your Bones

Osteoporosis is the thinning and loss of density in the bones. Osteoporosis makes the bones more brittle, fragile, and likely to break (fracture). Over time, osteoporosis can cause the bones to become so weak that they fracture after a simple fall. The bones most likely to fracture are the bones in the hip, wrist, and spine.

Risk Factors for Osteoporosis

Anyone can develop osteoporosis. You may be at greater risk if you have a family history of the condition or have poor nutrition. You may also have a higher risk if you are:

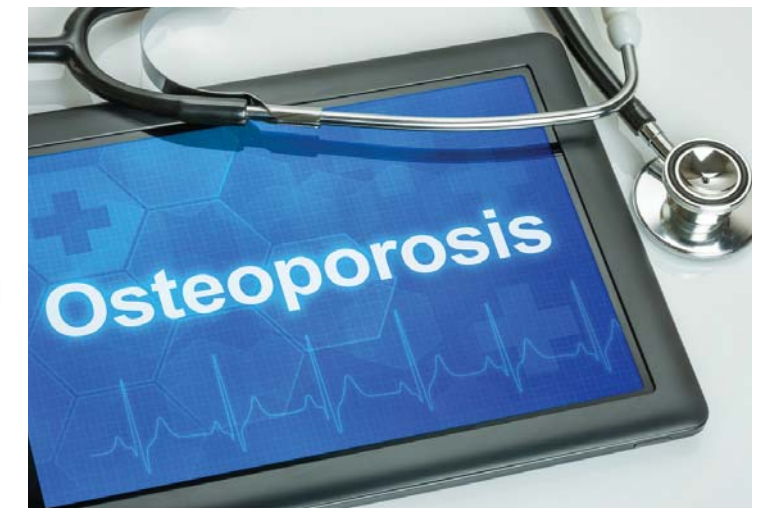
- Female.
- 50 years old or older.
- A smoker.
- Not physically active.
- White or Asian.
- Slender.

Signs and Symptoms

A fracture might be the first sign of the disease, especially if it results from a fall or injury that would not usually cause a bone to break. Other signs and symptoms include:

- Low back and neck pain.
- Stooped posture.
- Height loss.

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MEDICATION THERAPY MANAGEMENT PROGRAM

The Medication Therapy Management (MTM) program is a service offered by Senior Care Plus at no additional cost to you. The MTM program is required by the Centers for Medicare and Medicaid Services (CMS), and is designed to help you and your healthcare provider make sure that your medications are working. It also helps us, your pharmacy team identify and reduce possible medication problems.

To take part in this program, you must meet certain criteria. This criteria is used to identify people who have multiple chronic diseases, and are at risk for medication-related problems. Not all members will qualify to participate in this program. If you meet the following criteria, we will send you a letter inviting you to participate in the program, and information about the program, including how to access the program. Your enrollment in MTM is voluntary, and does not affect your drug coverage with Medicare.

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SENIOR CARE PLUS HAS MOVED!

This is just south of the Renown South Meadows Medical Center and is accessible via RTC's Route 56 Bus Service.



LOCATION MAP

HOMETOWNHEALTH.COM | SENIORCAREPLUS.COM | 775.982.3112 | 775.982.3112
Hometown Health Senior Care Plus
This is a physical address change only. Please continue to mail payments to:
PO Box 848783
Los Angeles, CA 90084-8783



MAY IS OSTEOPOROSIS AWARENESS MONTH

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Understanding Bone Health

Good health habits, such as eating nutritious foods and exercising regularly, are important for maintaining healthy bones. They can also help to prevent osteoporosis.

Bone mass refers to the amount of bone tissue that you have. The higher your bone mass, the stronger your bones. An important step toward having healthy bones throughout life is to have strong and dense bones during childhood. A young adult who has a high bone mass is more likely to have a high bone mass later in life. Bone mass at its greatest is called peak bone mass.

A large decline in bone mass occurs in older adults. In women, it occurs about the time of menopause.



During this time, it is important to practice good health habits, because if more bone is lost than what is replaced, the bones will become less healthy and more likely to break (fracture). If you find that you have a low bone mass, you may be able to prevent osteoporosis or further bone loss by changing your diet and lifestyle.

How Can I Find Out if My Bone Mass Is Low?

Bone mass can be measured with an X-ray test that is called a bone mineral density (BMD) test. This test is recommended for all women who are age 65 or older. It may also be recommended for men who are age 70 or older, or for people who are more likely to develop osteoporosis due to:

- Having bones that break easily.
- Having a long-term disease that weakens bones, such as kidney disease or rheumatoid arthritis.
- Having menopause earlier than normal.
- Taking medicine that weakens bones, such as steroids, thyroid hormones, or hormone treatment for breast cancer or prostate cancer.
- Smoking.
- Drinking three or more alcoholic drinks each day.

How Do I Protect My Bones?

To have healthy bones, you need to get enough of the right minerals and vitamins. Nutritional recommendations vary from person to person. Ask your health care provider what is healthy for you, but in general you will want to make sure you get enough calcium, vitamin D,

phosphorus, magnesium and vitamin K in your diet.

You will also want to participate in weight-bearing and strength-building activities as they are important for building and maintaining peak bone mass. Weight-bearing activities cause muscles and bones to work against gravity. Strength-building activities increases muscle strength that supports bones.

For more information osteoporosis and bone health, visit the National Osteoporosis Foundation website at <http://nof.org/learn/basics>.



MANAGE YOUR FAMILY'S HEALTH ONLINE THROUGH RENOWN HEALTH'S MYCHART

It is Easy and Secure and You Can Designate a Family Member as Your Proxy



Coordinating your healthcare involves several areas, such as appointments, prescription refills and wellness screenings. Grow your healthcare team by designating a family member as your MyChart Proxy.

MyChart, Renown's secure online patient portal, provides patients the tools they need to access their healthcare information anytime. With MyChart Proxy, you can give this same access to a member of your family, such as a spouse, allowing them to participate in your care.

Your proxy will be able to:

- View upcoming appointments or request appointments
- View lab results
- Email your doctor on your behalf
- View medications and request prescription refills
- View health reminders

When you activate someone as your proxy, you will not lose access to any of the tools and benefits within MyChart. Your proxy will be able to login and toggle back and forth between their own healthcare information and yours.

To designate someone as your MyChart Proxy, talk to your doctor about signing up for proxy access. You and your proxy will both need to sign the MyChart Proxy form.

For more information, call MyChart Customer Service at 775-982-2781.

MEDICATION THERAPY MANAGEMENT PROGRAM

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To qualify for Senior Care Plus's MTM program, you must meet ALL of the following criteria:

1. You must have at least two of the following conditions or diseases: Osteoarthritis, Rheumatoid Arthritis, Chronic Heart Failure (CHF), Diabetes, high cholesterol, high blood pressure, Depression, Asthma, or Chronic Obstructive Pulmonary Disease (COPD) **AND**
2. You must take at least 6 covered Part D medications, **AND**
3. You are likely to have medication costs for covered Part D medications greater than \$3,919 for the 2017 plan year.

If you have questions about the Medication Therapy Management program please contact Customer Service at 775-982-3232.



YOUR DOCTOR AND HIS TEAM ARE YOUR HEALTH CARE PARTNERS

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- Describe how your symptoms effect your daily life such as, “I can’t walk to my mailbox anymore” or “I have trouble standing up for more than 10 minutes.” Explain any changes in how you carry out your daily activities, such as grocery shopping, housekeeping, showering, etc.

Other important items to discuss with your doctor:

- Your level of physical activity, and if you should start, increase, or maintain your level of exercise or physical activity
- Any problems affecting your regular activities as a result of any emotional problems, such as feeling depressed or anxious
- The risk of falling or problems with your balance or walking. Your healthcare provider will be able to provide you with help regarding reducing the risk of falls, and help with your balance or walking.
- Any vaccines that you may need, including:
 - o Flu
 - o Pneumonia
 - o Shingles
- All prescriptions and over the counter medications that you are taking.



- Never feel intimidated or fearful of asking questions to your doctor.

Before Leaving Your Appointment:

- Do not leave if you are uncertain about your diagnosis or treatment plan
- Schedule a follow-up appointment, if necessary
- Obtain all paperwork required for any testing or screenings, if necessary
- If you receive a new prescription you should understand:
 - o The name of the medication
 - o Why you are taking the medication
 - o How and when you should take the medication
 - o Any side effects and how to report them to the doctor

Remember, your doctor and his team are your health care partners and they want what is best for you. When you come prepared you help them provide you with the best care possible – the type of care you deserve.

YOUR DOCTOR IS YOUR HEALTH CARE PARTNER

Here’s How to Get The Most Out of Your Doctor Appointment

Preparing in advance for your doctor’s appointment is very important to ensure that you make the most of your time with your doctor and have all of your questions answered. Below are some tips to prepare for your visit and questions that you should ask during your appointment to maximize your health.

Before The Appointment:

- When scheduling the appointment ensure that you share enough information regarding the purpose of your visit to ensure that the proper length of time can be scheduled.
- Write all questions down ahead of time and bring them with you to the appointment, including any new symptoms.
- Make a list of all the medications that you are taking (or bring your bottles to the appointment) including the frequency that you take the medication and strength. Also, include any over-the-counter drugs, including herbs, supplements and vitamins.
- Consider asking a friend or relative to accompany you to your visits. A lot of information is provided to you during your visits and it may be helpful to have a friend or relative write things down. Remember, no one can accurately recall everything that is being said

During The Appointment:

Your doctor is there to provide you with high quality of care. It is important that you establish a two-way dialogue between you and your doctor by asking questions regarding any symptoms, treatment and your preventative health plan.



Use the **Doctor Visit Planning Form** on the next page to help you prepare for your doctor appointment.

When describing your symptoms to your doctor try to be as specific as possible. For example:

- If you are in pain, use words like dull, throbbing, or sharp to describe what kind of pain you are experiencing. You can also use a scale of 0 (no pain) to 10 (extreme pain) to describe your pain severity.
- Show your doctor the exact location in which you are experiencing your symptoms. For example, point to the spot on your body if possible or take a picture of a lump or rash.
- Explain how long you have had your symptoms.
- Explain the frequency of your symptoms. For example, “I only notice my symptoms every few days”.

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Doctor Visit Planning Form

Instructions: Complete this form prior to your next doctor's visit and bring it with you to your appointment.

Symptoms:

Use this section to note all the symptoms you are experiencing. Be as specific as possible. Note how long you have had each symptom and the frequency of occurrence. Also describe any pain you may have.

Physical:

Use this section to make a few notes regarding your current level of physical activity. If you recently started or stopped an exercise program your doctor will want to know.

Emotional:

Use this section to make a few notes regarding how you currently feel emotionally. If you have feelings of sadness, depression, or anxiety note that here and share this information with your doctor.

Immunizations and Health Screenings:

Below is a list of immunizations and health screenings. Discuss these with your doctor and schedule them if necessary.

Male

Needed (check box)

- Flu & Pneumonia Vaccinations
- Shingles Vaccination
- Colon Cancer Screening
- Glycohemoglobin (HbA1c or Blood Sugar Level)
- Microalbumin Screening
- Retinal Eye Examination

Female

Needed (check box)

- Flu & Pneumonia Vaccinations
- Shingles Vaccination
- Colon Cancer Screening
- Breast Cancer Screening
- Osteoporosis Screening
- Glycohemoglobin (HbA1c or Blood Sugar Level)
- Microalbumin Screening
- Retinal Eye Examination

Medications & Supplements:

Use this section to list all the prescriptions, over-the-counter medications, and dietary supplements you currently take. Be sure to include medication strength and dosage information. If you are taking numerous prescriptions, it may be easier to bring them with you.

Medication	Dosage	Frequency

Your Questions For Your Doctor:

Use this section to write down any questions you have. Writing them down prior to your appointment will ensure you don't forget to ask them.

Notes From Your Doctor:

Use this section to take notes during your visit. If the doctor has specific treatment instructions, you can note them here. **Important:** Do not leave if you are uncertain about your diagnosis or treatment plan.