



HEALTHY CONNECTIONS

A Publication for Hometown Health's Senior Care Plus Members

Senior Care
Plus 

WINTER 2018

NEW FOR 2018!

Senior Care Plus Club

As a member of Senior Care Plus, you are automatically a member in the new Senior Care Plus Club! Senior Care Plus Club is a monthly gathering of Senior Care Plus members. The purpose of Senior Care Plus Club is to mix and mingle and have fun! Senior Care Plus Club meets the second Wednesday of every month from 11:00am -1:00pm in the Hometown Health building located at 10315 Professional Circle in Reno. **The first meeting will be Wednesday, January 10, 2018 from 11:00am – 1:00pm.**

Senior Care Plus Club Meeting Dates:

January 10, 2018	July 11, 2018
February 14, 2018	August 8, 2018
March 14, 2018	September 12, 2018
April 11, 2018	October 10, 2018
May 9, 2018	November 14, 2018
June 13, 2018	December 12, 2018

Can't make it to Reno for the Senior Care Plus Club meetings? Not to worry. The Senior Care Plus Club will be heading to rural areas for special events beginning in February. Keep an eye on your mailbox for more information regarding Senior Care Plus Club events outside of Washoe County.

YOUR PERSONALIZED WELLNESS COMING IN JANUARY... PASSPORT!



Every Senior Care Plus member will receive their own, personalized Wellness Passport in January. The Wellness Passport has information about health screenings specific to you to stay healthy and manage any chronic medical conditions.

To learn more about the Senior Care Plus Club call 775-982-3191 or visit SeniorCarePlus.com/Club.



NEW YEAR! NEW YOU!

Now is a Great Time to Schedule Your Annual Wellness Visit



As a Senior Care Plus member, you are entitled to one Annual Wellness Visit per year, at no cost to you. This is an ideal opportunity for you and your doctor to develop a personalized health plan for improving health and preventing disease. You should

take this opportunity to discuss with your doctor the preventive services needed to keep you healthy and address any healthcare concerns you may have.

In addition to your general health, your physician is likely to discuss the following topics with you:

- The annual flu and pneumonia vaccinations.
- Your exercise regimen and diet.
- Your mental health and whether you are feeling sad or depressed.
- Urinary functions or bladder control issues.
- How to prevent falls.
- Tobacco use and how to quit.

Your physician may also discuss Advance Directives (also called a living will or power of attorney for healthcare) with you, to support your healthcare decisions and your wishes.

MEDICARE DIABETES PREVENTION PROGRAM (MDPP)

Beginning April 1, 2018, MDPP services will be covered for eligible Medicare beneficiaries under all Medicare health plans.

MDPP is a structured health behavior change intervention that provides practical training in long-term dietary change, increased physical activity, and problem-solving strategies for overcoming challenges to sustaining weight loss and a healthy lifestyle.





IMPORTANT CONTACT INFORMATION FOR 2018

Senior Care Plus Office Locations



Reno

10315 Professional Circle

Reno, NV 89521

Office Hours: Monday-Friday, 8am – 5pm



Carson City

911 Topsy Ln. #230

Carson City, NV 89705

Office Hours: Monday-Friday, 8am – 5pm

Additional Important Contact Information

Senior Care Plus Customer Service

888-775-7003

775-982-3112

TTY: 711

Hours: Monday – Sunday, 7am to 8pm

Customer_Service@hometownhealth.com

www.SeniorCarePlus.com

Hometown Health Nurse Hotline

775-982-5757

888-324-3243

You can call the Hometown Health Nurse Hotline 24 hours a day, 7 days a week.

MedImpact (Prescription Drug Coverage)

1-800-681-9585

TTY: 711

Calls to this number are free. You can call Med-Impact 24 hours a day, 7 days a week.

Delta Dental

855-643-8513

TTY: 711

Hours: Monday – Friday, 5am to 5pm

Calls to this number are free.

TruHearing

1-844-341-9614

TTY: 1-800-975-2674

Hours: Monday – Friday, 5am to 6pm

Calls to these numbers are free.

Disclaimers

Senior Care Plus is an HMO/PPD Medicare Advantage plan and a standalone Prescription Drug Plan with a Medicare contract. Enrollment in Senior Care Plus depends on contract renewal. Senior Care Plus complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

This information is available for free in other languages. Please call Customer Service at 775-982-3112 or toll-free at 888-775-7003. TTY users should call the State Relay Service at 711. Hours are 7 am to 8 pm Monday through Sunday.

Esta información está disponible gratuitamente en otros idiomas. Por favor llame a nuestro servicio al cliente al 775-982-3112 o al número gratuito al 888-775-7003. Los usuarios de TTY deben llamar al Servicio de Retransmisión del Estado al 711. Los horarios son de 7:00 a 20:00 de lunes a domingo.



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Plus** 

A Medicare Advantage Plan from Hometown Health.
10315 Professional Circle
Reno, NV 89521

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WINTER 2018

HEALTHY CONNECTIONS

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SAVE THE DATE!

**Wednesday, January 10, 2018
11:00am - 1:00pm**

**Senior Care
Plus**  **Club**

Senior Care Plus Club Meets in the
Hometown Health Building

What: Senior Care Plus Club – Kick Off Meeting & Movie

When: Wednesday, January 10, 2018
11:00am – 1:00pm

Where: Hometown Health Building
10315 Professional Circle
Reno, NV 89521

Why: To Enjoy Some Food & Some Fun with Other
Senior Care Plus Members

**To RSVP, call 775-982-3191 or visit
SeniorCarePlus.com/Club**

Gym Update: If you have a plan that includes Gym Membership benefits, please visit a participating gym after 1/5/2018 to sign up. Visit SeniorCarePlus.com to see participating gyms.

**YOUR PERSONAL WELLNESS
PASSPORT IS COMING IN JANUARY!**



Keep an eye on your mailbox!