

# SNP TODAY

A Seasonal Newsletter for our  
Special Needs Plan Members

## IN THIS ISSUE

- 3 Health Assessment Tool Information
- 4 When You Leave the Hospital
- 4 How Can We Help?
- 5 Always Available to Our Members
- 5 **SPECIAL NEEDS PLAN: Program Evaluation**
- 6 Diabetes Testing
- 6 Congestive Heart Failure
- 6 Flu Shots Reminder
- 7 The Doctor, the Emergency Room or the Urgent Care Clinic?
- 8 Using Your Benefits to Achieve Your Health Goals
- 8 **ALLERGIC ASTHMA: Surf The Web For Wellness**
- 9 Defining the Medical Home Model
- 9 Don't Miss Calls from the Health Plan!
- 10 Coping During Covid
- 10 What is a Care Plan?
- 11 Attention Smokers And Former Smokers!
- 11 **Spotlight on Case Management**
- 12 **PATIENT SAFETY CORNER: Preventing Injuries in your Home**
- 13-14 **Member Portal**
- 15 Non-Discrimination Notice
- 15 **Multi-Language Interpreter Services**
- 16 Concierge Offices



# Welcome to Your Special Needs Plan!



## What is a Special Needs Plan?

Special Needs Plans were developed by Medicare so that people with certain diseases would receive certain services that would help them better take care of their disease in order to stay healthier and more active. Special Needs Plans also support people who have Medicaid along with Medicare.

## How did I qualify to be part of a Special Needs Plan?

You became a part of a Special Needs Plan when you enrolled and said that you had a certain disease or that you had both Medicare and Medicaid. The Plan then verified this with your doctor or Medicaid, and you became eligible to enroll.

## What is my Primary Care Physician responsible for when I am a part of this Plan?

- Your Primary Care Physician (PCP) is your Medical Home and is responsible for managing all of your health and to make certain you are getting all the medically necessary services you need to better take care of yourself.
- Your PCP is responsible for making sure that your care follows certain accepted guidelines or medical practices that have been developed by specialists in the field of your disease.
- Your PCP is responsible for making certain that your care follows a “Care Plan” that has been developed to better manage your healthcare.
- It is important to see your PCP regularly and at least annually, even if you have no changes in your health status. This will help your PCP to better manage your care.

## What information will I receive?

### Educational Material

This will be sent to you within the first three months of coming on the Plan. This will include information about your specific disease and suggestions on how to best manage your healthcare. Please read this and take it with you to your PCP appointment if you have any questions. These suggestions, if followed, may help keep you out of the hospital.

### Quarterly Educational Information

About every three months, you will receive another educational mailing with pertinent tips on helping you stay healthy.

### Newsletter

Twice a year you will receive a Special Needs Plan Member Newsletter that will have even more helpful information for you to manage your care.





## Health Assessment Tool Information



The **Centers for Medicare & Medicaid Services** expects a Health Assessment Tool to be completed each year by the Health Plan's members.

Your time is valuable, and we want to express our gratitude to you for taking the time to complete the **Health Assessment**. The information you share with us is very important. Filling out the Health Assessment Tool and mailing it back in the provided pre-paid envelope can avoid additional reminders from the Health Plan (by phone and mail).

**Here are the many ways the information you share on the Health Assessment can help us to help you:**

- It gives us an opportunity to identify benefits that we think can help you achieve your health goals.
- It helps us to determine if you might benefit from a phone call from a nurse or social worker. Many members have experienced the advantages of participating in Case & Disease Management.
- Your responses influence the development of benefit plans. Your health needs and goals help us determine what's most important to our members.
- Your responses will generate a Health Appraisal Profile. This profile helps you identify potential risks as well as resources to overcoming barriers. As you continue to complete your annual Health Assessment Tools each year, you will see how your health compares to your previous responses. It's a great way to track your progress toward achieving your health goals.
- In addition to being a requirement implemented by the Centers for Medicare & Medicaid Services, we have seen how much completed tools help our members.

### Quicker & Easier To Complete Your Health Assessment Tool

We love it when we can simplify things for our members. It is now easier and quicker to complete your Health Assessment Tool. We added a feature on the Health Plan Member Portal where you can log in and complete the form online. By following these easy steps, the Plan can avoid having to reach out to you by phone and mail to remind you to complete the form.

#### Here are the easy steps:

1. Go to the Freedom Health Website at [www.freedomhealth.com](http://www.freedomhealth.com).
2. Click on **"Member Portal"** on the left side of your screen.
3. Click on **"New User Sign Up Now"**.
4. Fill in your information and become a registered portal user.
5. Now you are ready to log in to your Member Portal account. Go ahead and log in....
6. Click on **"Health Assessment & Appraisal"** on the left side of your screen and then select **"Complete Your Health Assessment Form"**.
7. Click on **"Take Survey"**.
8. Congratulations! **You did it!**

Alternately, if you receive a phone call from the Health Plan about your Health Assessment Tool, you can complete it over the phone. On this phone call you will be asked to verify either your date of birth, member ID number, or address to make sure we protect your personal identify and health information. This enables us to verify who you are and help you complete your Health Assessment Tool.

**We again want to thank you for your time and if you need any help with your member portal account or have any other questions, feel free to give us a call toll free at 1-800-401-2740 or TTY/TDD: 711.**

# When You Leave the Hospital



You may need additional help after discharge. While in the hospital your case manager or discharge planner helps you plan for going home. You and your home caregiver need to take part in the planning process. Everyone involved needs to know the discharge plan so it can work. This includes what to expect. Don't hesitate to speak up and ask questions. You need to know what help will be provided to you once you are home, if any. This could be a home health nurse visit or wound supplies. It could also be a walker or the delivery of ready to eat meals.

Make sure to ask questions before you leave the hospital. Your understanding of the instructions can affect how well you do at home. It could also help you to avoid problems once you are home.

Things to know before you leave the hospital:

- 1. The date when you are expecting to leave the facility.** Plan ahead for the discharge home. Do you have a ride?
- 2. What to expect when you get home.** What will you be able to do? It's great to have a second person there when the nurse reviews the instructions with you.
- 3. Who will support you at home?**
- 4. How will you manage grocery shopping, cooking and getting medications filled?**
- 5. Ask before you go home, what type of problems should you call for?** The nurse or doctor will review this with you before you leave.
- 6. The name and phone number of who you should get in touch with in case there is a problem with what was planned.** Your PCP will want to know too.
- 7. Understand your medicines before you leave the facility.** This includes

understanding why they changed, why you are taking them, when to take them and side effects of which to be aware.

- If you can't afford to pay for your medicine or can't get to the pharmacy, let the hospital nurse or discharge planner know before you go home.
  - Call your doctor if you stop taking medicines for any reason. The PCP will want to know if you are nauseous or they make you dizzy.
  - Do you have the needed supplies for dressing changes?
- 8. Any discharge tasks for you or your caregiver.** This could be dressing changes or weighing yourself daily. Know how to do them. Make sure you can do the task. Let the hospital nurse know if you don't think you can do it.
- 9. Make a follow-up appointment with your PCP within 7 days of going home.** Your PCP will want to see you. The PCP will want to review your plan of care too and review your medications with you. It is very important for your doctor to review the medications with which you were discharged. They may need to be adjusted. You should know when to call to report problems.

# How Can We Help?

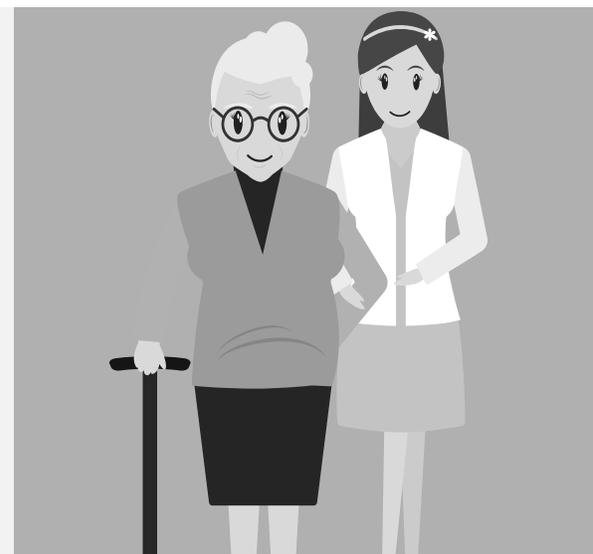


Our Case Management Department is staffed with Nurses and Social Workers to assist you with your needs. Nurses and Social Workers can assist you with managing your medical care and in identifying financial assistance programs.

Case Management services are included in your Plan benefit package. When the situation becomes too much for you, our Case Management department can help. Maybe you need a transplant, are dealing with a cancer diagnosis, or have a wound that isn't getting better. Perhaps you notice that you are starting to fall more often. Our goal is to assist you in managing your treatment plan.

Nurses can also help when questions arise about your chronic conditions. This could be about diabetes or heart disease, for example. Our nurses help you manage your condition in your everyday life. Their goal for you is to prevent further complications.

Social Workers can help identify assistance programs that are available in your local community. They can direct you to programs that can help you with deductibles for medications and medical care. They are also skilled at finding resources to assist with various other financial needs. Our Social Workers are eager to help you identify ways to help you meet your goals and avoid further complications.



If you believe you could benefit from speaking with a Nurse Case Manager or a Social Worker please contact the Case Management Department toll free at **888-211-9913** or **TTY/TDD: 711**. Hours are Monday through Friday, 8:00a.m. to 4:00p.m. EST.

Always

AVAILABLE to

Our MEMBERS



Freedom Health offers a lot of information for our members on our website. This includes resources and programs available to our members.

**Please visit our website at:**

**www.freedomhealth.com. Click on the links below for more information on the following topics:**

*(PLEASE NOTE: link to "About Us" is located by scrolling down to the bottom banner of website page and "Quick Links" is located at top of website page)*

**ADVANCE DIRECTIVES:**

About Us -> Utilization & Quality -> Advance Directives

**CASE & DISEASE MANAGEMENT PROGRAMS:**

About Us -> Utilization & Quality -> Case Management or Disease Management

**CLINICAL HEALTH GUIDELINES:**

About Us -> Utilization & Quality-> Clinical Practice Guidelines

**FRAUD, WASTE, AND ABUSE:**

Quick Links -> Fraud, Waste, and Abuse

**GRIEVANCE & APPEALS:**

Quick Links-> Appeals & Grievance

**MEDICAL RECORD STANDARDS:**

About Us -> Utilization & Quality -> Medical Record Standards

**NEWSLETTERS:** Quick Links -> Newsletters

**PATIENT SAFETY PROGRAMS:**

About Us -> Utilization & Quality -> Quality Management

**PREVENTIVE HEALTH GUIDELINES:**

About Us-> Utilization & Quality -> Quality Management -> Preventive Health Information

**PRIVACY:** Quick Link-> Privacy Practices

**QUALITY MANAGEMENT PROGRAMS:**

About Us-> Utilization & Quality-> Quality Management

**QUALITY MANAGEMENT PERFORMANCE:**

About Us -> Utilization & Quality-> Quality Management -> Monitoring Quality

**UTILIZATION MANAGEMENT PROGRAMS:**

About Us-> Utilization & Quality-> Utilization Management

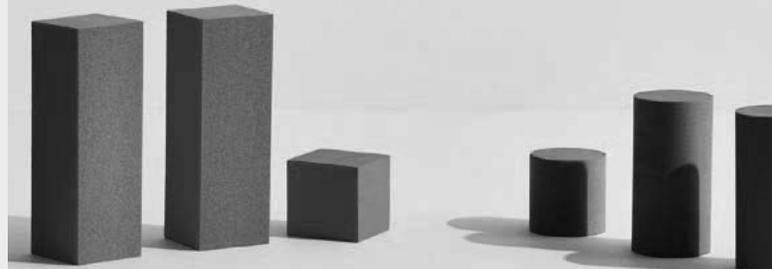
**UM DECISIONS:**

About Us-> Utilization & Quality-> Utilization Management



# SPECIAL NEEDS PLAN

## Program Evaluation



You are receiving this Health Plan newsletter because you are currently enrolled in one of our Special Needs Plans (SNP). A SNP is a Medicare Advantage Plan designed for members with special healthcare needs. These members often benefit from focused care coordination. SNP benefits are designed to meet the unique needs of our members.

In our SNPs, the Primary Care Provider (PCP) has the responsibility for each member's medical care. We refer to this as PCP Medical Home. Not all medical care is provided by your PCP; however, the PCP is responsible for all the care and services you receive. The PCP provides access to specialists and therapists. This is done through the Plan's referral process. The PCP also requests all other services via the Plan's pre-certification process.

**Every SNP plan has a specific SNP Model of Care program (MOC). This program specifies quality metrics and goals. Goals are based on the following:**

- National benchmarks
- Centers for Medicare and Medicaid Services (CMS) Star Score thresholds
- Internal benchmarks based on historical performance

Routinely, the Health Plan reviews the SNP Model of Care programs and SNP Quality Workplan for effectiveness. This is accomplished through the SNP Program Evaluation.

The 2021 SNP Evaluations were recently completed. Results indicated a successful year for all our SNP MOCs. Outcomes show many goals were met and many made good progress. Unmet goals were reviewed for improvement opportunities to work on in 2022.

# Diabetes Testing



If you have diabetes, or have a family history of diabetes, you should speak with your doctor about getting an HbA1c test. This is a simple blood test that can help in achieving control over diabetes. The test provides you and your doctor with information on your average blood sugar level over the past 2-3 months. Most doctors will recommend that an HbA1c test be completed two times per year for patients that have diabetes. You might also be asked to test your blood sugar at home.

A helpful benefit that your Health Plan offers is the ability to order certain diabetic testing supplies. You can have them delivered right to your door! This is done through the Plan's Mail Order Program. You might be able to get your supplies for free! Your Plan may also include benefits for other over-the counter (OTC) supplies. The benefits you have will vary depending on which Plan you chose at enrollment. To find out more about your available benefits or place an order, call the Plan's OTC department at **1-866-900-2688 (TTY: 711)** or sign into the member portal.

# Congestive Heart Failure

Congestive Heart Failure, or CHF, is a disease that affects more than six million people in the United States. CHF is a disease affecting the heart muscle. It decreases the heart's ability to sufficiently pump blood. The condition can be treated by your primary care doctor, or you may be referred to specialist for treatment. Common treatment for CHF consists of a diet that is low in sodium (salt), closely monitoring your weight, and taking medications as prescribed. When discussing your health with your doctor be sure to mention all the medications that you are currently taking. Some medications can make CHF worse.

Daily exercise as directed by your doctor, a closely monitored diet, and taking your medications can help you to live a healthy life with CHF and feel good. The Health Plan also has nurses that can help provide you with information on managing your CHF. If you would like to talk with one, call the Case and Disease Management Department 8:00 a.m. to 4:00 p.m. EST at **1-888-211-9913** or **TTY/TDD 711** Monday through Friday.



# FLU SHOTS



Don't forget to get your flu shot since there is no cost to Medicare members. Just show your Health Plan identification card. The flu, also known as influenza, can cause significant illness or even death in young children, young adults, pregnant women, older adults and people with chronic illnesses.

It will take at least two weeks after the vaccine is given to provide protection against the viruses. The vaccine protection will last throughout the flu season. It is best to get your flu shot as early as it is available for the best protection when flu activity is highest.

CVS, Walgreens, Publix, and many of our other participating pharmacies offer the flu vaccine. For example, Walgreens Pharmacies (where you can register beforehand at [www.Walgreens.com](http://www.Walgreens.com)) and CVS Minute Clinics offer flu shots daily with no appointment necessary. However, please call the pharmacy in advance to ensure that they have a supply of the vaccine on hand.

Other pharmacies in the Health Plan network also provide flu shots at no cost to Medicare members. For a listing of other participating pharmacies, please contact our customer service department at **1-800-401-2740** or **TDD/TTY: 711**. You can also access our online provider directory at [www.freedomhealth.com](http://www.freedomhealth.com).

Additionally, many primary care providers also offer the flu vaccine. Please check with your doctor to see if they offer this vaccine. You may also be able to get a flu shot at your local health department.

**For more information about the flu vaccine,** talk with your primary care doctor or visit the Center for Disease Control website at <https://www.cdc.gov/flu/prevent/vaccinations.htm>.

# The Doctor, the Emergency Room or the Urgent Care Clinic?

## How do you decide? How can you take care of yourself and avoid the emergency room?

It is best to have a plan on how and where to seek treatment before you need to make the decision. Provided below are descriptions of the types of care provided and where they are provided. It is important to use the right provider for the right injury/illness to avoid unnecessary cost.



**What it is:** Primary care doctors are available during regular office hours. Sometimes they offer evening appointments and some allow walk-in visits. You will have better care if you see the same doctor regularly since your doctor

will know you and your health conditions. It also helps if your medical records are readily available.

**When to go:** For preventive care, or when you have a medical problem or concern. When a minor illness or injury strikes, you should first seek treatment from a primary care doctor at his or her office. Most doctors' offices offer same day visits when you are sick. When you call for an urgent visit, make sure you explain your medical situation or how it has changed since you last were seen in the office. Don't wait until you feel really bad to call. You might feel better sooner.

**Consider the cost:** This is the lowest cost option for most routine care and preventive services.



**What it is:** An Emergency Department is there to save lives. An emergency is any medical problem that could cause death or permanent injury if not treated quickly. An emergency department is open 24 hours a day, seven

days a week, 365 days a year.

**When to go:** During a health episode that can lead to death or permanent injury. Some examples of medical emergencies are:

- Chest pain with sweating, nausea, vomiting, shortness of breath, radiating pain that moves to the arm or neck, dizziness, or feeling that your heart is beating irregularly or too fast
- Choking

- Severe bleeding that doesn't stop after 15 minutes of direct pressure
- Fainting
- Broken or displaced bones
- Swallowing poison
- Burns
- Suddenly not being able to walk, speak, or move a portion of your body
- Shortness of breath or difficulty in breathing



Many visits to the emergency room aren't true "emergencies". An Emergency Department is there to treat the critically ill and injured first. Patients seeking treatment of minor illnesses and injuries will wait longer to be seen by a doctor. Some examples of non-emergencies are:

- Cold or flu symptoms
- Sore throat
- Earache
- A fever that is relieved with over-the-counter medication
- Toothaches
- Minor cuts, scrapes and abrasions
- Muscle sprains
- Sunburn

**Consider the cost:** The copay alone may be costly. Other costs may be included depending on the care you need.



**What it is:** These are clinics with doctors where you can walk-in without an appointment. They are open during the day, have evening hours and can see you on weekends.

**When to go:** Urgent Care centers are setup to help with an illness or injury that does not appear to be life – threatening, but also can't wait until the next day, or for the primary care doctor to see them. Urgent medical conditions are not considered emergencies but still require care within 24 hours. Some examples are:

- Accidents and falls
- Sprains and strains
- Moderate back problems
- Breathing difficulties (i.e. mild to moderate asthma)
- Bleeding/cuts -- not bleeding a lot but requiring stitches
- Diagnostic services, including X-rays and laboratory tests
- Eye irritation and redness
- Fever or flu
- Vomiting, diarrhea or dehydration
- Severe sore throat or cough
- Minor broken bones and fractures (i.e. fingers, toes)
- Skin rashes and infections
- Urinary tract infections

**Consider the cost:** It will cost a little more than the doctor's office but **much less** than emergency room care. Other costs may be included depending on the care you need.

# Using Your Benefits to Achieve Your Health Goals



Taking care of your health is not always easy. It takes time and work to achieve certain goals like maintaining a healthy weight. Keeping all your doctor appointments and sticking to a recommended diet plan takes effort.

Your Health Plan can help you achieve your goals. As a Special Needs Plan member, you have added benefits to help keep you on track with your goals. The following benefits are free to you:

- **Transportation to medical appointments & pharmacy.** Depending on your specific plan, you are eligible to receive 4 or more free transportation rides per year to Plan-approved locations. Please use your rides wisely. Use this benefit for the more important appointments first so that you don't run out of rides. This benefit will help you keep your doctor's appointments and pick up your prescriptions. All you have to do is call Access2Care, the Plan's contracted transportation company at 1-888-994-1545 to schedule a ride. To ensure availability, please call 3 business days in advance of your appointment date.
- **Meals delivered after a hospital stay.** If you have an inpatient admission to the hospital overnight or longer, you are eligible to have 10 free meals delivered to your home. This benefit gives you the peace of mind in knowing that you won't have to cook when you first get home. These meals are also available with certain dietary restrictions (low sodium, fat and sugar... etc). For more information or to place an order after being discharged home, please contact Member Services at 1-800-401-2740 or TTY/TDD: 711.

- **Gym access.** Get a SilverSneakers® Fitness Membership at no cost to you! With access to thousands of locations, you will have use of the equipment, pools, saunas and other amenities. You can also order a SilverSneakers® Home Fitness Kit if that is more convenient!

With SilverSneakers® Steps, you can get fit at home or when you travel. Designed for your lifestyle and fitness level, steps includes a choice of four kits – stress release, strength, walking and yoga. Each comes with its own topic-specific instructions and exercise tool.

For the most current directory of participating gyms, please visit the SilverSneakers® website at [www.silversneakers.com](http://www.silversneakers.com) or contact customer service at 1-855-585-2389, Monday through Friday, 8 a.m. - 8 p.m.

Freedom Health cares about its members' well-being and we hope these added services prove to be helpful to you. If you have any questions, please contact member services at Toll Free: 1-800-401-2740 or TTY/TDD: 711.

## ALLERGIC ASTHMA: Surf The Web For Wellness



In the South, spring comes in quietly as the weather warms. Pink and purple azaleas burst into bloom, alligators bellow, chicks hatch, butterflies emerge, and the pollen count goes sky-high! If you have allergic asthma, the most common type, your nose knows when it's spring.

Allergic asthma is triggered by breathing in allergens such as pollen. These irritate the airways and bring on the familiar symptoms of coughing, wheezing and shortness of breath. Pollen counts are highest in the morning, so it's wise to schedule outdoor activities for later in the day, if possible.

There are several websites which can help you avoid seasonal asthma

attacks. As the old saying goes, "an ounce of prevention is worth a pound of cure!" One of the following sites may be your key to wellness during allergy/asthma season:

Speak with your doctor and create an action plan to help guide you through this allergy season. Action plans are based on your symptoms and can help guide you on proper medication use and when to see your doctor. There are a few action plans available online. You can review them by accessing [https://www.nhlbi.nih.gov/files/docs/public/lung/asthma\\_actplan.pdf](https://www.nhlbi.nih.gov/files/docs/public/lung/asthma_actplan.pdf). Once you identify an action plan be sure to review it with your doctor to ensure that it is a proper fit.

You may also want to check out the

asthma forecast for your area (as well as the allergy and flu forecasts) as you're planning your day. All you have to do is go to this website and type in your zip code: <https://allergyasthmanetwork.org/weather/>

Along the same lines, you can consult a U.S. map which shows pollen counts throughout the country. You can click on the map to zoom in and find your city: <https://www.pollen.com/>

Sometimes it's hard to know the air quality when you go outside on a clear, sunny day. This website uses your zip code to show what the air quality is where you live: <https://airnow.gov/>

The internet is a useful tool to help you stay healthy and avoid asthma triggers and allergens. Add it to your wellness toolkit – and happy surfing!



# Defining the Medical Home Model



Freedom Health utilizes a Patient-Centered Medical Home model in delivery of your health care. This means that you and your Primary Care Provider (PCP) are partners in your care. The goal is for you to:

- Have an approach to care considering you as a whole person, not just your condition.
- Receive coordinated care with other providers.
- Get high quality care. Your doctor's recommendations are based on sound clinical practices.

Your PCP takes responsibility for your care. The PCP also ensures that you have access to the services you need. This is to help prevent complications and better manage your health. Everyone is different. Your needs are

based on your medical condition. Care is based on:

1. **Where** the treatment should occur
2. **When** it is needed
3. What **type** would best work for you and your medical condition(s)

As a Health Plan Member, this means that you need to coordinate with your PCP for all of your health care concerns.

- It is a good idea to make an appointment shortly after you select your PCP. It is best to establish a relationship up front before you have a problem. It is important that you and your PCP talk about your health care goals. You both need to know what is reasonable for you to meet your goals. It's best to do this when you don't have to worry about how sick you feel.

- You should also see your PCP as soon as possible after you have had a hospital stay or visit. This means a discharge from a hospital, observation visit, or emergency room (ER) trip. It is the best way for your doctor to understand what changed in your health that led you to the hospital. It's also a good time to discuss how you are feeling after discharge. You can get any questions answered about things to watch for such as medication issues. You and your PCP need to understand what happened in order to prevent another stay or ER visit. You should also discuss what you would do differently next time to avoid the hospital visit, if possible.

If you need help making a PCP appointment, staff at Freedom Health can help. Call the number for Member Services on your member identification card.

Case Management nurses can also assist you if you are having trouble managing your health care after discharge. They can be reached Monday through Friday from 8:00am - 4:00pm EST. Call **1-888-211-9913**.

## Don't Miss Calls from the Health Plan!



Have you missed calls from the Health Plan because those calls have been marked as Spam? You can prevent these calls from being marked as Spam by adding the Health Plan phone number to your cell phone's contacts. Simply add the telephone number **813-506-6000** to your contact list in your cell phone and the Health Plan's number will no longer show up as Spam on your caller ID. And since there are so many scammers out there, it's also a great way to verify that the caller is truly from your Health Plan.

# Coping During Covid



COVID-19 is difficult - even when you stay physically healthy, you may feel cooped-up and frustrated. The whole world is struggling with feelings of sadness, helplessness and even anger because of the pandemic. Here are nine simple strategies for gaining control over COVID-induced anxiety and depression:

**1) Distract yourself** – there are things to do that aren't related to COVID-19! Get busy. Clean your refrigerator!

**2) Turn it off** – the media can be full of negative ideas – it's how they grab your attention. Your attention should be focused on avoiding anxiety-producing thoughts and "what ifs."



**5) Move** – exercise, like walking – or even seated exercises – can keep your mind and body busy and release endorphins, which are natural mood-boosters. Your Health Plan has a fitness benefit called Silver Sneakers® that is free. With Silver Sneakers you have access to health clubs and virtual exercise classes. Contact the Member Services toll free number on the back of your membership card for details.



**7) Sleep well** – make your bedroom a place of peace, free from worry. Make it as dark as possible. Keep a regular bedtime. Exercise so your body is ready to sleep. Don't look at any screen before going to bed. Avoid alcohol before bedtime.



**3) Set a schedule** – time yourself, to give a sense of accomplishment.

**4) Be grateful** – remember to say thanks, even silently, for your health, friends, family – everyday joys. Do it often!



**6) Talk about it** – telling a friend about your worries can help you feel better. Other people most likely share your feelings. Your Doctor and/or your Health Plan can refer you to specialists trained in mental health wellness. Ask your doctor for help or contact Member Services to speak with a Social Worker who can help you get in touch with the right specialist.



**8) Eat well** – avoiding processed foods and eating more fresh, simple foods can lessen depression. According to the Harvard Health blog (health.harvard.edu/blog), diets high in vegetables, fruits, unprocessed grains and seafood can lower the risk of depression by 25% to 35%.

**9) Remind yourself** of these tips for taking control of your reactions to the COVID blues!

## What is a Care Plan?



- A Care Plan is an established plan that helps everyone who is involved in your care make certain that everything that needs to be done to improve your health is done.
- Care Plans vary depending on how much help you may need to reach your health goals. Members are placed into one of three levels of care. Your level of care is determined from the answers you gave on the Disease Specific Health Assessment you filled out when you enrolled.
- Care Plans are developed using information from nationally accepted guidelines that were developed by leading experts on how to manage certain diseases.
- For those members participating in our Case or Disease Management Program, a more detailed care plan is developed by the nurse. Working with a nurse is voluntary although you might find the assistance helpful.
- Care Plans are sent to your Primary Care Provider for his/her review and agreement.

# Attention Smokers And Former Smokers!



Lung cancer is the leading cause of cancer-related death in our country. According to the Journal of the American Medical Association, smoking accounts for nearly 90% of all lung cancers. **Now, even if you're still smoking or have only recently quit, you may be eligible for an ANNUAL low-dose computed tomography (CT) screening for lung cancer.** To see if you qualify, answer these questions:

- **Do you have a 30-pack year or more history of smoking?** (A pack-year is smoking an average of one pack of cigarettes per day for one year. For example, a person could have a 30 pack-year history by smoking one pack a day for 30 years or two packs a day for 15 years.)
- **Do you smoke now, or have you quit within the last 15 years?**
- **Are you between 55 and 77 years old?**
- **Are you without symptoms of lung cancer?**

If you answered "Yes" to all the questions, your Health Plan may cover a potentially life-saving low-dose CT scan. An LDCT, as it is abbreviated, can detect lung cancer early. It picks up much smaller cancers than a chest x-ray.

According to the American Cancer Society, "Research has shown that unlike



chest x-rays, yearly LDCT scans to screen people at higher risk of lung cancer can save lives. For these people, getting yearly LDCT scans before symptoms start helps lower the risk of dying from lung cancer."

The CT scanner is donut-shaped. During the scan, you will lie on a table which slides in and out through the donut as the scanner takes many images. These are then combined to give your doctor a detailed picture of

your lungs.

Your Primary Care Physician (PCP) can examine you, tell you if you qualify for the scan and counsel you regarding it as well as smoking cessation. Your PCP can also order the scan, providing specific information for the order. If all the guidelines are met, your Plan will cover it. The low-dose CT scan is a screening that could save your life!



## Spotlight on Case Management

Your doctor's plan of care for you can be hard to understand. Medication changes, recommendations for exercise, and referrals to specialist can be overwhelming. To help you follow your doctor's plan of care, the Health Plan has Nurses that are skilled case managers. A nurse case manager is a professional that can work with both you and your doctor. The nurse can help you manage your care when you are sick, and they can help you sort out your health issues. Best of all, this is a free service provided by your Health Plan.

Nurse case managers can also help you better understand your health condition. They can communicate with your doctors and help set up the services you need. They want to make sure your health needs are met. Nurses can also answer your questions about COVID-19, they are there to help YOU!

Following your doctor's advice is important to your health. You may call the Health Plan and speak with a Nurse Case Manager to get help in managing your care at **1-888-211-9913**. The nurses are available from 8 a.m. to 4 p.m. EST Monday through Friday.



## Preventing Injuries in your Home

You may think your home is your safety zone, but there can be many hidden dangers that can cause an injury even within your home.

### What Can You Do? Here are some tips:

- Make sure there is a clear path from room to room without furniture or other obstructions.
- There's no need to rush for the phone- if it is important, they will call back.
- Keep frequently used items low and close-by so you can reach them without using a step stool or reaching over your head.
- Make sure area rugs are secure.
- Install grab bars next to your toilet and in your shower.
- Improve the lighting in your home. Install night lights so you can see better at night.
- Wear shoes to improve your traction on slippery surfaces.

Falls are the most common cause of injury in senior citizens. In fact, the CDC website states that, "each year, millions of older people—those 65 and older—fall. In fact, more than one out of four older people falls each year, but less than half tell their doctor. Falling once doubles your chances of falling again." This results in a great deal of preventable injuries and hospitalizations. However, there are many precautions you can take to prevent falling.

### You can:

- Exercise regularly to increase your strength and improve your balance.
- Talk to your doctor about prescriptions you take that may have side effects such as dizziness or drowsiness.
- Have your vision checked at least once a year, and make sure your eyeglasses or contacts match your most updated prescription.
- Consider using some of the following helpful products that can make your life easier, more enjoyable and safer:
  - Canes and walkers with proper rubber tips
  - Bath seats and hand-held shower heads
  - Raised toilet seats
  - Grab bars and poles mounted properly throughout the home
  - Non-skid bathmats and non-slip surfaces in the shower or bath tub
  - Grabbers with suction cups, grips, or magnets on the end



## "Papa Pals"



We are excited to announce that we have partnered with a company named PAPA to provide non-medical assistance, companionship, and in-home support to you, our valued members. PAPA provides support through their trusted companions called "Papa Pals." As a Special Needs Plan (SNP) member of the Health Plan, you will have access to a Papa Pal up to 30 hours per year. A Papa Pal can help with services such as:

- **Household chores:** light cleaning, organization, laundry, pet care, and meal prep.
- **Companionship:** conversation, board games, reading, hobbies, and errands.
- **Technical Guidance:** assist with learning Telehealth services to connect with a physician, help to install and use a device.
- **Exercise and Activity:** walking or biking.
- **Assistance from a distance:** virtual services and companionship.

For more information or to schedule services please call **1-888-228-5958** or **TTY/TDD 711**.

# Register & Do More Online with our Member Portal!

Here are some of the benefits you will receive:



Place & track orders for your over-the-counter medication and diabetic supplies.



Find a Plan Doctor, Pharmacy, Hospital and covered drug.



Print and order your ID CARD, provider directory, formulary and other Plan materials.



Gain access to health & wellness information.



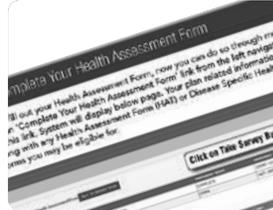
View your claims activity and benefit information.



Access important Plan forms and documents from a central location.



Track your out-of-pocket expenses. (MOOP)



Complete your Health Assessment Form



Personal Health Tracker

**See reverse side on how to sign up now for the Member Portal.**

Log onto [www.freedomhealth.com](http://www.freedomhealth.com) click on **Member Login** and **Register Today!**



Medicare Plans Members Providers Agents & Brokers OTC Quick Links

Search

Member Login

From October 1 to March 31, we are open 7 days a week from 8 a.m. to 8 p.m. EST. From April 1 to September 30, we are open Monday through Friday, 8 a.m. to 8 p.m. EST. Freedom Health, Inc. complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Freedom Health, Inc. cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. Freedom Health, Inc. konfòm ak lwa sou dwa sivil Federal ki aplikab yo e li pa fè diskriminasyon sou baz ras, koulè, peyi orijin, laj, enfimite oswa sèks. Español (Spanish): ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-401-2740 (TTY: 711). Kreyòl Ayisyen (French Creole): ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-401-2740 (TTY: 711).

Please check previous page for Member Portal Registration benefits.



If it's your first time accessing the Member Portal, click on the "New User Sign Up" button to create a user name and password to log in with.

This system best work on IE, Chrome and Safari browser

**Need Assistance?**  
Toll free: 1-800-401-2740 | TTY/TDD: 711 8:00 A.M. to 8:00 P.M. EST. 7 days a week from October 1st to March 31st, and 8:00 A.M. to 8:00 P.M. EST. Monday through Friday April 1st to September 30th

**Sign in to Member Portal**

Email:

Password:

[Forgot Password](#)  
[Click here for Privacy Policy](#)

**First Time User**

Please create a username and password.

You will need your Member ID number from your ID card and Medicare last four characters from your Medicare card.

The 'New Member Registration' page will be displayed. Begin by entering in the required information.

**New Member Registration**

\*First Name:

\*Last Name:

\*Email ID:

\*Confirm Email ID:

\*Date of Birth (MM/DD/YYYY)  
Month: 1 | Days: 1 | Year:

\*Member ID:

\*Last 4 Characters of Medicare/MBI Number: (eg. For MBI# TEG4-TE5-MK74, Enter MK74)

Your Registration Code is:

Please enter your Registration Code from above:

[Please Click here to Go Back](#)

If you have trouble registering, please contact Member Service, [Click here for more detail](#). Contact US

**View ID and Medicare/MBI Number Sample Below to locate your Member ID and MBI Number last 4 Characters.**

**ID CARD**

Member ID: <0000000000>

MedicareRx

**MEDICARE HEALTH INSURANCE**

Name: JOHN L. SMITH

Member ID: 1EG4-TE5-MK74

Last 4 digits of your Medicare/MBI number: 03-01-2016

www.freedomhealth.com

# NON-DISCRIMINATION NOTICE

## Discrimination Is Against the Law

### Notice Informing Individuals about Nondiscrimination and Accessibility Requirements

Freedom Health, Inc. complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Freedom Health, Inc. does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Freedom Health, Inc.:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
  - o Qualified sign language interpreters
  - o Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
  - o Qualified interpreters
  - o Information written in other languages

If you need these services, contact the Freedom Health Civil Rights Coordinator.

If you believe that Freedom Health, Inc. has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

Freedom Health Civil Rights Coordinator  
P.O. Box 152727, Tampa, FL 33684  
Phone: 1-800-401-2740, TTY: 711  
Fax: 813-506-6235

You can file a grievance by mail, fax, or phone. If you need help filing a grievance, the Freedom Health Civil Rights Coordinator is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services  
200 Independence Avenue, SW Room 509F,  
HHH Building, Washington, D.C. 20201  
1-800-368-1019, 1-800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

## MULTI-LANGUAGE INTERPRETER SERVICES

**English:** ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-800-401-2740 (TTY: 711).

**Español (Spanish):** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-401-2740 (TTY: 711).

**Kreyòl Ayisyen (French Creole):** ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-401-2740 (TTY: 711).

**Tiếng Việt (Vietnamese):** CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-401-2740 (TTY: 711).

**Português (Portuguese):** ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-800-401-2740 (TTY: 711).

**繁體中文 (Chinese):** 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 1-800-401-2740 (TTY: 711)。

**Français (French):** ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-800-401-2740 (ATS: 711).

**Tagalog (Tagalog – Filipino):** PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-800-401-2740 (TTY: 711).

**Русский (Russian):** ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-401-2740 (телетайп: 711).

**العربية (Arabic):** العربية ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-800-401-2740 (رقم هاتف الصم والبكم: 711).

**Italiano (Italian):** ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 1-800-401-2740 (TTY: 711).

**Deutsch (German):** ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-800-401-2740 (TTY: 711).

**한국어 (Korean):** 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-800-401-2740 (TTY: 711) 번으로 전화해 주십시오.

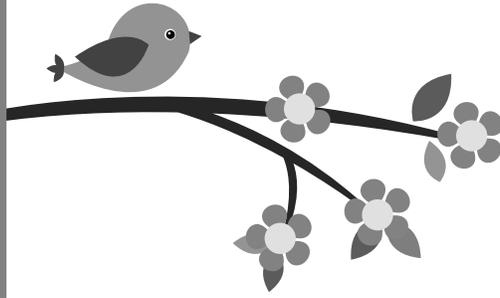
**Polski (Polish):** UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-800-401-2740 (TTY: 711).

**ગુજરાતી (Gujarati):** સુચના: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો 1-800-401-2740 (TTY: 711).

**ภาษาไทย (Thai):** เรียน: ถ้าคุณพูดภาษาไทยคุณสามารถใช้บริการช่วยเหลือทางภาษาได้ฟรี โทร 1-800-401-2740 (TTY: 711).

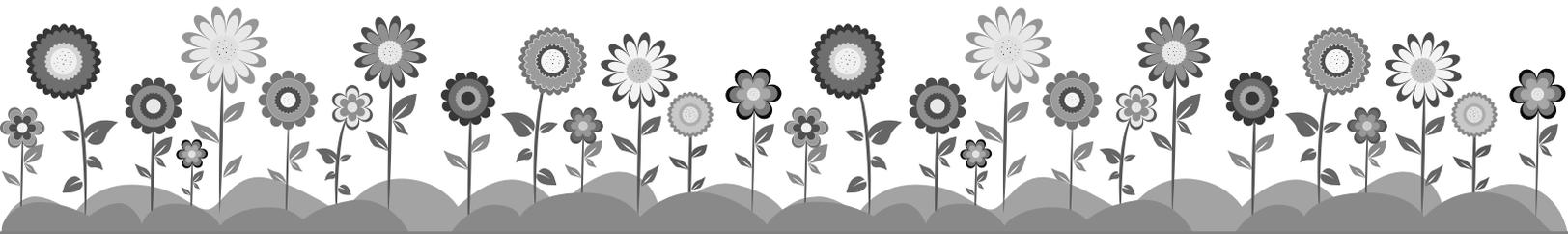
**ΠΡΟΣΟΧΗ (Greek):** Αν μιλάτε ελληνικά, στη διάθεσή σας βρίσκονται υπηρεσίες γλωσσικής υποστήριξης, οι οποίες παρέχονται δωρεάν. Καλέστε 1-800-401-2740 (TTY: 711).

# SNP TODAY



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HEALTH

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- Licensed Agents
- One-hour resolution time and more.