



Live Well at Any Age

Seven tips to help you live a healthy, happy life as you grow older



www.firstchoicevipcare.com

All images are used under license for illustrative purposes only. Any individual depicted is a model.

H4739_FRM_1574001

KVIPPA-17202



Sources: www.cancer.org, www.medicare.org, www.parentgiving.com, www.vaccines.gov, and the National Institute of Mental Health

Do you know the seven steps to good health and well-being?

We can help.

1. Get a wellness visit one time a year

All First Choice VIP Care (HMO-SNP) members can get a wellness visit with their primary care provider (PCP), one time a year, at no cost.

There are also other no-cost benefits available to our members, including:

- Hospital stays with no deductible and \$0 copay for outpatient hospital facility visits.
- \$0 copay for Medicare-covered visits to your PCP and specialists.
- \$0 copay for in-network, outpatient mental health care for individual therapy, group therapy, or psychiatrist visits.
- \$0 copay for up to one oral exam and one oral cleaning every six months.
- \$0 copay for up to one routine eye exam every year.

2. Two important tests you should know about

First Choice VIP Care wants you to take advantage of all the preventive tests and screenings that you can get as a member.

Here are two of the most important tests.

Colon cancer screening

Colon cancer can be avoided or detected before it goes too far. Eating healthy foods and exercising can help reduce your risk for colon cancer. But getting a colon cancer screening is the most important thing you can do. Colon cancer tests can often find colon cancer early, and that's when it's most treatable.

Mammogram (breast cancer screening)

A screening mammogram looks for breast cancer in women who don't have any symptoms. If problems are found, your PCP will want to check further with equipment that can provide extra views or images.

There are other tests that you can talk to your PCP about:

- Abdominal aortic aneurysm.
- Cataracts.
- Diabetes screening.
- Glaucoma.
- Obesity.
- Vision.

3. Important vaccines when you are age 65 and older

There are a number of vaccines that First Choice VIP Care members should know about. You may need one of these vaccines, even if you got it as a child or young adult. Ask your PCP which vaccines are right for you. Some vaccines available to you are:

- Flu.
- Pneumonia.
- Shingles.
- Diphtheria.
- Tetanus.
- Whooping cough.

And don't forget: if you are traveling, you may need additional vaccines.

4. Many chronic conditions can be treated

First Choice VIP Care wants all members to know that living with chronic disease does not have to be a part of aging. All too often, people mistakenly think that diabetes, arthritis, and high blood pressure are just "part of growing old" and that nothing can be done about them. The truth is that many chronic diseases can be treated, when addressed by a provider. Talk to your PCP about how to control these common chronic conditions:

- Arthritis.
- Bladder leakage.
- Chronic obstructive pulmonary disease (COPD).
- Depression.
- Diabetes.
- Heart failure.
- High blood pressure and cholesterol.
- Osteoporosis.

5. Good wellness starts with a clear mind

At First Choice VIP Care, we know depression can take a toll on a person's health. We also know that treating heart disease, diabetes, and stroke can become more complicated when a person is depressed. The first step in getting help for depression is to recognize the signs and see your PCP. Getting help can make a real difference in someone's quality of life when he or she has severe depression. Keep an eye out for these five warning signs:

- Anger, irritability, or aggressiveness.
- Ongoing headaches, stomach issues, or pain.
- A need for alcohol or drugs.
- Sadness or hopelessness.
- Suicidal thoughts.

6. Don't go it alone

Your First Choice VIP Care providers want to help you get back on your feet after you've been in the hospital. Studies have found that going back to see your providers and following their instructions can help you recover and possibly avoid trips to the emergency room. Here are some good things to know before you go into the hospital:

- Try to find out your expected discharge date and make sure you have a plan for getting home.
- Set up a schedule for loved ones, friends, and neighbors to visit you at home, especially if you live alone.
- Ask what type of care you'll need after you've been released from the hospital. And call us to find out if these services are covered by your insurance.
- Make a list of providers (and their contact information) that you'll be seeing after you are released from the hospital.

7. Your First Choice VIP Care care team will be there for you

At First Choice VIP Care, we help people get the care they need to stay healthy. Our Care Management and Outreach teams and 24/7 Nurse Call Line are perfect examples.

- Your Care Management and Outreach teams are trained to help answer medical questions and find available care in your community.
- When your PCP is not available, the 24/7 Nurse Call Line provides trained nurses to help you choose the right care based on your symptoms. Members can call 24 hours a day, seven days a week.